

A Little Helpful Information

Wild Recovery is a Narcotics Anonymous home group in the San Jose, California NA fellowship. We sponsor a bi-weekly recovery meeting, and occasional day trips and camping weekends, sharing fellowship and NA recovery. It's an open meeting, members and friends of the fellowship are welcome (and their kids and teenagers).

How long: A short hike of about forty minutes, a forty-minute speaker/discussion meeting, forty back (it often takes longer, truthfully). We look for sites that are easy enough for beginners, yet offer more. Plan to stay and go further after the meeting if you can, it's often the best part. We often have lunch together afterward.

Parking Fees: The NA meeting is free, 7th Tradition as usual. Some parks charge day use fees, bring exact change if there is a fee.

Carpooling: A good thing, parking is very limited at some sites.

Avoid Dehydration: Bring water, at least a pint, or more and take it with you on the trail (this is important). A little snack is nice, too.

Wear: Outdoor clothing, in layers so you can adjust to changing conditions, hat, sunscreen, small day pack. Sturdy, comfortable walking shoes, or hiking boots. Avoid new shoes (blisters), and cologne (attracts bugs). Sunburn is the most common injury for hikers.

Wildlife: Put insect repellent on the pants cuffs and socks to repel ticks, mosquitoes, fleas, etc. Learn to recognize and avoid poison oak, and please don't pick up any rattlesnakes even if they're cute.

Check the Map: before you leave to make sure of the route. It pays to have a map in the car just in case. We want you with us, not lost!

Avoid Brake Burnout: Going downhill off the mountains in your car, use the low gears to slow down, avoid burning up your brakes.

Park Regs: Please observe the posted park rules and regs, also the safety information. Smokers, please take special care as many areas are fire-sensitive. Dogs are often welcome, but call first to find out.

ADA Access: Many parks will provide special access for persons with disabilities, call in advance to arrange.

Awareness Pays: Paying attention is the best way to be safe and have a good time. Be aware of what's around you, watch where you put your feet, and listen to your body; go at a pace that's comfortable. Choose a trip that matches your abilities, some are easier than others.

WWW: Check our website for great pictures and the most complete details about our meetings, <http://www.wildrecovery.org>

More info: Geoff K. (408) 629-6906 geoffk1@yahoo.com
Victor B. (408) 971-3555 info@wildrecovery.org

Wild Recovery

September, October, November 2000

Saturdays, 10:00 AM

<http://www.wildrecovery.org>

September 2: Fremont Older Open Space Preserve, Cupertino
Take 280 N, go south on Lawrence Expressway, take Prospect Road west. There are a few surprise turns, like the hard left at the RR tracks; stay on Prospect. It dead-ends at the parking lot after the golf course; there is free, but limited, parking; good idea to carpool. From the lot, take the Cora Older Trail uphill, turn right on the Seven Springs Trail and right on Ranch Road. The meeting will be off the trail at the hilltop at the west end of the park. Close to town, easy hike, very charming. Great views of the valley, and very well-maintained trails. This is where we had the very first Wild Recovery meeting. Connects on the other side of the ridge to Stevens Creek County Park and Monte Bello Open Space Preserve.

September 16: Mt. Tamalpais Day Trip

Cross the Golden Gate Bridge, continue north on Highway 101 to the Highway 1 turnoff (look for the Mt. Tamalpais State Park signs). It's pretty well-marked, but the road makes some twists and hooks; keep your eyes open. Turn right on Panoramic Highway, right on Pan Toll Road, right on Ridgecrest Blvd. Meet in the parking lot on East Peak at 11:00 AM. Parking fee is \$5.00 in the lot, or park free on the road. Explore East Peak for an hour or so. Lunch (bring your own) and meeting first, hike afterward. One of four Bay Area peaks considered sacred by Native Americans. Very special energy here, not to mention incredible views and really great hiking; Mt. Tam was a particular favorite last year. The day trips are usually over around 4:00 PM.

September 30: Ohlone Bluffs Trail, Wilder Ranch State Park

Take Highway 17 South to Santa Cruz, and go north on Highway 1. Watch the route signs carefully, "go north" is easier said than done on

this section of the road (in general, you keep bearing right). About 3.5 miles north of Santa Cruz, look for the brown Wilder Ranch sign on the left. Drive time is about forty minutes. Parking fee is \$4.00, or park free on the road-side pullout before the park entrance. Make your way to the visitor center for a map, and around the corner you will find the picnic tables on the lawn, a very pleasant and natural place to meet. Take the connector trail west, down toward the ocean. Ohlone Bluffs Trail heads to the right. It is spectacular and magical from the very start, with its wonderful views of the ocean, the coast, and the hills around the Monterey Peninsula, farm fields on the right and coastal bluffs alternating with beaches on the left. There are natural bridges, caves with ferns growing out of the roof, marine mammals in the water, and lots of birds. The air is cool and refreshing, a welcome relief after the heat of the Valley, and the coastal fog should be gone. The meeting will be down on one of the beaches. If the tide is low, we can have it on a 'secret' beach that Tom knows.

October 14: Sierra Azul Open Space Preserve, Mt. Umunhum

Take Meridian or Lincoln/Almaden south, right on Coleman, right on Camden, and left (south) on Hicks (watch out for cyclists). After the reservoir the road goes uphill. At the crest, go right on Mt. Umunhum Road (the first paved two-lane, there's no sign), drive uphill until you come to a gate across the road, and park on the shoulder. Bald Mountain Trail is on the left side of the road. It's very short, about .6 mile, and nearly flat. Killer views in all directions from the Bald Mountain meeting spot, grassy area, no cover at all so wear a hat and sunscreen. *Very easy hike, close to town.* Carpooling is recommended, limited parking. This was a huge favorite last year, there is an unexplainable magnetism to this place. The Ohlone Indians considered this a power spot. "Umunhum" means hummingbird in the Ohlone language.

October 28: McGuire Peaks, Sunol Regional Wilderness

Take 680 North, and take the Calaveras Road exit in Fremont (not the earlier one in Milpitas). Turn right on Calaveras Road to the Geary Road park entrance, turn left on Geary and go to the ranger booth. Day use fee is \$4.00 per car, which includes a trail map. Having secured a day pass, go back the way you came in, turn right onto Calaveras, and right onto Welch Creek Road. Proceed to roadside parking at the 1.6 mile marker, and take the Upper Peaks Trail. Allow 45

minutes travel time from San Jose to the trailhead. Upper Peaks Trail (a single-track dirt trail) goes up, not too steeply, and clings to the side of the hill, following the contour. It's a very pretty walk, beginning by the creek and going up through woods and meadows. Take the right fork onto McGuire Peaks Trail, and turn left onto McGuire Peaks Loop, a ranch road that circles the peaks. Last time, we had the meeting perched on a big rock outcrop some way up the west peak. After the meeting, we hiked up to the top. Incredible views, wonderful quiet, hawks flying below you looking for their lunches in the meadows. The sunlight is very strong, don't forget your hat and sun-screen, and the air is very clean and fresh. There is a special feeling up here, it's hard to explain, but we keep coming back for more year after year. Maybe it's just a sense of focus; our meetings here have been especially focused and hard-hitting. Or maybe it's just an especially vivid sense of the will of a loving, caring power greater than ourselves, expressed very directly as the beauty and perfect balance of Nature.

November 11: Season Finale

Grant Ranch, Canada de Pala Trail to Antler Point Lookout

Take Capitol Expressway to Quimby Road and go east. Quimby is a highly scenic drive over a good, well-surfaced road, but it's narrow and twisting so be careful; look out for bike riders and oncoming cars on some of the hairpin turns. It's about eight miles. You go over the ridge, down into Hall's Valley, and up again to the park. At Mt. Hamilton Blvd., turn right and keep going, past the park's main entrance for another mile or two until you see the Twin Gates entrance on the left, where we'll meet. Sometimes they collect the \$4.00 day use fee at this trailhead and sometimes they don't. Be prepared either way, or you can park free on the roadside. We'll be taking the Canada de Pala trail straight in, the right fork onto the Pala Seca trail, and following the branch to the right that leads to the Antler Point overlook (there are signposts). It really couldn't be easier. The trail is rolling and goes gently up, the steepest part (and it's not very far) is at the beginning as you go uphill to get out of the parking lot and onto the trail. There's a bench at the overlook. It is a really wonderful place, you can see for a very long way over the park lands and across the valley in one direction, and to the west the crest of Mt. Hamilton rises sharply (we're right under the telescopes).