

November 28, 2015
ANGEL ISLAND STATE PARK
Level: 2.5 - Miles: 7 - Elevation: 800'
Host: Jeff F.

Angel Island located in San Francisco Bay has been used for a variety of purposes, including military forts, a US Public Health Service Quarantine Station and a US Immigration Detention Facility. We will be hiking a 7 mile loop around the island and having our meeting at Perles Beach. We will be taking a ferry to the island out of Tiburon. Ferry leaves for at 10:00 so please arrive no later than 9:30 to insure you have time to buy your ticket and board the ferry. Tickets are \$15.00 per person this also includes entrance fee to park. This is a hike you wont want to miss there is alot of history to see on this island.

Directions: Take 101 north across the GG Bridge & take the Tiburon blvd. exit. Turn right & follow Tiburon Blvd. 4 miles. Park in one of the all day pay lots. Walk to the ferry terminal at 21 Main st.

Drive time: 1hr 30 min- Parking: \$5 to \$20 - 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

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

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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

September 2015 – November 2015
Every other Saturday at 10 AM
www.wildrecovery.org

September 5, 2015

MORNING SUN TRAIL TO RODEO BEACH LOOP

Level: 3.0 - Miles: 9.5 - Elevation: 958'

Host: Alan N.

The Morning Sun Trail is a short series of uphill switchbacks over railroad timber stairs to the top of the canyon for the first quarter mile. From the top it offers clean air and great views of San Francisco, Bay Bridge, Alcatraz and Angel Island. We will hike 4.6 miles along the ridge passing the north west side of the Golden Gate Bridge and slowly descend downhill to our meeting place on Rodeo Beach. Then continue the loop back for 4.5 miles. It will be a bit more challenging hiking uphill on the way back to Morning Sun Trail. Bring a Camera because there will be a ton of wildlife, beautiful flowers & plants, Bay Area views, ocean scenes and old military base structures.

Directions: 101-N or 280-N over the Golden Gate Bridge. Take Monte Mar Dr/Spencer Avenue Exit. Turn Left on SPENCER AVE/101-SOUTH (going under the freeway), then a quick right into the parking lot.

Drive Time: 1 hour – Parking: Free – No Dogs Allowed

September 19, 2015

POINT LOBOS STATE MARINE RESERVE

Level: 2.0 – Miles: 6.5 – Elevation: 700' - Host: Gary S.

One of my favorite places to hike along the coast with such magnificent views, accompanied with the sounds, power and energy of the ocean. The Monterey Pines & wind blown Cypress trees are spectacular. We will start our hike just outside of the park at the entrance road where there is ample parking along Highway 1. We'll start on Carmelo Meadow trail. When we hit the ocean, we'll go right on Granite Point trail, then double back through Whalers cove. Then we begin the North Shore Trail, and continue on through the south Shore Trail. Along the way we will take a few loops out to some points with great views. Finally winding up at Gibson Beach, where we will have our meeting.

Directions: Take Hwy 101 South for approx 45 miles to CA 156 West Monterey Peninsula exit. Take Hwy 156 West for 6.5 miles to CA Hwy 1 South. Take CA Hwy 1 South for 20 miles to Point Lobos. Park entrance on right 3 miles south of Carmel. However it's best to park outside the park on either side of Highway 1 for this hike's starting point.

Drive Time: 1 hour 30 min – Parking: Free on Hwy 1 or \$8.00 in park
No Dogs Allowed

October 4th, 2015

FORT ORD NATIONAL MONUMENT

Level: 2.5 - Miles: 6.75 - Elevation: 800'

Host: Nancy S.

This expansive landscape near the Monterey Bay provides 86 miles of rugged trail. The monument covers approximately 14,650 acres and is jointly administered by the Bureau of Land Management (BLM) and U.S. Army. Fort Ord is loved for its beauty and rich biodiversity- including one of the largest remaining expanses of maritime chaparral composed of shrubs like manzanitas, wild lilac, and chamise that supports numerous plant and animal species. We will be exposed to the elements hat and sunscreen suggested.

Directions: Take US 101 S. to CA 156 W. in Prunedale take exit 336 from US 101 S. Merge onto CA 156 W. Follow CA-1 S. to Reservation Rd. in Marina Take exit 410 from CA-1 S. Continue on Reservation Rd to reach Creekside Terrace Trailhead parking lot.

Drive time: 1hr 20 min Parking: Free Dogs allowed on leash

October 15-18, 2015

PINNACLES NATIONAL PARK - FALL RETREAT

Host: Anna J.

Thursday: South Wilderness Trail

Level 2 – 6.5 Miles – Elevation: 10'

Friday: High Peaks/Balconies Cave Loop

Level: 3.5 – Miles: 12.2 – Elevation: 1,540'

Saturday: North Chalone Peak

Level 4.5 – Miles: 13.6 – Elevation: 2,040'

All of our hikes will start from the campground. Both Friday's & Saturday's hikes will have a small stretch that will go through caves so be sure to bring a flashlight and wear shoes with good traction and bring a hat and plenty of water.

Pinnacles was proclaimed a National Monument in 1908 and was designated a National Park only 2 years ago in 2013. The park encompasses over 26,000 acres with 16,000 acres designated as wilderness. As do all parks, Pinnacles protects natural and cultural features, recreational opportunities and open space in an ever increasing urban setting. The most noticeable features in Pinnacles are the rock spires, ramparts and crags that bear no resemblance to the surrounding foothills that dominate the landscape. It is believed to be the result of million of years of faulting and tectonic plate movement along the San Andreas Fault Zone.

Pinnacles Fall Retreat Continued

Directions: Take US-101 S towards Los Angeles for 32.8 miles. Take exit CA-25 toward Hollister and turn left. Stay on CA-25 S for 41.4 miles. You will take a slight right onto CA-146 W before entering the park on your right. Drive to the Visitor Center to pay the park entry fee. This is not included in the price of camping. After paying head toward the group campgrounds (make a left then a right). We are the last group campgrounds # 133 & 134. We are allowed a total of 10 vehicles.

Drive Time: 1 hour & 20 min – Park Entry \$10 – Camping \$20

No Dogs Allowed

October 31, 2015

HENRY COWELL STATE PARK

Level: 2 – Miles: 3.5 – Elevation: 540'

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. Limited parking – car pooling recommended.

Directions: Take Hwy 17 South. Take the Mt Hermon Exit 3. Turn left on Graham Hill Road. Turn right into the South Boundry Entrance. If you get to Simms Rd. turn around, you went too far.

Drive Time: 30 min – Parking: Free – Dogs Allowed on Leash

November 14, 2015

SWEENEY RIDGE – SNEATH LANE ENTRANCE

Level: 3 - Miles: 6 – Elevation: 700'

Host: Steve M.

Sweeney Ridge is a hilly hiking area of ridges and ravines between San Bruno and Pacifica. The ridge's 1,200-foot-high summit, covered with coastal scrub and grassland, slopes down to the bay on one side and to the Pacific on the other. Historical sites include Portola Discovery site where Spaniards first viewed the bay area in 1769 and a Nike missile site sprawls north of Portola Discovery site. Our hike will follow the Sneath Lane Trail to the top of the ridge and loop around the Sweeney Ridge and Horse Trails for our meeting. Dress warmly as temperatures can be cool in the morning.

Directions: Take 280N up to exit 41 Skyline Blvd/Ca-35 exit toward Pacifica. Stay on CA-35/Skyline Blvd for about 1.6 miles and take a left onto Sneath Lane. Follow Sneath lane about 0.8 miles until you reach parking @ the base of Sweeney Ridge.

Drive time: 1 hour - Parking: Free - Dogs Allowed on Leash