

WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trail head promptly at 10 AM. 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.
- For lots more about Wild Recovery and up-to-date hike information see www.wildrecovery.org.

PHONE NUMBERS

GRATEFUL TO BE OF SERVICE

- Secretary: Jimmy C. (408) 621-8785 / jimmyc@wildrecovery.org
- Treasurer: Anna J. (408) 806-7675
- GSR: Angel L. (408) 857-8408 / angell@wildrecovery.org
- Alternate GSR: Tom L. (408) 375-1383 / toml@wildrecovery.org
- Business Chair: Tom R. (408) 307-6649 / tomr@wildrecovery.org
- Business Recording Secretary: Richard C. (408) 806-1866
- Website: David R. (415) 366-7373 / davidr@wildrecovery.org
- Website Assistant: Janet S. (408) 679-9541 / janets@wildrecovery.org
- Carpool Information: Philip S. (650) 323-9775 / philips@wildrecovery.org

HIKING LEVELS

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



WILD RECOVERY

www.wildrecovery.org

August - October 2006
Every other Saturday at 10 AM

July 29, 2006

FALL CREEK STATE PARK

Level 2.5 - Miles 6 - Elevation 600' - Host: Richard C.

Fall Creek State Park is the northern area of Henry Cowell Redwoods State Park. One of the park's best kept secrets, it is 2,390 acres in size, and contains about 20 miles of hiking trails along old wagon trails, logging roads. And a historic kiln and barrel mill. We will start at the Bennet Creek Trail for a short distance where it turns into the Fall Creek Trail. We will hike up to the Barrel Mill site for our meeting and return by the historic limestone kilns on our way back to the parking lot.

Directions: Traveling from San Jose to the main entrance: Take Highway 17 south toward Santa Cruz. After you go over the mountains, turn right on Mt. Hermon Road. Drive northwest on Mount Hermon Road about 3.5 miles. When Mount Hermon Road ends at Graham Hill Road, turn right. After just 0.1 mile, Graham Hill Road ends at a traffic light at CA 9 in Felton. Continue straight on Felton Empire Road. Drive about 0.6 mile on Felton Empire Road, and turn right into the poorly signed trailhead.

Drive Time 1 Hour - Parking Free - Dogs Not Allowed

August 12, 2006

BIG BASIN REDWOODS STATE PARK

Level 4 - Miles: 11 - Elevation 1000' - Host: Jimmy C.

*We will start our hike down the Skyline-to-the-Sea trail and pass through old-growth redwood forest with multiple stream crossings and ancient redwoods. This section of the trail climbs gently for the first mile, and then drops 1,000' over three miles as it follows Waddell Creek. We will then hike up the Berry Creek Falls trail which will take us to three waterfalls: 1) Berry Creek Falls, a 70' waterfall framed by a canyon and complete with ferns, redwoods, and the sound of rushing water. 2) Sliver Falls, a beautiful free fall enclosed by a bowl of redwoods, and 3) Golden Cascade Falls, a gorgeous cascade over gold sandstone. We will have the meeting at Sunset camp and take the Sunset trail back to the parking lot. **Attention:** This is a long hike; prepare to return to the parking lot around 6pm. Bring lots of water (3+ liters). Insect repellent is recommended.*

Directions: Take 280 north from San Jose. From there take the 85 freeway south. Exit 85 at Saratoga Avenue. Turn right and head west on Saratoga Avenue. This road goes through downtown Saratoga and then begins to climb into the mountains. At this point the road automatically becomes Highway 9. Stay on 9 (there is a stop sign at Hwy 1 – continue going straight) as it winds through the mountains. At a second stop sign, you will then see the sign for Hwy 236/Big Basin. Go straight onto Hwy 236 and continue on this road for 9 miles until you come to Park Headquarters. Turn right into the parking area. We will meet at the Campfire Center, which is on the left just after entering the parking lot.

Drive Time 1 Hour 40 minutes - Parking \$6 - Dogs Not Allowed

August 25-27, 2006

MOUNT LASSEN SUMMER RETREAT

Bumpass Hell Trail (Friday Hike): Level 1.5 - Miles 3 - Elevation 300'

Saturday Hike (1): Level 5.0 - Miles 5 - Elevation 2,000'

Saturday Hike (2): Level 2.0 - Miles 4 - Elevation 500'

Hosts: Tom L. & Richard C.

Campsite: Summit Lake North @6,700 ft, sites B1, B2, B3 & B25 all hold 6 campers per site and two cars. That's 24 first come first serve members for this unforgettable excursion. Running water at the campsites and flush toilets. Showers are a short drive to another campsite or bring a solar shower or no shower (this is camping). Bear boxes are provided and are **MANDATORY, NO FOOD ANYWHERE BUT THE BEAR BOXES.** Not even in your car. The campsite is at the lake so we are surrounded by absolute beauty. It's a campsite in the shade of the forest. Here is a short list of things to bring: Hiking boots, warm clothes, cool clothes, sunscreen, bug repellent, enough food & water for 3 days for each person, flashlight & batteries, camping gear, camera, binoculars, first aid kits, solar shower, fire wood. There is a general store in the park 20 minutes from camp if you forget anything. **Bumpass Hell Trail Hike:** This trail offers bubbling mud pots, steaming fumaroles and boiling water. Most of the trail is elevated wood decking with hand rail to keep us off and away from the dangers that lie beyond your reach. Come early on Friday to experience the natural wonder. **Lassen Peak Trail Hike:** Hiking up this trail at a nice slow pace and taking in the beauty is your best bet. Take a break, drink some water, and connect with HP or a wild recovery buddy. Remember it's not a race. The peak is 10,500 ft. **Summit Lake Trail Hike:** This is an easy but rewarding four mile hike and gains 500 ft.

Directions: From the bay area take 680 north toward Sacramento, merge onto I-80 toward Sacramento. Merge onto I-505 toward Winters, Redding. I-505 becomes I-5 north. Take the CA-36 East/ CA-99 South Antelope Blvd Exit 649 toward Central Red Bluff/ Chico. Turn right onto CA-36/ CA-99 Antelope Blvd. Stay on CA-36/CA-99 for 2 miles then turn left on CA-36 and follow for 43.4 miles. Then turn left on CA-89 Lassen Peak Hwy. Follow this road into the park and proceed to Summit Lake North Campsites B1, B2, B3 & B25.

Drive Time 5 Hours – Dogs Not Allowed

Advance Tickets required (\$15) see Wild Recovery Treasurer

Parking is included in Retreat price

September 9, 2006

GARRAPATA STATE PARK

Level 2 - Miles: 6 - Elevation 300' - Host: Tom R.

*The first mile will be a loop trail along the bluffs of the Big Sur coastline to the sound of barking sea lions, then across Highway 1 and inland another 1.5 miles along Soberanes Creek across a dry chaparral flanked by steep mountains. In the final mile, we are under a canopy of redwood, bay leaf and big leaf maples on a rocky creek bed covered with lush green ferns and sorrel. After the meeting, we will retrace our steps back to Highway 1. (For the more adventurous, there is a strenuous loop back up and across a mountain ridgeline with ocean views.) **Attention:** This season both poison oak and ticks have flourished in sections of the park. Some of the trail is narrow, so LONG PANTS ARE RECOMMENDED. Wear layers and prepare for quick changes in temperature.*

Directions: From San Jose take Highway 101 South to Highway 156 WEST to Highway 1 South. Follow signs for Big Sur through Monterey and past Carmel. Garrapata State Park is 6.9 miles south of Rio Road (the last traffic light on Highway 1). **PARKING:** There are no parking lots or official entrance, just a redwood sign that is easy to miss. Look for a small barn and row of Eucalyptus trees on your left and continue about 2/10ths of a mile to the third gated entrance-gate 10. Because of the poor markings, be on the lookout for the blue and white "WR" Wild Recovery sign. Parking is along the shoulders of Highway 1.

Drive Time 1 Hour 30 minutes - Parking Free - Dogs Not Allowed

September 23, 2006

FORT BAKER (SAN FRANCISCO)

Level 3 - Miles 4.5 - Elevation 900' – Host: Rich S.

We will meet at the Parade Grounds parking lot and begin the hike at the Municipal Wharf next to the GG Bridge. The trailhead begins directly under the Golden Gate Bridge, continues on the west side of the bridge to Conzelman Road, around the Horseshoe Bay Loop Trail counterclockwise, cross under the GG Bridge, take the Coastal Trail on the west side of the bridge up the hill to Conzelman Road, going west (left) on Conzelman Road to Battery Spencer (last restrooms/phones here). After a brief photo-op at Battery Spencer, we'll continue up Conzelman Road to McCullough Road, go right on McCullough Road, right on the Coastal Trail, up a 3/8-mile steep hill to the Slacker Hill Trail, right on Slacker Hill Trail to the top of Slacker Hill, where we will have our meeting. After the meeting, we'll go back to the Coastal Trail, turn right, and head back to Conzelman Road, cross Conzelman and continue back under the GG Bridge to the Parade Grounds parking lot.

Directions: I-280 North to San Francisco. Exit 19th Avenue/GG Bridge. Follow 19th through GG Park/Presidio until you get to the Golden Gate Bridge. Cross the bridge and exit at Alexander Avenue. Turn left onto Bunker Road, then immediately turn right and go through the tunnel under Alexander Avenue. Do NOT cross under US 101 and enter the Bunker Hill Rd. Tunnel. Follow the "East Fort Baker" signs! Park in the large parking lot next to the Parade Grounds (where the Bay Area Discovery Museum is located). **Note:** Bridge toll on the return trip is \$5.

Drive Time 1.5 Hours - Parking Free - Dogs Not Allowed

October 7, 2006

HENRY COE (FULL MOON HIKE)

Level 2.5 - Miles 5.6 - Elevation 965' - Host: Philip S.

We are starting at 7:00 PM to better appreciate the Full Moon. We will meet at Ranch Headquarters and start on the Corral Trail to Spring Trail going to Manzanita Point Road which will take us to Manzanita Point Group Camps where we will have our meeting. Over night camping will be optional. The return walk will be down Manzanita Point Road back to Headquarters. For the campers: only one vehicle will be allowed to go back to the camp site and not allowed to shuttle so room will be limited.

Directions: From San Jose, take Highway 101 South to Morgan Hill. Take the East Dunne Avenue Exit (12 miles south of the Highway 85 / Highway 101 junction). Turn left and head East on E. Dunne Avenue (3.5 miles). Continue right at the fork on E. Dunne Avenue (follow sign to Henry Coe Park. It is 10.6 miles from the fork to the Henry Coe parking area. **Note:** When the main lot fills, signs will direct you to pull off into a secondary lot prior to the main entrance. Follow the trail signs to Coe Ranch Headquarters (0.3 miles).

Drive Time One hour - Parking \$6.00 - Dogs Not Allowed

October 21, 2006

RANCHO DEL ORO

Level 3.5 - Miles 8.5 - Elevation 1,100' - Host: Todd P.

The Longwall Canyon Trail and Bald Peaks Trail both offer views of Mt. Hamilton and the Diablo Mtn. Range, and views stretch to the Santa Clara Valley Floor. At the trail head, take the main trail, and turn left on Serpentine Trail to Longwall Canyon Trail, then continue on Bald Peak Trail, and pass the Serpentine Trail shortcut (cut-off) to continue the Serpentine loop trail back to the starting point.

Directions: Drive south on Highway 85 or Blossom Hill to Almaden Expressway, turn right at the end of Almaden Expressway on Harry, turn left at McKean Road, go past Calero Reservoir and Calero County Park entrances, then turn right on Casa Loma. Follow Casa Loma into the preserve parking lot.

Drive Time 30 Minutes – Free Parking - Dogs Not Allowed