

September 17, 2016

McNEE RANCH STATE PARK / MONTARA MOUNTAIN

Level: 3.5 Challenging - Miles: 7.5 - Elevation gain: 1,700'

Hosts: Troy and Amy

In summer, McNee Ranch is one of the best bay area parks to visit if you're in the mood for a cool climb. While inland temperatures soar, ocean breezes keep things here temperate, permitting the strenuous ascent to Montara Mountain's summit. On clear days the summit provides spectacular views of much of the San Francisco Bay Area. The mountain has extensive biodiversity especially on the serpentine soils of the lower slopes where several endangered plant species are found.

We will hike the Gray Whale Cove Trail and the North Peak Access Rd.

Directions: Take 280 S and in Milbrae take exit exit 41 for State Route 35 toward Skyline Blvd/Pacifica. Go approx 3 miles and turn left on Sharp Park Rd. Take this down to Hwy 1 and go south toward Half Moon Bay. After the Hwy 1 tunnel outside of Pacifica go approx ½ mile to the parking area on the left for Montara State Beach.

Drive Time: 1hr 15 min - Parking: Free - Dogs Allowed on Leash

WILD RECOVERY HIKE SUGGESTIONS

ALL hikes are scheduled to leave from the trailhead promptly at 10 AM unless noted otherwise, so PLAN ACCORDINGLY!

Bring something to eat during the meeting and drink PLENTY OF WATER.

EACH HIKER SHOULD BRING 2 LITERS (70 oz) OF WATER MINIMUM.

The weather can be unpredictable at all parks, so layered clothing makes sense for ALL hikes.

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, be sure to supervise them at all times, and be sure they have enough water.

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

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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

Please note the level, miles & elevation when considering a hike.



WILD RECOVERY

June 2016 - September 2016

Every other Saturday at 10 AM

www.wildrecovery.org

June 25, 2016

ALMADEN QUICKSILVER

Level: 3.5 Challenging - Miles: 10

Elevation gain: 1500' - Host: Glen V.

Nestled in the heart of Almaden Valley, Almaden Quicksilver is one of the hidden jewels of the Santa Clara County Park system. Within the 3,977 acres are 32 miles of hiking trails. The park is abundant with wildlife, including deer, boar, and mountain lions. The start of the hike will follow the Senador Mine, Guadalupe, and Providencia Trails eventually offering a birds-eye view of the Guadalupe Reservoir and Dam. The last half of the hike we'll follow the "single track" New Almaden Trail providing plenty of shade for our afternoon.

Directions: From HWY 17 take HWY 85 south to Almaden Blvd. Exit and follow the signs to Almaden Blvd South. Follow Almaden for 1.4 miles and turn right on McAbee Rd. Follow McAbee for 1.8 miles until you reach the McAbee entrance at the corner of McAbee and Whispering Pines.

Drive Time: 20 min - Parking: Free - Dogs Allowed on Leash

July 9, 2016

TILDEN NATURE AREA / WILDCAT CANYON REGIONAL PARK

Level: 2.5 Moderate - Miles: 7 - Elevation gain: 1,050'

Hosts: Tim F. and Megan S.

The lands that are now Tilden Park are ancestral lands of the Ohlone Tribe. Prior to being a public park, ranching was the dominant activity in Wildcat Canyon. The regional park encompasses 2,427 acres along the Wildcat Creek watershed and the surrounding hills and ridges. Easy access from the cities of the East Bay makes this a popular park for hikers, mountain bikers and equestrians or those simply looking for a quiet place to spend an afternoon.

Directions: Take I-880 N to I-238S to I-580 W to Hwy 13 N toward Berkeley. Take Hwy 24 E through the Caldecott Tunnel then exit on Fish Ranch Rd and turn right. Go 1 mile and turn right on Grizzly Peak Blvd. In 1.5 miles turn right on S. Park Dr. Go 1.5 miles and turn left on Wildcat Canyon Road and then in 1 mile turn right on Central Park Drive.

Follow it to the Nature Area parking area at the end of the road.

Drive Time: 1 hr 20 min - Parking: Free - Dogs Allowed

July 21-24, 2016

TUOLUMNE MEADOWS / YOSEMITE SUMMER RETREAT

Host: Justin N.

Tuolumne Meadows is a gentle, dome-studded sub-alpine meadow section of the Tuolumne River, in the eastern section of Yosemite National Park at an elevation of ~8,600 feet. Tuolumne Meadows has a good view of the Cathedral Range and Unicorn Peak (to the south), Lembert Dome and Mount Dana (to the north). We will be staying in a group campsite in Tuolumne Meadows.

Thursday: Set up camp; relax;

Either Lembert Dome (Level 3, 2.8 miles, no more than 900 feet of elevation gain, maximum elevation, 9500' at the top of Lembert Dome) or Tuolumne Meadows (Level 1, 2 miles, no elevation gain).

Friday: Cathedral Lakes

(Level 3, 8 miles, 1100 feet of elevation gain, maximum elevation: 9,600')

Saturday: Clouds Rest

(Level 4, 14 miles, 1800 feet of elevation gain, maximum elevation: 9,926')

Directions: Take I-680 north to I-580 east. Take I-580 to I-205 towards Manteca. Merge onto SR-120 towards Yosemite and drive through Yosemite National Park until you see Tuolumne Meadows on your right. Follow the signs to the Group Camp Site E.

PLEASE CARPOOL: Only 5 cars allowed to park at the campsite. Others must park in another lot. BEAR COUNTRY: Please note that Tuolumne Meadows is notorious for nuisance bears looking for your food. Please ensure ALL scented items are removed from your vehicle (eg: sun block, toiletries, food, etc...). Food lockers are provided at the campsite.

CAMPING FEES: To ensure everyone that wants to go can go, please ensure Justin has received your camping fees by the 1st of July. After this point, you may lose your spot to someone on the wait list who can provide camping fees. It is your responsibility to ensure Justin has received \$15 payment securing your spot by July 1st.

Please RSVP with Justin N at 805.338.1349 or JustinN@wildrecovery.org.

Drive Time: 5 hours (~210 miles) - Park Entry \$30 per vehicle

Camping \$15 per person - Dogs Not Allowed

August 6, 2016

HENRY COWELL STATE PARK / FALL CREEK

Level: 3.5 Challenging - Miles: 8.2 - Elevation gain : 1,760'

Host: Johanna J.

The Fall Creek unit of Henry Cowell State Park occupies a steep canyon on the side of Ben Lomond Mt. The park is almost entirely wooded with second growth redwood dominant forests. The main attraction is the lush canyon bottom with it's lively creek and abundant redwood sorrel ground cover. The first half of this hike is a strenuous climb through young mixed woodland, ending at Big Ben Tree. This is followed by a descent through lush redwoods along Fall Creek.

Directions: Take Hwy 17 South. Take the Mt Hermon /Exit 3 & turn right. In 3.5 miles turn right on Graham Hill Rd. At the next light go forward onto Felton Empire Rd. In ½ mile the parking lot is on the right. Parking is limited, please carpool. This entrance has no facilities, so plan accordingly.

Drive Time: 40 min - Parking: Free – Dogs Not Allowed

August 20, 2016

LOCH LOMOND

Level: 4 Hard - Miles: 5 - Elevation gain: 1,800'

Host: Kent B.

Loch Lomond Recreation Area offers boating, fishing, hiking and picnicking. It is a city of Santa Cruz drinking water reservoir. We will be hiking the Highland trail which offers spectacular views of the reservoir and the Santa Cruz Mountains.

Directions: Take Hwy 17 South take Exit 3/Mount Hermon Rd and turn right and follow it through Scotts Valley and down into Felton. Turn Left on Graham Hill Rd and then turn left on East Zayante Rd. Turn left on Lompico Rd. Turn Left on West Drive. We will meet at the Glen Corrie Picnic Area.

Drive Time: 1 hour - Parking: \$6.00 - Dogs Allowed on Leash

Hungry Hiker Potluck & Business Meeting to follow the hike.

September 3, 2016

MT. TAMALPAIS STATE PARK

Level: 4.5 Hard - Miles: 11.5 - Elevation gain: 2,000'

Host: Mitchel B.

Mt. Tamalpais State Park rises majestically from the heart of Marin County. From a distance it captures our attention with its sweeping hillsides and high peaks. The deep canyons are filled with solemn redwoods groves. There are over 100 miles of trails and fire roads on and around the mountain.

Directions: The Park is located North of San Francisco's Golden Gate. From Highway 101 take the Highway 1 / Stinson Beach exit and follow the Mt. Tamalpais State Park signs. It's pretty well-marked, but the road makes some sharp twists and turns. Keep your eyes open for the signs. There is a fork in the road and you'll need to go right on Panoramic Hwy. Pantoll Ranger Station will be on the left at 3801 Panoramic Hwy, Mill Valley, CA 94941. You can call the Ranger Station at 415-388-2070.

Drive Time: 2 hours - Parking: \$8 - Dogs Not Allowed

*Save the dates for the Fall Retreat - November 11-13, 2016
Lime Kiln State Park in Big Sur - Hosted by Mary*