

August 22, 2015

Matt Davis – Steep Ravine Loop (Stinson Beach)

Level: 3.5 – Miles: 7.3 – Elevation: 1,600

Host: Nico R.

*A popular hike departing from the town of Stinson Beach, strung together from the Matt Davis, Steep Ravine, and Dipsea trails. The 7 mile loop features a bit of everything with waterfalls, Redwoods, Douglas Fir and Oak Forests. These three trails are some of Tam's best and combining them into one hike intensifies the pleasure. Matt Davis is a masterpiece trail—the perfect trail through a spectacular landscape. The entire experience from Stinson Beach to Pantoll and back is a joy. Steep Ravine starts out in a beautiful Redwood Canyon and gets better with each step as you descend past waterfalls and down a famous ladder. The hike only spends a short time on historic Dipsea but this segment showcases fabulous gasp worthy views of Stinson Beach.*

**Directions:** The address is 32 Belvedere Ave, Stinson Beach CA 94970. From South Bay: Take 280 North, Take Exit 49B on the left onto CA-1 N towards 19<sup>th</sup> Avenue, Golden Gate Bridge. Merge onto US-101 N. in 6.1 Miles take exit 445B onto CA-1 towards Mill Valley, Stinson Beach. Continue onto Redwood Hwy towards Pohono St. turn Left onto Shoreline Highway. In 11.6 miles turn right at Calle Del Mar. Then Right on Buena Vista Ave. Turn right at the Fire Station (Belvedere Ave.) There's additional parking further down Buena Vista Ave at the Stop sign by the post office.

**Drive Time: 1hr 50 minutes – Parking: FREE (Limited) – No Dogs Allowed**

#### 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 & regulations.

What you bring in, bring out (this includes trash, food items, etc.).

Smoking, including electronic smoking devices, 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 more about Wild Recovery and up-to-date hike information see our website [www.wildrecovery.org](http://www.wildrecovery.org)

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

#### GRATEFUL TO BE OF SERVICE

Co-secretaries: Kent (925) 212-4972 & Ben (408) 605-7872

Treasurer: John R. (831) 462-0262 / Asst. Treasurer: Diane (831) 462-0262

GSR: Jeri (408) 799-6390 / Alternate GSR: Jeff (408) 314-6780

Business Chair: Philip (650) 430-6353

Business Recording Secretary: Mark K. (650) 533-4974

Website: Anna (408) 806-7675 / Website Assistant: Mitch (510) 523-5166

Hike Flyer: Troy (925) 785-2238 / Comm.Coordinator: Nico (650) 248-5535

#### 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

May 2015 – August 2015

Every other Saturday at 10 AM

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

May 30, 2015

**CATARACT TRAIL / MT. TAMALPAIS**

**Level: 3.5 - Miles: 7.1 - Elevation: 1,300'**

**Host: Mark K.**

*On the Northern Shoulders of Mt. Tamalpais several springs help supply water to the Marin County area. This shady and steep trail follows the course of Rock Creek as it emerges from springs high on the mountain and plunges into Alpine Lake reservoir.*

**Directions:** From the North Tower of the Golden Gate Bridge take 101 N 11 miles and take the Sir Frances Drake Blvd. exit. Drive North 3.6 miles on Sir Frances Drake Blvd. to the Red Hill intersection. Bear left on Sir Frances Drake Blvd. for 1.7 miles. Turn left of Pacheco Ave. for ½ block, right on Broadway for 1 block. Turn left onto Bolinas – Fairfax Road which you stay on for 8.1 miles to Alpine Lake. Park at the Cataract trailhead .2 miles after crossing the dam. Park with all 4 wheels off the road. Car pooling is highly encouraged.

**Drive Time: 2 1/2 hours – Parking: Free – Dogs allowed on leash.**

June 11-14, 2015

**LAVA BEDS NATIONAL MONUMENT - SPRING RETREAT**

**Hosts: Kent B.**

*Lava Beds National Monument is a land of turmoil, both geological and historical. Over the last half-million years, volcanic eruptions on the Medicine Lake shield volcano have created a rugged landscape dotted with diverse volcanic features. More than 700 caves, Native American rock art sites, historic battlefields and campsites, and a high desert wilderness experience await you!*

**Directions:** Hwy 680 North to Hwy 80 North to Hwy 505 North To Hwy 5 North then Exit #690/ Hwy 299 North of Redding towards Burney. Take a Left turn on Bieber Lookout Rd. Take a left on Hwy 139. Then left on Tionesta Rd. Then right on Lava Beds Rd. into the park. We will be in single camp sites so check the board for information.

**RSVP to Kent so he knows how many campsites are needed.**

**(925) 212-4972 or [dkbergman@sbcglobal.net](mailto:dkbergman@sbcglobal.net)**

**Drive Time: 7 hours – Fees: \$10 park entrance & \$10 for camping**

**Dogs allowed on leash in the campsite only.**

**June 27, 2015**  
**ALUM ROCK PARK**  
**Level: 2.5 - Miles: 6 - Elevation: 1,300'**  
**Host: Anna J.**

*Alum Rock Park has the proud heritage of being California's first municipal park. The canyon sits in the foothills of the Diablo Range. It is not only distinguished by its age but also by its unique natural characteristic and colorful history surrounding the mineral springs and the flood of 1911 (respectively). We will be hiking the Southern Rim Trail which begins at the east end of the park where we enter off Penitencia Creek Road. This trail should shield us from the hot summer sun. Our hike consists of both elevation gain and loss before the meeting site and then a nice flat stroll back to our cars following lunch.*

**Directions:** Take the Berryessa exit off Hwy 680. Head East. Turn right on N Capital Ave. Then Left on Penitencia Creek Rd. This takes you directly to the park in about 2.7 miles. There is free parking lot out front but it is limited so please meet at the first parking lot beyond the kiosk.  
**Drive Time: 20 min (San Jose) 1 Hr (Santa Cruz/Walnut Creek) – Parking \$6**  
**Sorry No Dogs – Business Meeting following this hike Location TBD**

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**July 11, 2015**  
**BLACK DIAMOND MINES REGIONAL PRESERVE**  
**Level: 3 -Miles: 5.25 - Elevation: 850'**  
**Host: Troy and Amy H.**

*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. On this day the Hazel-Atlas Mine is open to explore nearly 1,000 feet below the ground. Yes, it may be hot in July, but after our hike we can take the mine tour where temperatures underground are much cooler. Dressing in layers is recommended.*

**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**

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**\*\*\*Save the dates for the Fall Retreat\*\*\***

***Pinnacles National Park - October 15-18, 2015 - hosted by Anna J.***

**July 25, 2015**  
**HUCKLEBERRY BOTANIC / ROBERT SIBLEY VOLCANIC**  
**REGIONAL PRESERVES**  
**Level: 3.5 - Miles: 7 - Elevation: 1,200'**  
**Host: Mitchel H.**

*At Huckleberry Botanic Regional Preserve the native plant community here is found nowhere else in the East Bay. It represents a relic plant association found only in certain areas along California's coast where ideal soil and climatic conditions exist.*

**Directions:** Take 880 North. In Oakland stay right and merge onto 980 to Highway 24 east towards Walnut Creek. Take the far right bore through the Caldecott Tunnel. After the tunnel take the first exit, which is Fish Ranch Road and follow it to the right and up the hill. At the stop sign turn left onto Grizzly Peak. At the next stop sign turn left onto Skyline Blvd. Take the first left into Robert Sibley Volcanic Regional Preserve. We'll meet at the entrance.

**Drive Time: 1½ hours – Parking: Free – Dogs Not Allowed**

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**August 6-9, 2015**  
**LOON LAKE / CRYSTAL BASIN - SUMMER RETREAT**  
**Hosts: Troy and Amy H.**

*Loon Lake is located in The Crystal Basin Recreation Area of the Eldorado National Forest. The area is a gateway to the northwest corner of Desolation Wilderness. Vistas of Sierra Nevada Peaks and exposed granite dotted with pine forests, and clear blue mountain lakes stretch as far as you can see. Friday's hike will take us to 8,872' Tells Peak. From the top, Lake Tahoe is visible to the East. After a long hike, a swim in Loon Lake is refreshing. Or bring something to float on. At night, the star filled sky is simply breathtaking. We will be camped at Loon Lake Group Camp 2 just yards from the lake shore. It is its own loop with 6 camp spurs and can accommodate up to 35 people.*

**Thursday: Set-up camp & take a swim, then a short hike on Loon Lake Trail.**

**Level: 2.5 - Miles: 4.5 - Elevation: 400'**

**Friday: Van Vleck Trail Head to Forni Lake & Tells Peak / Desolation Wilderness**

**Level: 4 - Miles: 11.6 - Elev Gain: 2,350'**

**Saturday: Rubicon Trail to Pleasant Lake Level: 3.5 - Miles: 7.5 - Elev Gain: 700'**  
**or to Rockbound Lake Level: 4.5 - Miles: 13.75 - Elev Gain: 1,500'**

**Directions:** Take I-680 north to I-80 east to US-50 east. Continue approx. 64 miles on US-50 (Note: the last fuel is at Fresh Pond approx. 4 miles past Pollock Pines) and turn left on Ice House Road. Continue on Ice House Road. In approx. 24 miles at the junction of Wentworth Springs Rd turn right to stay on Ice House Rd. Go another 4.5 miles and turn right to go to Loon Lake Campgrounds. Proceed to the end of the road. Turn right before the boat ramp/day use area and go to Group Camp 2.

**Drive Time: 4 hours – Camping Fee: \$15**

**Contact Troy to RSVP at (925)785-2238 or troyamy907@aol.com**

**Leashed Dogs OK in Campground and on Hikes.**