

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, 7th 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 hornets). 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 It pays to have a road map and a trail map with you, and the flier with trail directions. 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

Sep. – Nov. 2002

Saturdays, 10:00 AM

www.wildrecovery.org



Things to Bring:

**Water, Sunscreen, 100% DEET,
Sturdy Shoes, Trail Map, WR Flier**

September 7, 2002

Forest of Nisene Marks State Park

It's hard to believe that this beautiful, deep forest park was clear-cut within the last century. Its recovery is emblematic for all of us who have had to begin life again from stumps and stubble. Thanks to the Steps and the fellowship, our lives, too, may become something approaching this beautiful, productive, and serene place. Take Hwy 1 six miles south past Santa Cruz and go left (east) at the Aptos exit. Turn right onto Soquel Dr. for ½ mile, left at Aptos Creek Rd, to the park entrance, park near the entrance station (\$2.00) and get a trail map. Redwood Loop crosses the creek several times, you have to boulder-hop a bit but the water is only six inches deep. 4 miles, 300 vertical feet, Level 2.

September 20-22, 2002

Pfeifer Big Sur State Park Retreat Weekend

A weekend Wild Recovery camping retreat in the redwoods on the Big Sur River, on the beautiful and dramatic Central Coast. There are still a few spaces open; contact Jennifer for details. Advance registration is necessary to stay over, but you might come down just for the day. Two cars only per site, so carpooling is a must this time. Two hours from San Jose, headed south down Hwy 1 past Carmel; note that this is not Julia Pfeifer Burns State Park. Bring your tent, food, and camping stuff, we'll bring the firewood. Several really nice hikes are planned,

one to the waterfalls and one on the coast, and a campfire meeting. Check www.wildrecovery.org for updates.

October 5, 2002

Wilder Ranch State Park

An easy, Level 1 hike along the level sandstone cliffs fronting the Pacific, with our meeting on the sands of a secluded beach. Such a Wild Recovery favorite, it's our third return visit and the warm, fog-free fall weather of early October makes this the best time. Take Hwy 17 south to Santa Cruz, north on Hwy 1 for 4 miles, left at the brown Wilder Ranch State Park sign. \$2.00 to park in the lot, take the Ohlone Bluffs trailhead toward the ocean. Drive time is 55 minutes, 3 miles, 50 feet vertical, sunscreen, beach blanket.

October 19, 2002

McGuire Peaks, Sunol Regional Wilderness

The two rocky and scenic McGuire Peaks make a fine early fall destination, with a ranch road running around their base and good hiking trails leading up to them. Take 680 North to the Calaveras Rd/Sunol exit in Fremont (not the earlier one in Milpitas). Right on Calaveras to the Geary Rd park entrance; note the left turn to Welch Creek Rd as you pass. Left on Geary to the ranger booth, get the day pass (\$4.00) and a trail map (\$1.00 and worth having), go back the way you came in. Right on Calaveras, right onto Welch Creek Rd; proceed to roadside parking at the 1.6 mile marker, and take the signposted Upper Peaks Trail on the left. Drive time is 45 min., Level 3½, 842 vertical feet, 6½ miles, sunscreen, 2 liters of water.

November 2, 2002

Rancho San Antonio Open Space Preserve

Take 280 north, exit Foothill, go left on Foothill Blvd. Right on Cristo Rey, left into the park. Meet at the Visitor Center in the main lot. Though it's unlikely you'll be able to park there, at least you can find it, and there are restrooms and water. Take Coyote Trail to Wildcat Canyon Trail, and Upper Wildcat Canyon. Very nice wide trail, good surface, moderate grade, shady, follows the creek. Then, right onto (lower) High Meadow to Vista Point, near the five-point trail intersection. Return on Coyote. 6.1 miles, 600 feet, Level 3. Sunscreen, water, a snack. Wildly popular with joggers and family groups; the early bird gets the parking place.

November 16, 2002

Henry Cowell Redwoods State Park

A classic Santa Cruz Mountains hike: rivers, redwoods, ridges, rocks. It's just different enough to make you feel like you've been somewhere and wild enough to expand your mind a little bit, or at least let it out a few sizes, yet, it's a short trip from the world of the Valley floor. Hwy 17 south to Scotts Valley, exit at Mt. Herman, right on Mt. Herman Rd. At 3.3 miles go right on Graham Hill Rd, left on Hwy 9, then left into the State Park entrance. \$2.00 to park, another buck for the trail map, meet near the Visitor Center. A picnic lunch follows, so bring something to eat. 4 miles, 400 vertical ft, Level 2.

February 15-16, 2003

Death Valley Winter Retreat Weekend

You might like to plan ahead for our Presidents' Day Weekend desert camping retreat, so popular the last two years that it's become a Wild Recovery tradition and a good way to kick off the new season. We like Death Valley because it's close enough to drive to, it's got reasonable winter weather, and it's amazingly gorgeous and hikeable. There are some facilities, so if you don't want to camp or take a camper-van you could stay at a motel. The retreat will be the two middle days of the four-day weekend, with a hike and meeting each day. Check www.wildrecovery.org for more information.

Choose a Trip That Fits Your Abilities

- Level 1: Easy.** A walk to the library. 3 to 4 miles, less than 200 vertical feet.
- 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. Up to 6 miles, 850' vertical.
- 4: Harder.** A hiker's hike; steeper terrain, a good distance, or both. Over 7 miles or up to 1000 feet or so. Steepness as well as vertical height is factored in.
- 5: Definitely Challenging.** The Grand Canyon (8 miles, 4400 ft) got a 5, Pinnacles (7 and 1400') got a 4.5 rating. Rarely used for our regular meetings. sometimes retreats will offer a Level 5 hike.