

WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trail head promptly at 10 AM. PLAN ACCORDINGLY!
- Drive times are from central San Jose.
- 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 / annaj@wildrecovery.org
- 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: Open Position
- 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

November 2006 - January 2007
Every other Saturday at 10 AM

November 4, 2006

SWEENEY RIDGE – GOLDEN GATE RECREATIONAL PARK
Level 2.5 - Miles 4.9 - Elevation 800' - Host: Tom R.

The newest part of the Golden Gate Recreation Area, Sweeney Ridge follows a rugged ridgeline filled with lupines, poppies, and paintbrush. We will follow Sweeney Ridge Trail. Two steep climbs make the first 0.8 miles the most challenging. From there we stroll across a mostly flat ridgeline for 1.6 miles to the end of the trail, then a mile long loop back along Pacifica Stable horse trails to a grassy outcropping near the Portola Discovery Site for our meeting. We will then retrace the Sweeney Ridge Trail for 2 miles back to the parking lot. The meeting site is an unprotected mountaintop subject to crosswinds and fog on even warm sunny days. Bring a sweatshirt or jacket and a blanket or tarp. Poison oak is present along the trail.

Directions: Take I-280 North from San Jose for about 40 miles to the exit for Skyline Blvd., Highway 35. Follow north for 3 miles to College Drive. Turn left and follow 0.6 miles to the entrance for Skyline College. Bear left and follow 0.2 miles to the Student Parking Lot #2.

Drive Time 1 Hour - Parking Free - Dogs Allowed Leashed

November 17-19, 2006

ARROYO SECO FALL RETREAT

Friday Hike (Santa Lucia Trail): Level 1.5 - Miles 4.1 - Elevation 250'
Saturday Hike (Gorge Trail) – Level 3 – Miles 7.4 – Elevation 700'
Hosts: Rich S. & Todd P.

Arroyo Seco is geologically diverse, much like its sister, Pinnacles National Monument, due east. Portions of the Arroyo Seco River along the Gorge area become Class IV rapids for kayaking in the winter. The steep, narrow rock formations make for an unforgettable experience swimming down the river. The Ventana Wilderness borders the Big Sur area to the west and is home to a diverse population of wildlife, including many species of raptors and the California condor.

Santa Lucia Trail Hike: We'll hike the Santa Lucia Trail counter-clockwise from the Gorge Day-Use Area along Santa Lucia Creek, past the Old Adobe Ranger Station, and up to the falls near the junction with the South Fork Trail, where we'll have our meeting. Afterwards, we'll continue on the remaining portion of the Santa Lucia Trail around the lake back to the campground. **Gorge Trail Hike:** We'll take the Gorge Trail to the Horse Bridge and on to the Horse Pasture Trail via the Marble Peak Trail. We'll have our meeting where the Horse Pasture trail crosses Willow Creek. Afterwards, we'll backtrack to several swimming holes (and possibly a 20' waterfall) before returning to camp. Bring your swimming gear (if interested). Poison Oak, ticks, water crossings, and steep cliffs with loose soil. Small flies and gnats were common on the preview. Bring insect repellent. For the more adventurous: there are numerous waterfalls and swimming holes deeper into the Gorge that are accessible only by wading / swimming. There are two well-

stocked fishing lakes at the campground. Bathrooms at the campgrounds only. Coin-operated showers are available.

Directions: Take US 101 South to Arroyo Seco Road (just past Soledad). Follow Arroyo Seco Road all the way to the park entrance. Take the one-way road around the campgrounds until you come to the group site. Both hikes will begin from the Gorge Day-Use Parking Area.

Drive Time 2 Hours - Parking \$5 (Day Use Fee) - Dogs Allowed Leashed

December 2, 2006

DON EDWARDS SAN FRANCISCO BAY NATURAL WILDLIFE REFUGE

Level 1.5 - Miles 3 - Elevation 200' - Host: Philip S.

Don Edwards, the first urban Wildlife Refuge established in the United States, is dedicated to preserving and enhancing wildlife habitat, protecting migratory birds. The Refuge spans 30,000 acres of open bay, salt pond, salt marsh, mudflat, upland and vernal pool habitats. The Refuge hosts over 280 species of birds each year. Millions of shorebirds and waterfowl stop to refuel at the Refuge during the spring and fall migration. The Don Edwards, founded in 1974 is part of a complex made up of six other wildlife refuges in the San Francisco Bay Area. We will start at the Visitor's Center parking lot from there we will go to the LaRiviere Marsh Trail and come back to the Visitor's Center and go along the Tidelands Trail loop. We will have our meeting in the middle of the hike.

Directions: Take I-880 north to CA 84 head west toward the Dumbarton Bridge turn left on Thornton Avenue. The sign to Don Edwards is a right turn onto Marshlands Road. We will meet at the Visitor's Center parking lot.

Drive Time 30 Minutes - Parking Free - Dogs Not Allowed

December 16, 2006

SANTA TERESA PARK

Level 3 - Miles 4 - Elevation 900' - Host: Tom L.

Local, that is for our San Jose fellowship, right at the south end of the city. This is a great place for a December morning hike for many reasons. Just minutes from the city makes the location of this park convenient. The trails are well maintained and have good foundation of bedrock for sure footing.

Directions: From the south take Highway 101 north to Highway 85 North to Bernal Road. From Santa Cruz take Highway 17 north to Highway 85 South to Bernal Road. From San Francisco take I-280 to Highway 85 south to Bernal Road. Turn right on Bernal Road and follow it up the hill until you see a sign that says Santa Teresa Park Picnic Area and turn left into the picnic area. Stop and pay for parking and go to the end of the parking lot. We will meet there.

Drive Time 30 minutes - Parking \$5 - Dogs Allowed Leashed

December 30, 2006

PLEASANTON RIDGE REGIONAL PARK

Level 3 - Miles 6 - Elevation 1570' - Host: Kent B.

Pleasanton Ridge has panoramic views to the North, East and South. The San Ramon, Pleasanton, and Livermore valleys lie spread out below while Mount St. Helena and the Diablo and Hamilton mountain ranges appear in the distance. To the South, unbroken views of ridge tops extend to the Sunol Valley and then rise back up to the Mission and Monument peaks. There are still beautiful olive tree orchards that were planted between

1890 and 1920. Grassland is the dominant plant community with beautiful wildflowers in the spring and the woodland communities are made up of Coast Live Oak, California Bay Laurel, Blue Oak, Black Oak, Valley Oak and Oregon Oak. We start out from the parking lot on the Oak Tree Trail, on to the Woodland Trail, the Olive Grove trail, the Thermalito Trail, to the Ridgeline Trail and then to the top of the Blue Oak Knoll Trail for the meeting, which is in the Augustin Bernal Park (City of Pleasanton) which is in the middle of Pleasanton Ridge Regional Park. The meeting will have a great view for a backdrop. Then it is back on ridgeline all the way back to Woodland Trail and Oak Tree Trail, ending at the parking lot.

Directions: From San Jose take I-680 North and exit at Castlewood Drive. Go West up to Foothill Road and turn left, back towards the town of Sunol. The Foothill Staging Area is about 2 miles down on the right.

Drive Time 30 Minutes - Parking Free - Dogs Allowed (per Park rules)

January 13, 2007

MISSION PEAK

In Conjunction with Contra Costa County

Level 3 - Miles 7 - Elevation 1,900' - Hosts: Anna J. & Kent B.

Come out and be a part of something special, Wild Recovery is co-hosting this hike with our friends from Contra Costa, Hikin' Meeting. Mission Peak stands out on our horizon to the north in Fremont. The daunting peak stands at 2,517 feet, an impressive height for rolling foothills. This hike is becoming a sort of tradition to start out the New Year and we will again be doing the usual trek up to the peak via the Mission Peak Trail. The regional park is open to the elements and with little shade and high winds, it is important to dress in layers. Last year it was quite cold so gloves, scarves, hats and jackets are a good idea.

Directions: From San Jose, take I-680 North to Fremont, exit Mission Boulevard, and head east (go right) for approximately 2 miles to Stanford Avenue. We will meet at the staging area. Parking is free but limited so carpooling is another good idea.

Drive Time 40 Minutes - Parking Free - Dogs Allowed Leashed

January 27, 2007

JACKS PEAK COUNTY PARK

Level 1 - Miles 2.2 - Elevation 500' - Host: Rich S.

Jacks Peak was an island in the Miocene Period. We will see numerous marine fossils in the shale deposits at 1000'. Take time to enjoy the spectacular views of Monterey and Carmel Bays, as well as Pt. Lobos. Jacks Peak is home to one of three native Monterey Pine groves left in the United States. We will be starting at Skyline Nature Trail to the Iris Trail, back to the Jacks Peak Trail (near parking lot) to the summit, where we will have our meeting. After the meeting, continue on the Jacks Peak Trail back to the Skyline Nature Trail to get to the Coffeeberry Trail. Continue on Coffeeberry Trail to the Lower Ridge Trail. Take the Lower Ridge Trail to the Pine Trail and back to the parking lot. Fossils, plants, etc. are protected. No souvenirs! Poison Oak and ticks are present. We will be hiking in mountain lion territory. Fog is common. Dress in layers.

Directions: Take US 101 South to State Route 156 West ("Monterey Peninsula"). Merge onto State Route 1 South in Castroville. Continue to State Route 68 towards Salinas. At the 2nd light, turn right on Olmstead Road (at the Airport). Continue on Olmstead 1 mile to Jacks Peak Road. Turn left and continue to the park entrance. Turn right to the Jacks Peak parking lot.

Drive Time 1 Hour 15 Minutes - Parking \$4 - Dogs Allowed Leashed