

## 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](http://www.wildrecovery.org)

### UPCOMING RETREATS:

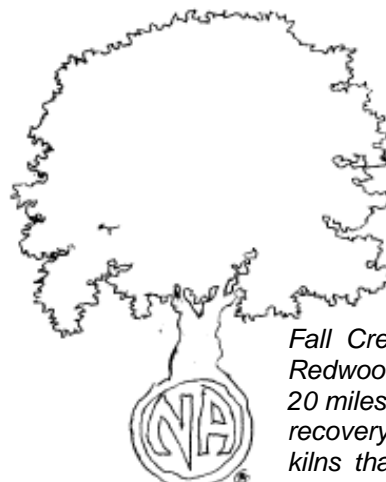
Mt. Lassen National Park August 13-15, 2010  
TBD October 22-24, 2010

## 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

July 17<sup>th</sup> – October 9<sup>th</sup>, 2010

Every other Saturday at 10 AM

[www.wildrecovery.org](http://www.wildrecovery.org)

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**JULY 17<sup>TH</sup>, 2010**

**FALL CREEK STATE PARK**

**Level: 2 – Miles: 4 - Elevation: 800'**

**Host: Keith G**

*Fall Creek is in the Northern area of Henry Cowell Redwoods State Park. It consists of 2,390 acres, with 20 miles of hiking trails and a redwood forest in recovery. The property was clear cut to stoke the lime kilns that operated on the property for more than 80 years. Fall Creek is an amazing redwood forest environment, especially when you realize there wasn't a stick standing 80 years ago. If the forest can recover, so can we. We'll be doing the short trek to the lime kilns and back for a change of pace from the longer steeper hikes that we've been doing.*

**Directions:** From San Jose: Take Hwy 17 South to Mt. Hermon Rd. in Scotts Valley. Take Mt. Hermon Rd. to Graham Hill Rd. Make a Right on Graham Hill Rd. At the Hwy 9 junction, go straight through the intersection on to Felton Empire Rd. The parking lot is a ½ mile up Felton Empire Rd. on the Right.

**Drive Time 40 Minutes - Parking \$6.00 - Dogs not allowed**

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**JULY 31<sup>ST</sup>, 2010**

**WILDER RANCH STATE PARK**

**Level 2 - Miles: 10.5 - Elevation 100'**

**Host: Mary G**

*Wilder Ranch has a rich blend of history and sweeping coastal landscapes. 19th century ranch buildings are surrounded by lovely flower gardens. A Mexican era adobe and traces of the earlier Ohlone Indian presence are quieter echoes of Santa Cruz history. You can explore the history of early ranchers and farmers along the Central Coast through tours and living history demonstrations. Today, Docents dressed in period clothing help awaken your senses to a turn of the century lifestyle as they lead tours and demonstrate blacksmithing, baking, crafts and historic agricultural practices. We will be taking the Old Cove Landing Trail, a self guided nature walk atop the bluffs, then heading left at the railroad tracks, and culminating at our sweet meeting spot by a pretty coastal cove at 4 Mile Beach.*

**Directions:** Take Hwy 17 South 26 miles to Hwy. 1 North toward Half Moon Bay. Hwy 1, becomes Mission Blvd as you go through town. Go approx 4.4 miles on Hwy 1 / Mission Blvd and look for the park on the left hand side past Western Drive. We will meet in the parking lot. Coastal Weather is changeable, wear layers. Use/bring plenty of sunscreen. Bathrooms are only in parking lot and not along the trail.

**Drive time: 45 minutes – Parking \$8 – Dogs not allowed**

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August 13-15, 2010

**SUMMER RETREAT – MT LASSEN NATIONAL PARK**

**Friday Hike Bumpass Hell- Level: 1.5 -Miles: 3-Elevation: 300'**

**Saturday Hike Lassen Peak- Level 4.5- Miles: 5- Elevation: 2000'**

**Hosts: Martin O. and Frances C.**

*Mt. Lassen is an active, though currently dormant, 10,000 ft. volcano. The most southerly peak in the Cascade range, this area offers beautiful forested alpine lakes, unique geological features and sweeping views of northern California from Lassen's lofty peak. We will be joined by our friends from Outback NA on this retreat. On Friday, Outback NA will host a hike at Bumpass Hell, an area of mud pots, boiling pools and steaming vents. In the evening, we'll have a resentment burn meeting around the campfire. On Saturday we'll be hiking to the summit of Lassen Peak, a challenging but very rewarding hike offering views of northern California from the Tahoe Rim to Mt. Shasta. We'll have our traditional potluck dinner followed by a campfire meeting Saturday night. We'll be camping in the Lost Creek group campground sites 1,2, and 3. Check in time is 1 pm. We'll leave the campground at 2 pm to drive to Friday's hike. We'll leave the camp at 8 am to begin our hike at 9 am on Sat.*

**Directions:** From the bay area take 680 north toward Sacramento, merge onto I-80 toward Sacramento. Merge onto I-505 toward Winters, Redding. I-505 becomes I-5 north. Take the CA-36 East/ CA-99 South Antelope Blvd Exit 649 toward Central Red Bluff/ Chico. Turn right onto CA-36/ CA-99 Antelope Blvd. Stay on CA-36/CA-99 for 2 miles then turn left on CA-36 and follow for 43.4 miles. Then turn left on CA-89 Lassen Peak Hwy. Follow this road into the park and proceed to the Lost Creek Campground.

**Camping: \$10 per person. Park Entrance fee \$10 per vehicle.**

**Drive time: 5 hours 30 minutes - No dogs allowed**

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August 28<sup>th</sup>, 2010

**POINT LOBOS STATE RESERVE**

**Level: 1.5 - Miles 3.5 - Elevation: 150'**

**Host: Nancy**

*Point Lobos is one of the most spectacular shorelines along the California Coast. The landscape is a mosaic of bold headlands, irregular coves, and rolling meadows. Jagged rocks protrude from the Ocean creating a dramatic meeting of land and sea. We are sure to see Sea Otters, Seals, Sea Lions, a large variety of birds, deer and if we are lucky whales! We will meet at the Bird Rock Parking area. We will embark this beautiful hike via the South Shore Trail to Cypress Grove trail around the Allan Memorial Grove loop to the North Shore Trail to Whalers Knoll on to Pine ridge Trail over to South Plateau which will bring us to our meeting spot China Cove Beach, and the end of our hike.*

**Directions:** Take Highway 17 to Santa Cruz merging onto Hwy 1 South towards Watsonville. Follow Hwy 1 through Monterey and Carmel. From Hwy 1 and Rio Road in Carmel, drive 2.2 miles south on Hwy 1 to the signed Point Lobos State Reserve entrance. Turn right to the kiosk, a \$10.00 fee will be collected. Continue 1.6 miles to the Bird Rock parking area at the end of the road.

**Drive Time 1 hour, 30 minutes - Parking \$10.00 - No dogs allowed**

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SEPTEMBER 11<sup>TH</sup>, 2010

**CASTLE ROCK STATE PARK**

**Level 3 - Miles 6 - Elevation 1,000'**

**Host: Angel L**

*Castle Rock State Park encompasses over 5,200 acres of wildlands in the Santa Cruz Mountains with 35 miles of hiking trails and a wide variety of plant and animal communities, very interesting rock formations and great views of the San Lorenzo Valley and Pacific Ocean. Some of the most notorious features in the park are Castle Rock, Castle Rock Falls and Goat Rock which are very popular among rock climbers.*

**Directions:** From San Jose or Santa Cruz, take Hwy 9 to Hwy 35. Turn South onto 35. Drive about 2.5 miles and look for the park entrance on the right side of the road.

**Drive Time: 1 hour – Parking \$8 – Dogs Not Allowed**

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SEPTEMBER 25<sup>TH</sup>, 2010

**BIG BASIN STATE PARK**

**Level: 3.5 - Miles: 10.5 - Elevation: 800'**

**Host: Cathy C**

**PLEASE NOTE: This hike will start at 9AM vs. normal 10AM start time**

*Big Basin Redwoods State Park was established in 1902 on 3800 acres of mostly old growth forest. In addition to old growth coastal redwoods, some over 300 feet tall, there are also Douglas fir, tan oak, madrone, wax myrtle and many other trees that complete the canopy. Many varieties of wildflowers such as Indian paintbrush, monkey flower, bush poppies and yerba santa are visible during the spring. In the summer there is redwood sorrel, salal, redwood violets, trillium, star lily and mountain iris. The hike will begin following the Skyline to the Sea Trail to Berry Creek Falls. Just before the falls the trail leads to Waddell Creek which we will follow a short distance to the meeting place. The return is via the Howard King Trail zigzagging across Hihn Hammond Road. From Howard King there are views of the ocean on a clear day.*

**Directions:** From the San Jose area, take Hwy 9 up to the CA35/Skyline Blvd intersection, crossing 35 and staying on 9. Drive west about 6 miles and turn right onto CA 236, which is a narrow winding road. Drive 8 miles to the park headquarters and park in the lot across the street from the Park Headquarters and Visitors Center.

**Drive Time approximately: 1 hour – Parking \$10 – No dogs allowed**

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OCTOBER 9<sup>TH</sup>, 2010

**MT DIABLO STATE PARK – GRAND LOOP**

**Level: 3.5 - Miles: 6.5 - Elevation: 1849' - Host: Troy & Amy**

**PLEASE NOTE: Parking is limited – Carpooling is suggested**

*As mountains go, Mt. Diablo isn't particularly tall – only 3,849 feet. However, the unobstructed view from the summit is remarkable. When visibility conditions are best, you can see almost 200 miles. From the Farallon Islands to the Sierras and from Mt. Lassen to Half Dome. For this reason surveyors used Mt. Diablo's peak to map out much of Northern California. On this hike we will enjoy the full panorama as we make a complete loop around the top of the mountain before ascending to the summit. We start off from Juniper overlook (2940') down Deer Flat Rd. and Meridian Ridge Rd. (2000'). We then go up Bald Ridge Trail and near Prospectors Gap (2955') we will have our meeting. After, we take North Peak and Summit Trails to the Summit (3849'). We then descend on Juniper Trail.*

**Directions:** Take I-680 North. In Danville take the Diablo Road exit and turn right. Follow Diablo Rd. to Mt. Diablo Scenic Blvd and turn left. This turns into South Gate Road and takes you to the park entrance. At the stop sign at Junction Ranger Station turn right on Summit Road and drive 2.3 miles to Juniper Overlook which is on the left side of the road.

**Drive Time 1 hour & 15 minutes - Parking \$10 – No dogs allowed**