

WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trailhead promptly at 10 AM unless noted otherwise so PLAN ACCORDINGLY!
- The weather can be unpredictable at all parks, so layered clothing makes sense for ALL hikes
- Bring something to eat during the meeting and plenty of WATER.
- Bring along sunscreen or a hat for the hotter, less shaded trails.
- Bring something to sit on during the meeting (i.e. tarp or bedsheet)
- Stay on the marked trails
- Pick up a trail map before heading out.
- Follow all park rules and regulations
- What you bring in, bring out (this includes trash, food, etc.).
- Smoking is not permitted on any trails or during the meeting
- Watch out for poison oak, snakes, bees and the like
- Respect wildlife
- If you bring kids or pets, make sure to keep them supervised at all times
- Cameras are encouraged but please ask permission first if taking someone's picture
- For lots more about Wild Recovery and up-to-date hike information see www.wildrecovery.org

UPCOMING RETREATS:

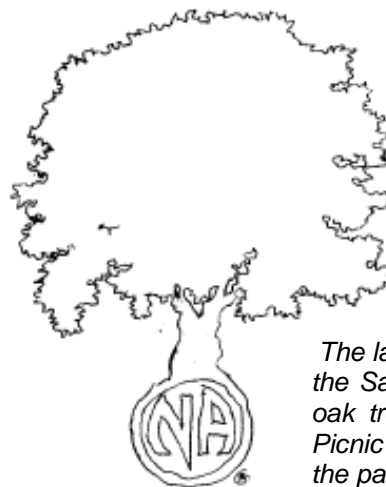
Mt Tallac, South Lake Tahoe June 18-20, 2010
Mt. Lassen National Park August 13-15, 2010
Ventana Wilderness October 22-24, 2010

GRATEFUL TO BE OF SERVICE

- Secretary: Jeannie – (408) 466-9051
- Treasurer: Martin – (408) 230-1321
- Asst. Treasurer: John – (831) 462-0262
- GSR: Keith – (408) 307-4180
- Assistant GSR: Open
- Business Chair: Diane – (831) 462-0262
- Business Recording Secretary: Nancy – (831) 460-9484
- Website: Gar – (408) 705-3517
- Website Assistant: Philip – (650) 430-6353
- Flyer: Anna – (408) 806-7675
- Correspondence Coordinator: Mary – (831) 431-3491

HIKING LEVELS

- 1 = Easy / 2 = Moderate / 3 = Challenging / 4 = Hard / 5 = Very Difficult
- Hike rating system is subject to the interpretation of the hike host.
Please note miles & elevation when considering a hike ☺



WILD RECOVERY

April 10th – July 3rd, 2010

Every other Saturday at 10 AM

www.wildrecovery.org

APRIL 10TH, 2010

Joseph Grant County Park

Level: 3 – Miles: 8 - Elevation: 1000'

Host: Anna

The landscape is characteristic of the east foothills of the Santa Clara Valley with grasslands and majestic oak trees. We will meet at the Rosegarden Group Picnic Area (2nd parking lot to your left after you enter the park). Our hike will take us along the valley on the

Hotel Trail then up the Canada de Pala Trail where we will summit at 2700 feet cross Mt Hamilton Road find a quiet spot and have our meeting. We will come down the Halls Valley Trail pass by Grant Lake up Yerba Buena Trail just to the gate where we cross Mt Hamilton road one last time to catch up to Hotel Trail again and back to our cars.

Directions: Joseph D. Grant County Park is located at 18405 Mt. Hamilton Rd., San Jose, CA 95140, in the east of Santa Clara Valley. From San Jose travel to the park by taking Highway 101 or Highway 680 to Alum Rock Avenue eastbound in San Jose. Head East onto Mt. Hamilton Road and travel eight miles to reach the park entrance.

Drive Time: 60 minutes - Parking \$6 - Dogs Not allowed on trails

APRIL 24TH, 2010

BLACK DIAMOND MINES REGIONAL PRESERVE

Level 3 - Miles: 7 - Elevation 1480'

Host: Troy & Amy

From the 1850s to the early 1900s, five coal mining towns thrived in the Black Diamond area. Later sand was mined for glass making and steel casting. Although little remains of the mining communities, a historic cemetery serves as a monument to the lives of the former residents. Today in the springtime, the hills are covered with some of the most remarkable wildflower displays in the Bay Area. We'll explore only the west corner of this nearly 6,000 acre park on this hike. Taking the Ridge, Manhattan Canyon, Chaparral and Black Diamond Trails out and returning on Coal Canyon and Nortonville Trails. In the last mile we will pass through Rose Hill Cemetery. Depending on the time we get back to the parking area, for anyone who is interested, there may be a chance to take the guided tour (\$3.00) into the sand mine.

Directions: From San Jose take I-680 North. In Concord stay right & take Hwy 242 to Hwy 4 East toward Antioch. Take the Somersville Rd Exit. Drive South on Somersville Rd to the park entrance. We will meet at the parking lot at the end of the road.

Drive time: 1 hour 15 min – Parking \$5 – Dogs OK w/\$2 fee

MAY 8TH, 2010
PURISIMA CREEK REDWOODS OPEN SPACE PRESERVE
Level: 3.5 - Miles: 9 - Elevation: 1,111'
Host: Philip

The Purisima Creek Redwoods Open Space Preserve is located on the western slopes of the Santa Cruz Mountains overlooking Half Moon Bay. The centerpiece of this 3,360-acre preserve is Purisima Creek Canyon, with its towering redwoods, rushing creek, and understory of ferns, berries, and wildflowers. Coastal scrub and hardwood forests of tanoak, madrone, and Douglas fir border the cool moist canyon. Magnificent views of the coast and Half Moon Bay are visible from the northern part of the preserve. We will start on the Purisima Creek Trail to the Soda Gulch Trail Right on Harkins Ridge Trail Left on the North Ridge Trail left on Whittemore Gulch Trail arriving at the Start.

Directions: From San Jose: Take Hwy 280 north to Hwy 92 go toward Half Moon Bay take Hwy 1 south approximately 4.3 miles. Turn left on Verde Road. Continue straight to remain on what becomes Purisima Creek Road in approximately 3.7 miles is parking lot for the Preserve.

Drive Time: 1 hour 15 minutes – Parking: free but limited, overflow park on Purisima Rd - Dogs Not Allowed

MAY 22ND, 2010
LAND OF MEDICINE BUDDHA
Level: 2.5 – Miles: 6 – Elevation: 500'
Host: Cathy

We will meet at the Memorial Shrine. We'll hike from the Memorial Shrine to the 8 Verses trail through the Enchanted Forest taking a loop through Nisene Marks Park back to the Memorial Shrine. There is a bathroom at the Memorial Shrine. Dress in layers, the weather can be unpredictable. Bring something to sit on during the meeting.

Directions: Take Highway 17 to Santa Cruz merging onto Hwy 1 South towards Watsonville. From Hwy 1 take the Porter Street/Bay Avenue exit using the middle lane. Go left under the freeway and turn right at the second stop light on Main Street. Continue on Main Street until it merges into Glenhaven Road. From the merging point go another 1/2 mile to Prescott Road and go right (sign can be difficult to see). Land of Medicine Buddha is about 1 mile at the end of Prescott Road. Cross a wood bridge and go left into LMB towards the Memorial Shrine. Do not turn right towards the office and main buildings but continue forward and few yards to the "One Way" sign driving up the hill. At the top of the hill turn left and stay left until reaching the Memorial Shrine.

Drive Time 1 hour, 30 min. - Parking \$5 - Dogs Allowed on Leash

June 5, 2010
Elkhorn Slough

Level 1 - Miles 3.5 - Elevation 100ft. – Host John R.

Elkhorn Slough is home to the largest tract of tidal salt marsh in California outside of San Francisco Bay. This unique habitat is located at the center of the Monterey Bay coastline. More than 340 species of birds can be found here along with sea otters, seals and many other plants and animals. We will be

taking a docent led tour through the park to get a more informed view of what the park has to offer. This experience is available to anyone who can walk and a portion of the trail is wheelchair accessible. This is one of the few Wild Recovery hikes that is truly open to anyone with the desire to experience the great outdoors in recovery.

Directions: Take Hwy 880 / 17 South to Santa Cruz, take the Hwy 1 exit South toward Watsonville, Moss Landing. After the power plant in Moss Landing take a left onto Dolan Road. Go 3.5 miles on Dolan Road, turn left onto Elkhorn Road. Go 1.9 miles on Elkhorn Road, turn left into the Reserve gate.

Drive time 1 hour and 10 minutes - Day use fee \$2.50 – No Dogs Allowed

JUNE 18-20TH, 2010
D.L. BLISS STATE PARK - MT TALAC – TAHOE RETREAT
Friday Hike - Level: 1.5 - Miles: 2.5- Elevation: 550'
Saturday Hike (option 1) – Level: 4.5 – Miles: 9.6 – Elevation: 3,255'
Saturday Hike (option2) – Level: 2 – Miles: 5 – Elevation: 375'
Host: Tom L.

Some of the amenities are flush toilets, hot showers, BBQ pits, fire rings, gorgeous beach for swimming and sunning. Some things you should know, all food has to be stored in the bear boxes (mandatory), we're camping at 6000 ft so it will be cold at night, parking is extremely limited so please carpool. We need to caravan about 1.6 miles south on 89 from campsite to pick up the Tallac trail and need to start by 7 am given the distance and elevation gain

Directions: From San Jose 280 southbound to 680 northbound to 80 eastbound to 50 eastbound to South Lake Tahoe. When you get to Lake Tahoe take 89 to Emerald Bay approximately 6 miles to D.L. Bliss State Park. We have the only group campsites there.

Camping: \$10.00/person first come first serve - We have 50 sites reserved
Drive Time 4 to 6 Hours - Dogs not allowed on trails

JULY 3RD, 2010
REDWOOD REGIONAL PARK
Level: 3.5 - Miles: 7 - Elevation: 850'
Host: Kent

Redwood Regional Park in Oakland is truly a gem. These coastal redwoods grow more than 100 feet tall. The trees from the original forest served as landmarks for sea captains sailing into San Francisco Bay. The naming of the Rainbow Trout species was based on fish taken from San Leandro creek, which runs through the park. This will be a nice summer hike through the redwoods. We will take the Dunn trail to the Golden Spike trail to the Tate trail to West Ridge then Orchard to the French trail all the way to Madrone and Star to Tres Sendas where we will have the meeting and then take Tres Sendas all the way up to the West Ridge trail to the Graham trail and back to Dunn and then finally back to the cars.

Directions: From San Jose take Hwy 880 north and exit at Hayward on Hwy 238 east go to Hwy 580 West and then take Hwy 13 towards Berkeley. Take the Redwood Rd exit and go east up the hill. Take a left at Skyline Blvd and park a little way up on the right at the Trudeau Training Center.

Drive Time 1 hour - Parking Free - Dogs Allowed