

## WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trailhead promptly at 10 AM unless noted otherwise so PLAN ACCORDINGLY!
- The weather can be unpredictable at all parks, 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.
- Bring something to sit on during the meeting (i.e. tarp or bedsheet)
- Stay on the marked 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.).
- Smoking is not permitted on any trails or during the meeting
- Watch out for poison oak, snakes, bees and the like
- Respect wildlife
- If you bring kids or pets, make sure to keep them supervised at all times
- Cameras are encouraged but please ask permission first if taking someone's picture
- For lots more about Wild Recovery and up-to-date hike information see [www.wildrecovery.org](http://www.wildrecovery.org)

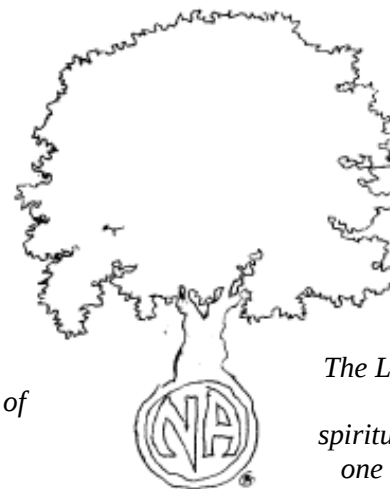
## GRATEFUL TO BE OF SERVICE

- Secretary: Troy – (925) 785-2238
- Treasurer: John – (831) 462-0262
- Asst. Treasurer: Mary – (831) 431-3491
- GSR: Dale – (408) 460-2145
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- Business Chair: Anna – (408) 806-7675
- Business Recording Secretary: Kent – (925) 212-4972
- Website: Philip – (650) 430-6353
- Website Assistant: - John M (408) 830-7044
- Flyer: Jeannie – (408) 466-9051
- Correspondence Coordinator: Gloria – (408) 242-9874

## HIKING LEVELS

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

- *Hike rating system is subject to the interpretation of the hike host. Please note miles & elevation when considering a hike ☺*



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## *WILD RECOVERY*

*July 30<sup>th</sup> – October 22<sup>nd</sup>, 2011*

*Every other Saturday at 10 AM*

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

**July 30, 2011**

**LAND OF MEDICINE BUDDHA**  
**Level 2.5 - Miles 6 - Elevation 500'**

**Host: Di & John**

*The Land Of Medicine Buddha embodies the essence of spirituality. Bordering Nisene Marks State Park it is one of the many gems along the Central Coast. We*

*will meet at the Memorial Shrine and hike through the Enchanted Forest into Nisene Marks Park and back to the Memorial Shrine. Wearing layers is recommended, cold fog is not uncommon this time of year.*

**Directions:** Take Highway 17 to Santa Cruz merging onto Hwy 1 South towards Watsonville. Take the Porter Street/Bay Avenue exit using the middle lane. Go left under the freeway and turn right at the second stop light on Main Street which will merge into Glenhaven Rd. Go another 1/2 mile to Prescott Road and go right (sign can be difficult to see). Land of Medicine Buddha is about 1 mile at the end of Prescott Road. Cross a wood bridge and go left into LMB towards the Memorial Shrine. Do not turn right towards the office and main buildings but continue forward and few yards to the "One Way" sign driving up the hill. At the top of the hill turn left and stay left until reaching the Memorial Shrine.

**Drive Time: 90 Minutes – Parking: \$5 - Dogs Allowed on Leash**

**August 13, 2011**

**ANTHONY CHABOT REGIONAL PARK**

**Level: 2.5 – Miles: 8 - Elevation: 800'**

**Host: Kent & Mary**

*Anthony Chabot Regional Park is 5,065 acres big and located in the hills above Oakland and San Leandro. We will be hiking through grasslands, chaparral and shady eucalyptus. We will start out on the Goldenrod trail.*

**Directions:** Out of San Jose take Hwy 880 North and then take Hwy 238 East to hwy 580 north towards Oakland. Exit at Golf Links Rd (exit #29) turn right on Golf Links Rd and proceed up the hill and take a slight left onto Grass Valley Rd. Follow Grass Valley until it ends at the corner of Skyline Blvd where the Clyde Woolridge staging area is

**Drive Time: 1 Hour – Parking: Free – Dogs Allowed**

August 27, 2011

**TOMALES POINT – TOMALES BLUFF**

**Level: 3 - Miles: 9.4 - Elevation: 500'**

**Host: Joseph R**

*When you cross Inverness Ridge toward the Point Reyes headlands, you leave the pine forest behind and enter the stark beauty of the coastal grasslands, dotted with cattle and scattered with ranches. We will meet at Pierce Point Ranch, a dairy farm from the 1800's. We will take the Tomales Point trail following the low lying undulating hills to our meeting site. Along the way we will see sprawling ocean views, and 100s of Tule Elk between July- Sept. is the Tule Elk Rut Season. Binoculars and cameras are a must.*

**Directions:** From San Jose take 880 North towards Oakland, slight right onto I-580 W. Take exit 1A to merge onto US-101 N. go 1.1 miles to exit 452 Central San Rafael. 289 feet merge onto Irwin St. Turn left on 3rd street .9 continue onto 2nd street .2 slight right onto 4th street .6 continue onto Red Hill Ave .5 miles Sir Frances Drake Blvd. Ca-1 North 25.4 miles Pierce point Rd 9 miles to Pierce Point Ranch.

**Drive Time: 2 hours, 15 min – 90 Miles (carpooling suggested)**

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September 10, 2011

**CASTLE ROCK STATE PARK**

**Level: 3 – Miles: 6 – Elevation: 1500'**

**Host: Jeff**

*Castle Rock State Park encompasses over 5,200 acres of wildlands in the Santa Cruz Mountains with 35 miles of hiking trails and a wide variety of plant and animal communities, very interesting rock formations and great views of the San Lorenzo Valley and Pacific Ocean . We will be hiking Saratoga gap trail to ridge trail loop.*

**Directions:** Located on Highway 35, just 2.5 miles southeast of the junction with Highway 9. From San Jose or Santa Cruz, take Hwy 9 to Hwy 35. Turn south onto Hwy 35. Drive about 5 miles and look for the park entrance on the right side of the road.

**Drive Time: 1 hour – Parking: \$8.00 – No Dogs**

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September 24, 2011

**HENRY COWELL STATE PARK**

**Level: 3 - Miles: 7- Elevation: 800'**

**Host: Bob F**

*This incredible park is nestled in the forested coastal mountains just a few miles from Santa Cruz. The park is nearly 1,800 acres of remarkable diversity. Mammoth redwoods, some over 2,000 years old, lush stream canyons, open sunny meadows, pine and oak forests and chaparral covered ridges are just*

*some of the beauty we will experience on this adventure. We will meet at the visitor center parking lot. Bring an extra pair of tennis shoes or sandals because we may be wading across the creek.*

**Directions:** From San Jose: Hwy 17 to Mt. Herman Rd; follow this and turn right on Graham Hill Rd. Continue until you intersect with Hwy 9 and turn left. Go Approx. ½ mile to the Park entrance on the left.

**Drive Time: 40 minutes – Parking: \$10 – No Dogs**

Special note !!!!!!!!!!!

HUNGRY HIKER POT LUCK AND BRING YOU FAVORIT INSTRUMENT, GITAR HARP SHAKERS AND TAMBERIN FOR SOME GOOD OLD JAMS!!!!!!LIKE WE USE TOO (WE SHALL HAVE FUN).

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October 7-9, 2011

**FALL RETREAT – KENNEDY MEADOW**

**Friday Hike: Sonora Pass Vista, 5.4m, Level 205, Elevation 900'**

**Saturday Hike: Disaster Creek, 11m, Level 3.5, 8, Elevation 2000'**

**Host: Brent**

*Kennedy Meadows is located approximately 60 miles East of Sonora, nestled high in the Sierra Nevada Mountains. We will camp at Baker Campground. Hike part of the Pacific Crest Trail and visit the solitude of Disaster Creek.*

**General Directions:** I-680 N to I-580 E to I-205 E to I-5N to CA-120 E to CA-108 to Kennedy Meadows. Please see website for more detailed directions

**Drive time: 4-5 hours – Camping \$10 – No Dogs**

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October 22, 2011

**MOUNT TAMALPAIS - CIRCUMNAVIGATION**

**Level: 3.5 - Miles: 11 - Elevation: 1500'**

**Host: Troy & Amy**

*Tamalpais is an appropriate Miwok Native American name meaning “bay mountain”. This round-the-mountain tour passes by a host of natural features and historic points. From redwood groves to mountain meadows and breathtaking views of the bay. We will hike counterclockwise. We’ll pass Inspiration Point, Collier Spring, Rifle Camp, Potrero Meadow, Mountain Theatre and West Point Inn*

**Directions:** Take I-280 north toward San Francisco. Continue onto Hwy 1 north (signs for 19<sup>th</sup> Ave/Golden Gate Bridge) to Hwy 101 north and across Golden Gate Bridge. Take exit 445B to Hwy 1 north toward Stinson Beach. Turn right onto Panoramic Hwy. Go approx. 2.6 miles and just past Edgewood Ave and Mtn Home Inn turn right into the Fire Station Drive and then right again at the sign for Mount Tamalpais Watershed. Park along the watershed road or in the lot across Panoramic Hwy

**Drive Time: 3 hours- Toll Fee at Benicia Bridge - \$5.00 - Dogs on leash**