

**Wild Recovery** is a home group in the San Jose, California Narcotics Anonymous fellowship. A speaker-discussion recovery meeting follows a walk in Nature, as we share fellowship with a strong focus on NA recovery. Friends of the fellowship & kids are always welcome.

**How long:** Regular hikes end around 1–2:00, day trips 4:00; can vary

**Costs:** The NA meeting is free, 7<sup>th</sup> Tradition as usual. Bring exact change if there's a park day use fee. Small registration for retreats.

**Carpooling:** Helps spare the air and also is more fun, and parking is limited at some sites. Sharing expenses with your driver is always a nice gesture. Call Jennifer if you need help finding a ride.

**Avoid Dehydration:** Bring water, at least one to two liters, 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:** 100% DEET repels ticks & mosquitoes nicely; check yourself and your buddies, brush ticks off before they bite. Bring something to sit on, and learn to recognize and avoid poison oak.

**Check the Map** before you leave to make sure of the route. It pays to have a map in the car, and on the trail. Try to stay with the group.

**Avoid Brake Burnout:** Driving downhill off the mountains, use the low gears to slow down; riding the brakes will burn them up.

**Park Regs:** Please observe the posted park rules, regs, and safety information. Smokers, please take the greatest care as many areas are fire-sensitive, and rangers may cite violators. Littering, of course, is out; pack out your debris, including butts. Call the park first (many have websites) 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.wildrecovery.org** has pictures, maps, much more information, and any needed updates and corrections to our printed schedule.

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# Wild Recovery

June – Aug. 2002

Saturdays, 10:00 AM

[www.wildrecovery.org](http://www.wildrecovery.org)



**June 8, 2002, 10:00 AM**

## **Mount Diablo State Park Day Trip**

Rare geology, world-class views, wonderful trails, fascinating plant, animal, and bird communities. A mere 75 minutes from San Jose, yet known to very few, for some reason. Take 680 north to Diablo Rd. in Danville, exit right and turn right; follow the signs. Stay on Diablo Rd. when it hooks right at Green Valley Rd. (Sloat Garden Center), and turn left onto Mt. Diablo Scenic Blvd., past the country club. \$2.00 day use fee. Turn right on Northgate Rd. Park in summit lower lot, walk up the trail to the top, meet at the observation deck at the Visitor Center. Come prepared for either cool and windy or sunny and hot weather, dress in layers. First part of hike will take Fire Interpretive Trail, then Juniper Trail to the ridge overlooking Juniper Campground. Level 2½, 400 vertical feet, 4½ miles.

**June 22, 2002**

## **San Mateo County Memorial Park**

Memorial is an especially family-friendly place, with its cool and delicious redwood forests, its upland meadows filled with bracken and wildflowers, and its slopes plunging down into Pescadero Creek. The backcountry charm of the 65-minute drive is as beautiful as the hike. Take 280 N to Sand Hill and go west (left). Right on Portola, not far, left onto La Honda Rd. (Hwy 84), left again onto Pescadero Rd. Shortly past YMCA camp turn left into the park and left again to the Tan Oak Picnic Area. Day use fee is \$4.00. Pomponio Trail, across the road, traverses a deeply forested canyon, climbs about 500 feet to a sunny ridge and loops over to Mt. Ellen. Picnic meeting after hike,

near Tan Oak. 5 miles, 600 vertical, Level 2½. Join Jennifer for car camping; come early to get a site.

**July 6, 2002**

**Castle Rock State Park**

A perfect Wild Recovery place: good trails, the music of water, bizarre rock formations and daring rock climbers, deep woods, ridgetop views, soaring raptors, and many moods revealed only over time. Hwy 17 south to Hwy 9, take the hard left in Saratoga, up the hill, and left at the crest onto Hwy 35 (Skyline Blvd.) for about three miles. Pay to park in the lot, or park free on the roadside. Meet at Castle Rock (not in the parking lot). Follow Saratoga Gap Trail past the waterfall toward the trail camp, but at the camp turn right, up the Ridge Trail; the whole loop is so much better a hike. Five miles, 1200 vertical, Level 3½, hiking boots or sturdy shoes, bring water.

**July 13, 2002**

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

Hwy 17 south to Hwy 9, take the hard left in Saratoga, up the hill and over the crest, right on Hwy 236, follow the signs to Big Basin main entrance. 70 minutes drive time, meet at visitor center. Take Pine Mountain Trail, first through redwood forest by Waddell Creek, then up through lighter oak and pine cover to the naked rock outcrop with its fine views of the basin and distant ridges. Five miles, 1150 vertical but spread out, Level 3. Our second visit; this stunning spot was a big hit last season, though the name hardly does it justice. Sunscreen, hat, water, boots or sturdy shoes, bring your camera.

**July 27, 2002**

**Coyote Hills Regional Park**

Nuclear-tipped Nike missiles used to be emplaced on these lovely hills emerging from the bay waters. Thank goodness that's over with. Panoramic 360° views of the bay, cool and delicious breezes, hilltop and wetlands environs, all in a single very pretty hike. There are also shell mounds and kitchen middens, evidence of residents from past millennia, who knew a beautiful place when they saw it. 880 north to Hwy 84 west toward the Dumbarton Br., right for one mile at Paseo Padre/ Thornton, left onto Patterson Ranch Rd. 25 minutes, \$4.00 day use, get a map. Take the Muskrat Trail boardwalk that crosses the saltmarsh. Left on DUST Trail, right on Lizard Rock, left on Bayview, right on Nike Trail, and left on Red Hill Trail. Up and over the first

hill, meeting on the second hill. It's simpler than it sounds. Four miles, 600 feet, Level 2. Sunscreen, water, a snack.

**August 10, 2002**

**Loch Lomond**

Picture yourself by an upland lake nestled in the Santa Cruz mountains, amid second-growth redwood and fir forest covering slopes that plunge steeply and dramatically into the lake waters. 3 miles, 160 feet vertical, Level 1½. Hwy 17 south, exit Mt. Hermon Road to Felton. Left on Graham Hill Rd., left on East Zayante Rd., left onto Lompico Rd., left onto West Dr., right onto Sequoia Dr. \$4.00 day use fee. Meet at white awning by the lake. Follow Loch Trail as it goes around the lake shore, left on MacLaren Trail, and left on Loch Sloy. Meet at Deer Flat picnic area, to the left of Highland Trail intersection. Or you could rent a boat and paddle out there.

**August 24, 2002, 7:30 PM**

**Full Moon Hike, Henry Coe State Park**

The full moon hike was so popular last year it became an instant Wild Recovery tradition. Take 101 south to Morgan Hill, exit East Dunne and turn left (east), follow the signs to Henry Coe State Park, meet at the Visitor Center. Drive time is 50 minutes if 101 is moving ok; the backcountry road is lovely but not fast. You can come just for the sunset hike and the meeting around the campfire under the full moon, or camp overnight at Manzanita Point backpack camp. Your pack can ride in the truck if you get there early. Take Corral Trail, Springs Trail, and Manzanita Point Rd. 3½ mi. to group campsite 10, at the end. Level 2½, 300 feet vertical. After the meeting, take the ranch road all the way back and enjoy the mystery of Nature at night. You might want a flashlight in case the moon needs help.

**Choose a Trip That Fits Your Abilities**

- 1: Easy.** A walk to the library. 3 to 4 miles, less than 200' vertical.
- 2: Moderate.** Up to 5 miles and 500 vertical feet, still pretty easy.
- 3: Somewhat Challenging.** Longer distance, more rugged terrain, you'll want to be in fairly good shape. 4 – 6 miles, < 1000' vertical.
- 4: Harder.** A hiker's hike; steeper terrain, a good distance, or both.
- 5: Definitely Challenging.** The Grand Canyon (8 miles, 4400 ft) got a 5, Pinnacles (7 and 1400') got a 4.5 rating.