

**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:** 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, 7<sup>th</sup> Tradition as usual. Some parks charge day use fees, bring exact change if there is a fee.

**Carpooling:** A good idea, and more fun anyway; parking is very limited at some sites. Share the expenses with your driver.

**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 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.

**Hazards:** 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. Try to stay with the group.

**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 (or check their website) 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

September - October  
2001

Saturdays, 10:00 AM  
[www.wildrecovery.org](http://www.wildrecovery.org)



**September 1, 2001**

## **Loch Lomond Recreation Area, Felton**

A closely-held local secret, Loch Lomond is an upland lake nestled high in the Santa Cruz mountains. Its steep slopes, forested with redwood and fir, plunge into the lake waters; it's a shady, cool and pleasant place even on a warm day. The Loch Trail, nearly flat except for a few low hills, follows the shoreline out to the Deer Flat picnic site, on a little point with breeze and a view of the lake. Take Hwy 17 south to Scotts Valley, exit on Mt. Hermon Rd. and go 3½ miles. Turn left onto Graham Hill Rd. for ½ mile, then turn left on East Zayante Rd. In 2½ miles turn left onto Lompico Rd., going down the canyon, and in 1½ miles turn left onto West Dr., steeply uphill. In ¾ of a mile turn right onto Sequoia Dr., to the entrance. Allow most of an hour for the drive through the beautiful Santa Cruz back country. Day use fee is \$4.00, meet at the boat launch, under the white canvas awning. 3 miles roundtrip, Level 1½, easy

**September 15, 2001**

## **Big Basin State Park, Buzzard's Roost**

Take Hwy 9 toward Santa Cruz, turn left on Hwy 236 (Big Basin Hwy) to the main parking lot. The drive takes about an hour; parking is \$2.00, trail map is \$1.00. Meet at the Visitor Center. The Pine Mountain Trail is a nicely graded and switchbacked, well-marked single-track hiking trail. Even though you gain 1150 feet in elevation on the 2½ mile hike to the Buzzard's Roost outcrop, it's never steep or unduly taxing. The forest trail starts out in deep, shady cover, by a creek with a lot of redwoods, then changes to lighter pine and oak cover as you

get closer to the top. The trail is shaded and cool until the very end, then the rocky crown of Buzzard's Roost appears just as you're ready to sit down and rest. The view-shed is unobstructed and quite spectacular. 5 miles round-trip, Level 3, somewhat challenging

**September 29, 2001**

**Wilder Ranch State Park, Santa Cruz**

**Old Landing Cove Trail**

Take Hwy 17 south to Santa Cruz, and go north on Hwy 1. Watch the route signs carefully through Santa Cruz. About 4 miles north of Santa Cruz, look for the brown Wilder Ranch sign on the left. Drive time is about fifty minutes. Parking fee is \$2.00, or park free on the road-side pullout before the park entrance. Meet at the picnic tables just inside the entrance, by the chicken coop. The hike takes the connector trail west, down toward the ocean. Old Cove Landing 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, the farm fields on the right and the 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. The meeting will be down on one of the beaches below the bluff. Stay with the group so you don't miss the beach cut-off trail. 3 miles, Level 1, a walk to the library.

**October 13, 2001**

**Uvas Canyon County Park, Waterfall Loop Trail**

The more southerly of the Santa Clara County Parks tend to be on the rugged side, with steep, rocky canyon walls and deep forest cover. Uvas Canyon, on the eastern slope of Loma Prieta Mountain has the good fortune to have several perennial creeks, which plunge down the canyons and go over falls in several places. But even in the sweltering temperatures of October it is shady, and a current of cool air follows the same drainage as the creeks. The canyon is such a congenial spot that there is a small resort community next door, Sveadol, just before the park entrance. Take Hwy 101 south and exit at Bernal Road. Turn right onto Bernal, go several blocks and take the left onto Santa Teresa Blvd, and turn right again on Bailey Ave. Go south on McKean Rd, which becomes Uvas Rd, and west on Croy Rd to the park entrance. The drive takes about 45 minutes. Meet at the main parking lot; the day-use fee is \$4.00. Waterfall Loop Trail is about 3¼ miles long,

with an elevation gain of about 600 vertical feet. We'll wrap it up with the Uvas Creek Trail, a short half-mile and dead flat, which follows the shady creek bank and leads us to some good places for the meeting, with picnic tables, etc. They have trail maps at the park entrance. This is a Level 2 hike, moderate.

**October 27, 2001, 11:00 AM**

**Point Lobos State Reserve Day Trip, Carmel**

The drive to this State Reserve is a classic slice of California back-country, first going through the farm fields of the rural Central Coast, then the dunes, chalk cliffs, and pine forests of the Monterey Peninsula. The fog and tourists are gone by October. Beginning at Bird Island and going north around the coast makes for a nice hike, with a stop at the top of Whaler's Knoll lookout for lunch and the meeting. We wind up at Whaler's Cove, which has wonderful rocks to climb on at the shore, interesting tideline dwellers to see, and seals, sea otters, water birds and scuba divers. The trails are pretty flat; we give it a Level 2 rating because of the length. The ocean waters off Point Lobos are a peculiar blue-green color, very clean, with abundant marine life. The shoreline varies from white sand beaches in secluded coves, to islands where seals bask, and sandpipers, harbor gulls, pelicans, cormorants, and guillemots hang out, to massive rocks where the waves crash and throw up giant fountains of spray. Take Hwy 101 south, go west on Hwy 156 (the second 156 exit) toward the Monterey Peninsula. Take Hwy 1 south through Monterey and three miles south of Carmel to the Reserve entrance. Parking is \$3.00 per car (or park free on Hwy 1 and walk in). Trail maps are \$1.00. Even in October the parking lots can fill up, so the early bird catches the worm as usual. The day trips are usually over around 4:00 PM.

**Choose a Trip That Fits Your Abilities**

- 1: Easy.** A walk to the library.
- 2: Moderate.** You'll know you're not sitting in your easy chair.
- 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: Harder.** A hiker's hike; steeper terrain, a good distance, or both.
- 5: Definitely Challenging.** The Grand Canyon hike (8 miles, 4400 vertical feet) and the 3-day Yosemite backpack trip got a 5 rating.