

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

GRATEFUL TO BE OF SERVICE

- Secretary: Lynn L. –
- Treasurer: Mary G. – (831) 431-3491
- Asst. Treasurer: Kent B. – (925) 212-4972
- GSR: Anna – (408) 806-7675
- Assistant GSR: Open
- Business Chair: Martin O. – (408) 230-1321
- Business Recording Secretary: Troy H. – (925) 785-2238
- Website: John R – (831) 462-0262
- Website Assistant: - Brent M.(916) 233-9355
- Flyer: Diane T.– (831) 462-0262
- Correspondence Coordinator: Alfred B – (408) 647-4781

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.

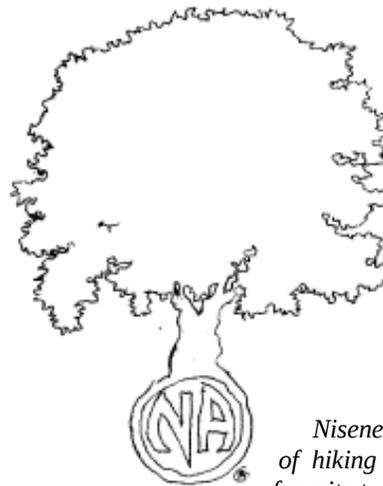
Please note miles & elevation when considering a hike ☺

UPCOMING EVENTS:

April 21st-23rd, 2012: Spring Retreat at Pinnacles National Monument

July 13th – 15th, 2012: Summer Retreat at Crater Lake National Park

October 5th-7th, 2012: Fall Retreat Sunset Beach State Park



WILD RECOVERY

January 28, - April 7, 2012

Every other Saturday at 10 AM

www.wildrecovery.org

January 28, 2012

**FOREST OF NISENE MARKS
STATE PARK- MAPLE FALLS**

Level: 2.5 - Miles: 6.4 - Elevation: 800'

Host: Joseph R

Nisene Marks is a beautiful park with 40 + miles of hiking trails. The canopies of redwoods are a favorite to all. We will meet at the Porter Family Picnic area approximately 2.1 miles from the ranger station. We will head out on Aptos Creek Fire Road to Loma Prieta Grade, Bridge Creek Trail, to Maple Falls. We will return Bridge Creek to the longer side of Loma Prieta grade.

Directions: From San Jose take highway 17 south to Hwy 1 South. Get off the Freeway in Aptos at the State Park Exit. Go left off the Exit away from the beach. Turn Right on Soquel. You will wind under a train trestle and see the Britania arms on your left. Right away you will see Aptos Creek Rd just before the shopping center. Turn left on Aptos Creek Rd and follow the signs to the park.

Drive Time: 1 Hr - Parking: \$10 (small bills – no change) – No Dogs

February 11, 2012

RANCHO SAN ANTONIO OPEN SPACE PRESERVE

Level 3.5 - Miles 8.5 - Elevation 1200'

Host: Andrea M & John W

The 3,988-acre Open Space Preserve, combined with the adjoining 165-acre County Park, offers visitors a unique experience with a sampling of diverse environments, interesting cultural history, and a variety of activities. The preserve's extensive 23 miles of trails are available for exploration. We will be hiking along the PG & E trail, to the Upper High Meadow Trail, and then along the Coyote Trail.

DIRECTIONS: From I-280, north or south, take the Foothill Boulevard exit and proceed south on Foothill Boulevard approximately 0.2-mile to Cristo Rey Drive. Turn right on Cristo Rey Drive, continue for about 1 mile, veer right around the traffic circle, and turn left into the County Park entrance. There are several parking lots. We are going to meet before the hike at the lower parking lot where the restrooms are.

Drive Time: 20 Min – Parking: Free – No Dogs

February 25, 2012

MT. DIABLO STATE PARK (Mitchell Canyon)

Level: 4 - Miles: 10 - Elevation: 1800'

Host: Kent and Troy

On this hike we will get to see incredible view's below, and also see the 100 ft. waterfalls, as well as some smaller ones. What? Waterfalls on Mt.Diablo? Yes there are waterfalls up there, but you will have to work on this hike to get to them. You will be rewarded. As in your recovery, you can take it one step at a time.

Directions: Out of San Jose, take Hwy 680 North and exit at Ygnacio Valley Rd in Walnut Creek Turn right and follow it 7.5 miles and turn right on Clayton Rd and turn right after a mile on Mitchell Canyon rd and follow it into the park where we will meet.

Drive Time: 90 Min. – Parking: \$10.00 – No Dogs

March 10, 2012

RANCHO CANADA DEL ORO OPEN SPACE (Morgan Hill)

Level: 3 – Miles: 7 – Elevation: 800'

Host: Jeff F

Over 8 miles of connected pathways offer spectacular views of the Diablo Range and Mt. Hamilton and views stretch to the Santa Clara Valley Floor. We will see native grasslands, valley oak woodlands, sage-chaparral scrub, and creek side habitats. We will be hiking Serpentine Loop Trail to Bald Peaks Trail to our meeting spot and from there will be taking the Long Wall Canyon Trail back.

Directions: Take 101 south take exit 373 Bailey ave. turn right on Bailey go 3.2 miles and take a left turn on McKean rd. go 2.4 miles and you will be turning right onto Casa Loma Rd. go 1.7 miles destination will be on the left will be meeting in the parking area.

Drive Time: 30 Min. – Free – No Dogs

March 24, 2012

MUIR WOOD NATIONAL MONUMENT

Level: 3 – Miles: 6.5 – Elevation: 1,100' - Host: Tom D.

Quite frankly one of the most diverse and beautiful hikes that I have found in the Bay Area. The hike starts from the parking lot directly past (south of) the main entrance to Muir Woods. We cross the creek and head up on the Dipsea trail through a somewhat tropical stand of ferns and fauna. In ten minutes we hop on the Dipsea trail with wide-open meadows of wild flowers and views of the Pacific. Douglas fir strands on the south ridge give way to ferns and redwoods again on the north side. On to the Stapleveldt trail! Within the next two miles we will come upon the Bootjack trail following the creek back down to Muir Woods. This is the hike to see! The meeting will be within the first 45 minutes of the hike in the meadow, weather permitting.

Directions: After crossing the Golden Gate, drive to the Stinson Beach/Highway 1 exit. Drive west to the stoplight at the "T" intersection. Take a left onto Hwy. 1. Drive 2 ½ miles uphill to Panoramic Highway and turn right. Drive .7 miles to a fork in the road and make a left on the Muir Woods junction. Muir Woods is .8 miles down this road. (Don't

forget to turn into the 2nd parking lot, not the main parking lot). Plan to arrive early as you may have difficulty finding the group if you arrive late.

Do not forget the \$6.00 per car when crossing the Golden Gate Bridge.

Drive Tim: 2 Hours – Parking: Free – No Dogs

April 7, 2012

ROUND VALLEY REGIONAL PRESERVE

Level: 2.5 – Miles: 7.25 – Elevation: 900'

Host: Troy & Amy

In the hills east of Mt. Diablo, this hidden valley lies between Morgan Territory and the edge of the San Joaquin Valley. It's hard to believe this beautiful place was once proposed to be turned into a landfill and spoiled forever. We will hike up Hardy Canyon to a ridge with an amazing view of the valley below. Then down to the valley floor and a loop through its meadows.

General Directions: Take I-680 North to I-580 East toward Stockton. Take the Vasco Rd North exit toward Brentwood. After approx 14 miles turn left on Camino Diablo. Then, in 3.5 miles make a slight left onto Marsh Creek Rd. Go approx 1.5 miles and the park is on the left.

Drive Time: 1 Hours 15 Min. – Parking: Free – No Dogs