

### WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trail head promptly at 10am - PLAN ACCORDINGLY!
- The weather can be unpredictable, so layered clothing makes sense for ALL hikes.
- Bring something to eat during the meeting and plenty of WATER
- Bring along sunscreen or a hat for the hotter, less shaded trails
- Stay on the trails
- Pick up a trail map before heading out
- Follow all park rules and regulations
- What you bring in, bring out (this includes cig. butts, trash, food, etc.)
- If you bring kids or pets, make sure to keep them supervised at all times
- Though rare - check the website for changes or corrections prior to heading out

#### PHONE NUMBERS:

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### GRATEFUL TO BE OF SERVICE

Secretary - John R (831) 462-0262 / johnr@wildrecovery.org

Treasurer - Janet (408) 679-9541 / janets@wildrecovery.org

GSR - Mark S (408) 448-4303

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Business Chair - Diane T (831) 462-0262 / dianet@wildrecovery.org

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Website - David R (415) 366-7373 / davidr@wildrecovery.org

Carpool Info. - Anna J (408) 806-7675

#### Levels

1 = easy, 2 = moderate, 3 = challenging, 4 = hard, 5 = very difficult



# WILD RECOVERY

August 13, 2005 – October 22, 2005

Every Other Saturday at 10am

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

**August 13, 2005**

**San Pedro Valley Park, Mount Montara, Pacifica**

**Level 3.5; Miles - 8, Elevation – 1650' / Host: Janet S.**

*This San Mateo County Park located in Pacifica offers a challenging hike with diverse terrain and beautiful views of the Pacific Ocean throughout the climb to the summit of Montara Mountain. Our hike will begin on the Brooks Creek Trail then on to the Montara Mountain Trail. We will use the Montara Mountain Road for the final ascent to the summit.*

**Directions:** From San Jose; take 280 North to Hwy 1 south to the City of Pacifica. Turn east onto Linda Mar Boulevard until it ends at Oddstad Boulevard. Turn right of Oddstad. Go one block to the park entrance and turn left into the parking lot.

Drive time @ 1 hour / Parking is \$5 / No Dogs in Park

\* Please join us for a Hungry Hiker Pot Luck BBQ after the hike!

**August 27, 2005**

**The Forest of Nisene Marks, Aptos**

**Level 3; Miles – 7.5, Elevation – 850' / Host: Rick B.**

*This State Park looks like an enchanted forest straight from a Fairy Tale, our hike will be through this beautiful forest following along Aptos Creek and Bridge Creek. Our hike will begin on the Loma Prieta Grade joining up with the Bridge Creek Trail, crossing Bridge Creek and hiking back down the Ridge Trail.*

**Directions:** From San Jose; take Highway 17 south towards Santa Cruz. Take Hwy 1 south to the State Park Drive exit. Go east on State Park Drive to Soquel Drive. Turn right on Soquel Drive. Go one mile to Aptos Creek Road and turn left. Follow Aptos Creek Road into the park. Meet at George's Picnic Area.

Drive time @ 55 minutes / Parking is \$6 / No Dogs on Trails

**September 10, 2005**  
**GOLDEN GATE BRIDGE**

Level 2; Miles - 7, Elevation - 400' / Host: Tom L.

*The magnificent structure of the Golden Gate Bridge is surrounded by some of the most beautiful coastline in our area, and is also home to much wildlife including wildflowers, squirrels, many gulls, albatross and sometimes whales and other marine creatures. From the parking lot we will follow a trail that will lead us to the entrance of the bridge. From there we will cross the bridge, which is 1.5 miles one way and proceed to the coastal trail that runs north along an unpopulated area where we will be having our meeting. You may want to bring something to sit on and remember, even though it is September, the weather here is very unpredictable. Please dress in layers and be prepared for high winds and overcast skies.*

**Directions:** From San Jose; take either 101 or 280 north into San Francisco. Follow north to the Golden Gate Bridge. There will be plenty of signs. Take the very last exit just before you enter the bridge. Turn right into the Presidio and left at the stop sign, then first left into battery east parking lot.

Drive time @ 1 Hour / Parking is free / No Dogs on beach trails

**September 24, 2005**  
**HIDDEN VILLA**

Level 2.5; Miles 6, Elevation – 850' / Host: Susan D.

*For over 50 years Hidden Villa has been a natural oasis for people to discover their connections to the earth and each other. The land is the Adobe Creek watershed, a 1600-acre farm and wilderness preserve. It is one of the largest privately owned preserves in the area. We enter the property through an ancient olive grove that opens out into a creekside meadow and a valley floor that hosts gardens and farm buildings. But the vast majority of the property is wilderness, which climbs steeply towards Skyline Ridge. That is where wild recovery will be. Our host will take us up to the upper meadow for our meeting.*

**Directions:** From San Jose; take I-280 north toward San Francisco. Take the Moody Road exit and turn left. Hidden Villa is 2 miles west of the Moody Road exit. At the intersection of El Monte & Elena (by the Foothill College Fire Station), turn left onto Moody Rd. Follow the signs Hidden Villa is on the left-hand side of the road 1.7 miles from Foothill College.

Drive time@ 30 minutes / Parking is \$5 / No Dogs in preserve

**October 8, 2005**  
**POINT PINOLE**

Level 1; Miles - 4, Elevation – 100' / Hosts: Kent B. & Scott

*The trails on Point Pinole lead across breezy meadows, through aromatic eucalyptus woods, along bluffs and beaches on San Pablo Bay. The views are beautiful and include Mt. Tamalpais, the Marin shoreline, and San Pablo Bay. The eucalyptus woodlands had originally been planted as a buffer against potential explosions from the Bay but now shelter diverse wildlife, such as deer, fox, hawks, owls, Monarch butterflies, and many other species. Our hosts, from Contra Costa's very own NA hiking group, could not have selected a lovelier spot for our group.*

**Directions:** From San Jose; take Hwy 880 north to Hwy 80 north toward Sacramento. Take the Richmond Parkway exit and go left. Take the Giant Hwy exit and follow it into the park.

Drive time @ 1 hour & 15 minutes / Parking is \$5 / Dogs OK w/\$2 fee

**October 21 - 23, 2005**  
**FALL RETREAT**  
**PFEIFER BIG SUR**

Level 3; Miles - 6, Elevation – 600' / Host: Jennifer N.

*The park has 1,006 acres of forest; including redwoods, conifers, oaks, sycamores, cottonwoods, maples, alders and willows. Throw in some open meadows and it is an ideal spot for our Fall Retreat. There are many scenic trails for hikers to choose from, and unfortunately our host has not yet pinned one down at flyer deadline. The above stats on the hike are just an estimate and are subject to change. The park is in the Coastal Redwoods but we will be doing some climbing on our hike, as there are some pretty good hills where we can enjoy panoramic views. The coastal redwoods can get downright cool at night, so pack accordingly. For those of you who do not like to pack in food, there is a café and grocery store near the Lodge at the parks entrance. For our hike on Saturday, we will be meeting at 10am at the campsite of our host. We have reserved 6 campsites that hold a maximum of 8 people each and two cars per site. Please contact wild recovery treasurer for reservations.*

**Directions:** From San Jose; take Hwy 1 South all the way into Big Sur. Pfeifer Big Sur is right off of Hwy 1, just look out for the sign. The park is located 26 miles south of Carmel on Highway 1.

Retreat cost per person – \$10 / Drive time @ 1 hour & 45 minutes  
Dogs OK on leash at camp but not on trails