

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 bed sheet).
- 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 items, etc.).
- Smoking is not permitted on any trails or during the meeting.
- Watch out for poison oak, snakes, bees and the like.
- Please respect wildlife.
- If you bring kids or pets, make sure to supervise them 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 our website www.wildrecovery.org

PLEASE NOTE: Since Wild Recovery is a part of the Greater San Jose Area fellowship, all driving directions and drive times start from San Jose.

GRATEFUL TO BE OF SERVICE

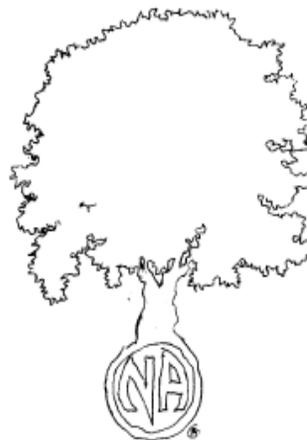
- Secretaries: Diane (831) 462-0262 & John W. (916) 715-1358
- Treasurer: Jeff (408) 314-6780
- Asst. Treasurer: John R. (831) 713-9769
- GSR: Glen (408) 455-1664
- Alternate GSR: Jeri (408) 799-6390
- Business Chair: Mitch (510) 523-5166
- Business Recording Secretary: Mark K.
- Website: Justin (805) 338-1349
- Website Assistant: Anna (408) 806-7675
- Hike Flyer: Troy (925) 785-2238
- Communication Coordinator: Philip (650) 323-9775

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

March 2014 - May, 2014

Every other Saturday at 10 AM

www.wildrecovery.org

March 8, 2014

ED LEVIN COUNTY PARK

Level: 4 – Miles: 9 – Elevation: 2,000'

Host: Anna

This 1,541-acre park host's an expansive array of outdoor activities from fishing to hang gliding. The 19 mile trail system is open in part to horseback riding, bicyclist and hikers alike. The large grass areas are inviting to picnickers & family gatherings. It also boasts the largest "off leash" dog park. Ed Levin sits up against the Mission Peak Regional Preserve in Milpitas. We will be hiking to Monument Peak. The peak stands at 2,594' elevation and provides a great view of the Bay's valley and cities. We will be hiking from Calera Creek Trail, then up Monument Peak trail and ending up at Tularcitos Trail.

Directions: From San Jose take 280 South to 680 North. Exit #8/CA-237/Calaveras and head East (turn right). You will be on Calaveras for around 2 miles. Turn left on Downing and pay for parking at the kiosk then head straight (stay left at the Y). Park at the lower parking lot. For those with a GPS/smartphone the address is 3100 Calaveras Rd, Milpitas.

Drive Time: 30 minutes - Parking \$6 - Dogs Allowed on Leash

March 22, 2014

LAND OF MEDICINE BUDDHA-SOQUEL

Level: 2.5 – Miles: 5.8 – Elevation: 1,000'

Host: John W.

Adjacent to 10,000 acres of redwood forest preserved by the state of California and tucked among 108 acres of coastal redwoods in Soquel, the Land of Medicine Buddha (LMB) is a spoonful of tranquility. LMB is home to the largest prayer wheel on the West Coast.

Directions: The address is 5800 Prescott Rd in Soquel. To get there take HWY 17 South to HWY 1 South, exit Porter St/Bay Ave, turn left and go under the freeway. Then turn right onto Main St., which merges onto Glenhaven Rd. Follow for about a half mile and turn right onto Prescott Rd. which leads to parking on the right before the bridge. Parking is very limited so carpooling is advised.

Drive Time: 1hr - Parking: Free - Dogs Allowed on Leash

April 5, 2014
HENRY COWELL STATE PARK
Level: 2.5 – Miles: 7 – Elevation: 800'
Host: Mary

Henry Cowell is home to a centuries old redwood grove where the Zayante Indians once roamed. The San Lorenzo River passes through here on its way to the ocean. This park is truly a gem of the Santa Cruz mountains. Note: Bring something to sit on and wear long pants due to potential poison oak.

Directions: Take Hwy 17 South. Take the Mt Hermon Exit 3. Turn right on Graham Hill Road. Turn left on Highway 9. Turn left into the park entrance. Meet in front of park store.

Drive Time: 45 min - Parking \$8 – Dogs Allowed on Leash

April 19, 2014
HIDDEN FALLS REGIONAL PARK-AUBURN
Level: 2.0 – Miles: 5.6 – Elevation: 800'
Host: Andrea

This hike is being held near NCCNA for those who are attending the convention in Sacramento. Hidden Falls Regional Park is located in the foothills between Auburn and Lincoln. The park sits on 1,200 acres and includes an observation deck allowing close up view of the 30-foot waterfall that gives the park its name.

Directions: The address for the park is 7587 Mears Place in Auburn. From the Convention Center head east on J St toward 15th St and turn right on 15th St, left onto X St., then make a slight left onto the I-80 E ramp to Reno. Stay on I-80 E for 24 miles, take the CA-49 exit toward Grass Valley/Placerville, turn left toward Grass Valley and drive for 2.7 miles, make a left on Atwood Rd., continue onto Mt Vernon Rd., then turn right onto Mears Dr., and right on Mears Place. Parking is very limited so carpool.

Drive Time: 1hr from NCCNA- Parking: Free – Dogs Allowed on Leash

May 2-4, 2014
BOTHE - NAPA VALLEY STATE PARK SPRING RETREAT
Hosts: Troy and Amy
Friday: Bothe-NapaValley SP / Ritchey Canyon & Coyote Peak Loop
Start Time: 1 PM - Level: 3 - Miles: 6.5 - Elevation: 1,500'
Saturday: Table Rock, Palisades Trail & Oat Hill Mine Trail
Start Time:9AM - Level:4 - Miles: 11 - Elev Gain: 2,750' / Elev Loss: 4,550'
Shuttling to trail head required. Hikers arriving Saturday, meet at the intersection of CA-29 & Silverado Trail in Calistoga at 9AM

Sunday: Bale Grist Mill State Historic Park / History Trail
Miles: 2.5 - Level: 1.5 - Elevation: 400' - Entrance Fee for the Mill tour: \$5

Located at the north end of the Napa Valley, this beautiful park is set in a dense forest of tan oak, Douglas fir, madrone and Coast redwoods. Our hikes will quickly take us away from the usual Napa Valley "recreation".

Saturday's hike is a one way trek starting high on Mt. St Helena in Robert Louis Stevenson State Park. We will be rewarded to grand views of the Valley far below as we hike first to Table Rock and then continue on the Palisades Trail. Meandering beneath the amphitheater like volcanic rock formations that tower above us, we are surrounded by one of the most amazing wildflower displays I've ever seen. The last 4 miles of the hike are a gradual descent back down to the valley floor.

Sunday, after we break camp, stick around for a short hike past the Pioneer Cemetery to the Bale Grist Mill. This water-powered mill built in the 1800s has been restored, and offers a short docent led tour and demonstration of it's workings. The group camp can accommodate 30 people and 10 vehicles.

Directions: Take I-680 North to CA-12/I-80 west. Exit CA-12 Jameson Canyon Rd toward Napa/Sonoma. Turn right on CA-29 north. Continue on CA-29 for 29 miles to the Bothe-Napa Valley State Park Entrance on the left. We are in the group campground.

Drive Time: 2 hours – Camping Fee: \$10
Leashed Dogs OK in Campground, No Dogs on Hikes

May 17, 2014
GARRAPATA STATE PARK - CARMEL
Level: 3 - Miles: 7 - Elevation: 1,000'
Host: Tom R.

The park has two miles of beach front, with coastal hiking and a 50-foot climb to a beautiful view of the Pacific. The park offers diverse coastal vegetation (spring wildflowers) with trails running from ocean beaches into dense redwood groves. Sea lions, sea otters and migrating grey whales frequent the coastal waters. We will hike Rocky Ridge & Soberanes Canyon Trails. Note: Ticks and poison oak may be present so long pants are recommended.

Directions: Take Hwy 101 south to CA 156 west to Hwy 1 south. The park is located 6.7 miles south of Rio Road in Carmel. There's a highway turnout at mileage marker 65.8. No sign is visible from the highway, but look for a pullout under a distinctive row of cypress trees that line the highway. Park along Hwy 1. The trail head is a gated dirt road that leads to an abandoned tin barn.

Drive Time: 1 hour, 30 min - Parking: Free – No Dogs Allowed