

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: We're featuring longer hikes this year, and going to some really special places. Regular hikes will take a few hours, day trips are further away and will take most of the day. The NA speaker-discussion meeting is about 45 minutes long.

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 idea, 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 for your safety and comfort. You might like a little snack, too, maybe even something to share.

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.

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, and smokers can be cited. Call the park first to find out if dogs or bikes are welcome.

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, maps, and the most complete details about our meetings, <http://www.wildrecovery.org>

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Wild Recovery

June, July, August 2001

Saturdays, 10:00 AM

www.wildrecovery.org

June 16, 2001: Butano State Park

Take Highway 1 north from Santa Cruz, turn east on Pescadero Road. Pass the town of Pescadero and make a right turn, south, onto Cloverdale Road to the Butano State Park entrance and park in the lot. There's a day use fee. Ano Nuevo Lookout trailhead is just off the parking lot. The trail is initially uphill, through a shady, wooded canyon, rising to the top of the ridge. It's well-graded and fairly short, so the climb is not that taxing. This is a fogbelt park, so the air is moist and cool and the trees are big; nice for a summer hike. Returning on Goat Hill Trail, the route goes through redwoods and follows the creek back to the parking lot. This area of the park has great charm-- easy hiking, very pretty landscape, birds singing way up there in the (very tall) treetops, the sunlight slanting down through the redwoods, and that nice forest fragrance. The creek meanders, offering small falls and shallows, with interesting water animals to watch.

June 30, 2001: Forest of Nisene Marks State Park

Take Hwy 17 South to Hwy 1. Turn south at Santa Cruz, go six miles, take the Aptos exit and turn left. Turn right on Soquel Dr. for ½ mile, and left at Aptos Creek Rd. to the park entrance. Start on Aptos Creek Fire Rd., and take the left onto the Loma Prieta Grade Trail. This leads to a shady and pleasant ramble on either side of a canyon with a creek at the bottom, mostly on single-track hiking trails. 40-foot Maple Falls is not far off our route, but you have to make your way ½ mile up Bridge Creek if you want to see it, as there's no trail. Stay to the right when the trail splits. The trail loops around, going past China Camp, and returns you to the split, where you can rejoin Aptos Creek Fire Rd. We found a nice place for the meeting deep in this ferny canyon, with some mossy fallen logs to sit on. Seven miles round-trip, difficulty Level 3, you can do this. Great hike.

July 4-8, 2001: Yosemite National Park

Tuolumne Meadows to Cloud's Rest

This recovery retreat is segmented, so you can take part in activities that work for you. Base camp will be at Tuolumne Meadows (elevation 9000 ft.), which offers some very nice Level 1-3 day hikes. Some people will want to take the Level 5 three-day backpacking trip to Cloud's Rest, king of the granite domes (1096 feet higher than Half Dome), continuing to the Valley floor via Nevada Falls. Call Tom for more information on this, and look at our website. Bring everything you need, and be prepared for bears. Wild Recovery camping registration is \$15, Yosemite charges a \$20 entrance fee. We'll have a meeting every day and some potluck shared meals. It's astonishingly beautiful; spiritual recovery comes naturally at the retreats. Join us!

July 21, 2001: Joseph D. Grant County Park

Hotel Trail to Eagle Lake

Take Capitol Expressway to Quimby Rd. and go east for eight miles. Quimby is a very scenic and beautiful (and twisting and narrow) drive once you get into the hills. Look out for bike riders and oncoming cars on some of the hairpin turns. Allow about 45 minutes for the trip over the ridge, down into Hall's Valley, and up again to the park. At Mt. Hamilton Blvd., turn right and right again into the park entrance. A day use fee applies, or park free on the roadside. Meet at the main parking lot. Hotel Trail is flatter than our last route here, and goes through the very beautiful center of this park. Eagle Lake is a very peaceful and interesting small upland lake just below the summit of Mt. Hamilton, with ducks, fish, frogs, songbirds; the quiet, serenity, and sense of vitality are profound. To maintain your own serenity, wear sunscreen and bring drinking water. Seven miles, Level 2 ½.

August 4, 2001: Night Hike and Full-Moon Picnic

8:00 PM, Fremont Older Open Space Preserve, Cupertino

Take 280 North, go south on Lawrence Expressway, take Prospect Rd. 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. Bring food for a late picnic supper under the full moon. Call Tom or see the website for all the details. Take the Cora Older Trail, turn right on Seven Springs Trail, meeting will be at Hunter's Point up on top of the hill, under the setting sun and rising full moon.

August 18, 2001: Portola Redwoods State Park

Cool, shady, and delicious pretty well says it about this redwood-filled canyon park on the far side of the Santa Cruz Mountains crest. From Hwy 17 South take Hwy 9 through the hard left in Saratoga and up the hill. Turn right, north, on Skyline (Hwy 35), left on Alpine Rd., and left on Portola State Park Rd. Allow a pleasant hour for this beautiful drive. Meet at the main parking lot; there is a day use fee, and a trail map is available for \$1.00. Take Old Tree Trail a short distance to Slate Creek Trail. Stay to the right when Slate Creek forks, don't take Coyote Ridge Trail. Turn left at the Summit Trail intersection; the meeting will be at the trail camp, which has picnic tables. Five miles round-trip, 600 vertical feet, Level 2, easy.

September 1, 2001: Henry Coe State Park

Hunting Hollow Entrance

Take Hwy 101 South to the Leavesley exit. Go east (right turn) past the outlet malls, jog left on New Ave. and right on Roop Rd., which becomes Gilroy Hot Springs Rd., and will take you to the park entrance. \$2.00 day use fee, meet at the parking lot. Allow an hour for the drive, which is like driving through a picture postcard once you ditch the mall blight. The hike will be straight through the gorgeous Hunting Hollow canyon, a nearly flat ranch road of 3 ½ miles that gains 300 vertical feet and crosses the creek something like 17 times. It's rock-hoppable or wadeable, and a current of cool air follows the creek drainage. This is an easy Level 2 hike that's almost Level 1. Be sure to bring water, as there is none available, and wear sunscreen. This little-known entrance to the park is very quiet, and featured a riot of wildflowers this spring. You will see more cyclists than hikers (who tend to go for the ridges); they love these backcountry roads. You might spot deer, rabbits, coyotes, or bobcats back here.

Difficulty Ratings

- 1: Easy.** A walk to the library. Not too long, minimal contour.
- 2: Moderate.** You'll know you've been somewhere. *Serious* couch-potato types might want to think twice, but 2's are really pretty easy.
- 3: Somewhat Challenging.** Longer distance, more rugged terrain, you'll want to be in fairly good shape. There could be a hill or two.
- 4: Hard.** A hiker's hike; steeper terrain, or a good distance. Or both.
- 5: Butt-kicker.** The Grand Canyon trip in February (8 miles, 4400 vertical feet) got a 5 rating, as does the Yosemite backpack trip.