
WILD RECOVERY HIKE SUGGESTIONS

ALL hikes are scheduled to leave from the trailhead 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 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.

For retreats, deposits are refundable up to 14 days in advance of the start the retreat. After that there are no refunds.

www.wildrecovery.org

GRATEFUL TO BE OF SERVICE

Secretary: Jeannie H. - (408) 466-9051

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Website Assistant: Philip S. - (650) 323-9775/ Philips@wildrecovery.org

Flyer: Anna J. - (408) 806-7675

Carpool Information: Open

HIKING LEVELS

1 = Easy / 2 = Moderate / 3 = Challenging / 4 = Hard / 5 = Very Difficult



Wild Recovery
Jan. 16 - March 27, 2010
Every other Saturday 10A.M.
www.wildrecovery.org

Upcoming Camping Retreats:

Joshua Tree National Park March 12-14, 2010

Mt Tallac, South Lake Tahoe June 18-20, 2010

Mt. Lassen National Park August 13-15, 2010

Catalina Island October 22-24, 2010

January 16, 2010 9:30 A.M.

Carmel River State Beach/Whale Watching Boat Cruise

Level: 1 - Miles: 2 - Elevation: 25' - Host Mary G.

Whale Watching Boat Cruise 1:30 P.M. - Host Tom L.

*We're taking Wild Recovery whale watching on Monterey Bay once again. We will begin with a hike at Carmel River State Beach **beginning at 9:30 A.M.** The mile long beach features a bird sanctuary so bring your binoculars. We'll follow the shoreline down the coast to Monastery Beach and take the beach service road to our meeting spot by a large rock outcropping. Upon returning to our vehicles, we will regroup and caravan to the Monterey Wharf. We'll meet at the end of the Old Wharf in front of Sam's Fishing Fleet and check in at 1:00 P.M. For ticket information call Tom. L. (408) 375-1383, or see website for more info.*

Directions to Carmel River Beach : Take Hwy. 101 S. to Hwy 156 W. to Hwy. 1 S. into Carmel. Turn right on Rio Rd., Left on Santa Lucia, Left on Carmelo to the parking lot at the end of Carmelo. Parking is limited so please carpool

Drive time: 1 hr. 30 min. Parking is free at the

State Beach but \$15 at the Municipal Wharf.

The Whale Watching Cruise is \$30 per person. Dogs on leashes are allowed on the beach but no dogs allowed on the Wharf or cruise boat.

January 30, 2010

Santa Teresa County Park

Level: 2.5 - Miles: 4.5 - Elevation: 400' - Hosts: Connie A & Jennifer N.

This diverse 1,627 acre park, rich in history, offers spectacular views from its trails above the Almaden and Santa Clara Valleys. The secluded upland valleys of the park provide a quiet interlude for exploring the natural environment minutes away from the surrounding developed areas. We'll meet by the corral at the end of the

Pueblo Day Use Area and start our hike taking the Mine Trail to Hidden Springs Trail to Mine Trail to Norred Trail to Joice Trail to Bernal Hill Trail (0.7) to (meeting site) up on Joice Trail by Vista Loop on Right where the clearing is level by the rocks back (0.05) to Bernal Hill Trail (0.2) to Mine Trail.

Directions: Take US 101 or Highway 85 to the Bernal Road exit. Proceed west 1.3 miles on Bernal Road and cross Santa Teresa Boulevard toward the Santa Teresa Hills. Bernal Road continues past the park's Santa Teresa Golf Club, winding up into the hills. The Pueblo Day Use Area is located off Bernal Road in a small open valley in the hills.

Drive time: 20 min. - Parking \$6 - No dogs allowed

February 13, 2010

Sunol Regional Park-Little Yosemite

Level: 3 - Miles: 8 - Elevation: 1400' - Host: Gloria

Sunol Regional park contains Little Yosemite, a scenic gorge on Alameda Creek reminiscent of the real Yosemite with oak woodland and grassland communities; fossiliferous sandstone outcrops wooded canyon with steep switchbacks and excellent views of Mt. Diablo. This is a loop to Little Yosemite we'll start out with Flaghill tr. to Flaghill rd. to Vista Grande rd. to Eagle View tr. to Rocks rd. to McCorkle tr. to Canyon View tr.

Directions: Drive north on I-680 and exit at Calaveras Road. Turn right on Calaveras and proceed to Geary Road, which leads directly into the park.

Drive time: 45 min. - Parking \$6 - Dogs allowed for a fee

February 27, 2010

Uvas Canyon County Park

Level: 2 - Miles: 5 - Elevation: 600' - Host: Jennifer N.

Uvas Canyon is a treasure right in our own back yard. It has it all-great views, lovely forest, and gorgeous waterfalls. We are going at a time of year when the falls should be running well. We'll meet in the parking lot and start out on Alec Canyon, take the spur to triple falls, come back down to pick up the Contour trail, which takes us right to the waterfall loop, where we will have our meeting. After the meeting we will explore the waterfalls. It might rain so be prepared. Bring warm clothes for this time of year.

Directions: Take 101 South to Bernal Rd West. Left on Santa Theresa Blvd. Right on Bailey. Left on McKean, which turns into Uvas Rd. Right on Croy Rd, which you follow through Sveadal, into the park.

Drive Time: 40 min. - Parking \$6 - Dogs allowed on leash

March 12-14, 2010

Winter Camping Retreat

Joshua Tree National Park-Indian Cove Campground

Hosts: Anna J. & Mary G.

Friday: Sneakeye Spring/Indian Cove Nature Trail - Miles: 1 - Level 2 - Elevation: 200'

Saturday: Lost Horse Mine Trail - Level 4 - Miles: 7 - Elevation: 1000'

Sunday: (optional) Fortynine Palms Oasis - Level 2 - Miles: 3 - Elevation: 500'

This park encompasses some of the most interesting geologic displays in all California deserts. Exposed granite monoliths and rugged, twisted-rock mountains testify to powerful Earth forces, not to mention the surreal "Dr. Seuss" Joshua tree. Life forces are patient in the desert so plan to take your time here too. Joshua Tree National Park provides a haven from everyday routines, space for self-discovery, a refuge for the human spirit and a sense of place in the greater scheme of things.

Our campsites are located in the Northern part of the park in the Indian Cove campground. We will be in sites 90-92, 95, 45-47. Weather can be unpredictable so bring plenty of layers as night temperatures can drop suddenly while days can easily reach the 80's in the winter.

Directions: Take 101 South to 152 East to I-5 South. Go 242.8 miles, through the Grapevine, take the Pasadena exit onto I-210 E. Go 44.4 miles and take exit #45/Santa Ana onto CA-57 S. Go 4.2 miles to the San Bernardino/Los Angeles exit onto I-10 E toward San Bernardino Fwy East/San Bernardino. Go 74.5 miles and take exit #117/29 Palms/Yucca Valley onto Twentynine Palms Hwy (CA-62-E). Just past the West Entrance Station turn right onto Indian Cove Rd. If you reach the Oasis Visitor Center you have gone too far.

Drive Time: 8 hours (including pit stops) - Entrance Fee to National Parks: \$20 - WR Camping fee: \$15 - Dogs allowed with current rabies certificate in campground only.

This campout is currently sold out but there is a waiting list and 3 other opportunities to join us in 2010.

March 27, 2010

Las Trampas Regional Wilderness

Level: 3.5 - Miles - 8.3 - Elevation 2000' Hosts: Troy H. & Amy H.

Two major Bay Area faults, the Las Trampas and Bollinger faults, run through this park and account for the uplift of the steep ridges with deep canyons between.

These tectonic forces have also caused the exposure of well-defined geological formations. One formation holds remnants of ancient beach and shoreline, another consists of several fossil-bearing compressed rock layers and another is of volcanic origin. We start out heading North on the Bollinger Creek Loop Trail, then ascend to the Las Trampas Ridge/Calaveras Ridge trail to Vail Peak. Turn left on Corduroy Hills Trail which takes us over Eagle Peak and down to Madrone Trail. We turn left and follow it up to our meeting spot on Las Trampas Peak. We return following the Las Trampas Ridge/Calaveras Ridge Trail to the Chamise Trail.

Directions: Take I-680 North and exit on Crow Canyon Road west in San Ramon. Turn Right on Bollinger Canyon Road and follow it 4.1 miles to the park entrance at the end of the road.

Drive Time: 1 hr. No Dogs Allowed