

## Grateful to Be of Service

**Secretary:** Todd P. (408) 316-4120

**Treasurer:** Jennifer N. (408) 626-9917 jennifern@wildrecovery.org

**GSR:** Keith (408) 377-1272

**Website:** Tom L. (408) 448-3231 toml@wildrecovery.org

**Meeting Directory:** Diane T. (831) 462-0262 diane@wildrecovery.org

**Retreats:** TJ (408) 288-6509 tj@wildrecovery.org

Tom D. tom@wildrecovery.org, see him at any LGHG meeting

### **Carpool Information:**

Santa Cruz- John & Diane (831) 462-0262 diane@wildrecovery.org

Santa Clara- Susan D. (408) 828-1813 susand@wildrecovery.org

### **Choose a Trip That Matches Your Abilities**

**Level 1: Easy.** A walk to the library. Flat, three or four miles.

**Level 2: Moderate.** 5 miles and 600 vertical is a typical Level 2.

**Level 3: Somewhat Challenging.** Longer distance, more rugged terrain, you'll want to be in fairly good shape. 5 miles, 900 feet and 7 miles and 960 illustrate Level 3.

**Level 4: Harder.** A hiker's hike; steeper terrain, a good distance, or both. Pinnacles, for example, 7 miles and 1765 vertical feet.

**Level 5: Definitely Challenging.** The Grand Canyon ( 8 miles and 4400 vertical—twice) or Berry Falls (12 miles but not much contour) reserved for retreats or special trips.

### **Some Friendly Suggestions**

Bring water (especially for your kids), sunscreen, layered outdoor clothing suitable for weather conditions.

Sunburn is the most common injury for hikers.

Learn to recognize and avoid poison oak. People will show you.

Many parks don't allow dogs; find out before you show up, prevent a disappointment.

Never enter the backcountry without a trail map on your person.

Avoid tick and snake bites by avoiding their habitat, such as long grass. Trails are safest.

Wear sturdy, comfortable, broken-in walking shoes or hiking boots.

Insects, hornets, and ticks are attracted to cologne and scents.

Smokers, please do not litter the parks with butts and filters. Carry them (and all other litter) out with you. Many parks prohibit smoking because wildfire is such a serious danger.

Light rain is ok, but dangerously stormy weather cancels the hike.

# Wild Recovery

**February - June 2004**  
**Saturdays, 10:00 AM**  
**www.wildrecovery.org**



**February 7, 2004**

### **Alamden-Quicksilver County Park** **Mockingbird Hill Entrance**

From Hwy 85 take the Almaden Expressway exit. Go south on Almaden past Blossom Hill, bear right onto Old Almaden Road. Turn right onto Mockingbird Hill Lane, into the parking lot (free). Meeting spot is on Hacienda trail right before the Virl Norton Trail. Level 3.5, 5 miles, 600' vertical. Host: Susan D. (408) 828-1813

**February 21, 2004**

### **Pinnacles National Monument**

Level 4, 6 miles, 1700' vertical. Pinnacles is spectacular and wildly popular, but too challenging for some people. Choose a trip that matches your abilities. Bring hiking boots, 2 liters of water, lunch, warm clothing in layers. Drive time is 2 hours, the hike starts at 10:00 sharp. 101 south to Hwy 25 east through Hollister to signed Pinnacles turnoff. Park in Bear Gulch lot, take Moses Spring access to High Peaks (look at the map). Parking is \$5.00, your host: our new Secretary, Todd P. (408) 316-4120.

**March 6, 2004**

### **Castle Rock State Park**

Castle Rock State Park is a wilderness treasure seldom seen next to a large metropolitan area. Take Hwy 9 to Hwy 35, go south for 3 miles. Meet at Castle Rock (the geological formation), .1 mile inside the entrance-- not in the parking lot. Parking is \$4, free outside gate for early birds. Level 3, 5.5 miles, 1200', with some steep sections. Host: Jennifer N. (408) 838-0833. Bring water, trekking poles, trail map, wear boots. Leave the poodle at home.

**March 20, 2004**

**Las Trampas Regional Wilderness**

Its 3798 acres of wilderness and expanded trail system allow visitors a much needed feeling of privacy and escape from urban hustle and bustle. Take Interstate 680 North, exit Crow Canyon Rd. and head west to Bollinger Canyon Rd, turn right (north) and follow it into the park. Drive time is 1 hour. Level 2.5, 4 miles, 958' vertical. Free parking. Dogs ok in East Bay Regional Parks. Hosts: Jim P. (408) 245-0483 and Gareth (408) 674-7856.

**April 3, 2004**

**Henry W. Coe State Park- Grizzly Gulch**

Coe Park's terrain is rugged, varied, and beautiful, with lofty ridges, steep canyons, lots of wildflowers. Take Hwy 101 South, exit at Leavesley, go left (east). Left at New Ave., right at Roop Rd., follow Roop as it becomes Gilroy Hot Springs Rd. Keep bearing left. Park at signed Hunting Hollow lot, drive time is 1 hour, parking: \$4.00. Level 3.5, 7 miles, 1200' No dogs. Bring water, trekking poles.

**April 17, 2004**

**Marin Headlands; Tennessee Valley to Stinson Beach**

Stunning ocean view from the trail, but this trip through the rugged headlands of Marin County, geologically spinning like a turntable, may be too much for some people. Cross the Golden Gate Bridge, take Hwy 1 to Stinson Beach, turn left on Tennessee Valley Rd all the way to the end to the parking lot. Free parking, no dogs in GGNRA. Hosts: Rick B. (408) 309-5003. Level 5, 6 miles, 2000+'

**May 1 - 2, 2004**

**Big Basin State Park Retreat Weekend**

Big Basin is California's first State Park, established in 1902 to protect the old-growth redwoods that still stand there, though logging takes place to this day, right outside the entrance. Hike to highly scenic Berry Falls and then to Waddell Beach, carpool back. Take Hwy 9 to Boulder Creek. At the 236 intersection, turn left. Follow 236 approx. 10 miles to the park gate. The park is 25 miles north-west of Santa Cruz via Hwy 9 and 236 and about 65 miles south of San Francisco. No dogs in State Parks. Host: Jennifer N. (408) 838-0833, contact her to register. Level 5, 12 miles, 900 vertical feet

**May 15, 2004**

**Butano State Park**

Butano State Park's 2200 acres lie in a secluded redwood-filled canyon, whose ridgetop has a view of Ano Nuevo. Some steep sections, some very gentle and pleasant. Level 3. 5 miles, 400'. Take Hwy 1 north from Santa Cruz, turn east on Pescadero Rd. Pass Pescadero village and turn right, south, onto Cloverdale Rd. into the park. Parking is \$3, no dogs. Susan D. (408) 828-1813.

**May 29, 2004**

**Pacheco State Park**

This park has beautiful displays of spring wildflowers, scenic vistas and challenging hiking trails. Take 101 south to Gilroy, go east on Hwy 152, Pacheco Pass Hwy. to the signed Pacheco State Park turnoff, past Casa de Fruta but before San Luis Reservoir. Drive time is 75 minutes. Parking: \$4. Level 2, Miles - 6, Elevation - 600'

**June 12, 2004**

**Retreat Weekend - Yosemite National Park**

This may be the most beautiful hike ever, but space is limited. We've reserved tent cabins, to be shared. Contact Jennifer to sign up, only paid reservations can be honored. You could make independent motel reservations outside the park if you act right away, and come in for the retreat. There are three other retreats this summer, if you miss this one. Meet at the Curry Village grocery store in the valley at 5:00 PM on Friday. Cabin info will be left in the store for late arrivers. We'll leave the valley floor at 8 AM the following morning by bus to Glacier Point for a hike back down to the valley floor. Level 5, 8.2 miles, 4000' down, 1000' up. Bring lunch, trekking poles. Inner-tube float down the Merced on the Sunday, NA meeting at Curry Village Saturday night. Our retreat host is Tom D., contact him in person at any Los Gatos Home Group meeting.

**[www.wildrecovery.org](http://www.wildrecovery.org)** has pictures, maps, much more information, and any needed updates and corrections to our printed schedule. Check the website before you head out to a hike.

**The directions** posted in this schedule start from downtown San Jose.