

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

UPCOMING EVENTS:

July 16 - Business meeting after hike – Location TBD

October 8-10, 2011: Fall Retreat Kennedy Meadows

GRATEFUL TO BE OF SERVICE

- Secretary: Troy – (925) 785-2238
- Treasurer: John R – (831) 462-0262
- Asst. Treasurer: Mary – (831) 431-3491
- GSR: Nancy – (831) 460-9484
- Assistant GSR: Dale (408) 460-2145
- 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) 806-7675
- 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 ☺*

WILD RECOVERY

May 6 – July 16th, 2011

Every other Saturday at 10 AM

www.wildrecovery.org

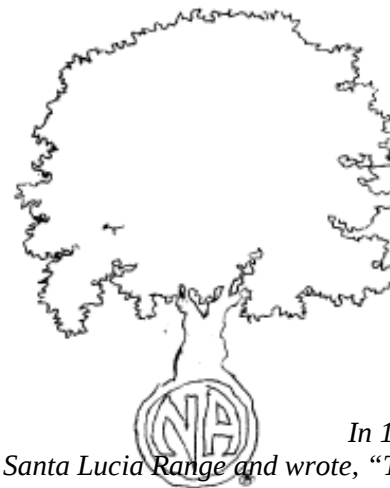
May 6-8, 2011

SPRING RETREAT – BIG SUR/KIRK CREEK

Friday Level 3, 6.5 m, Elevation 1340'

Saturday Level 3.5, 7.7 m, Elevation 1670'

Host: Nancy S



In 1542, Juan Cabrillo sailed past the forbidding Santa Lucia Range and wrote, “There are mountains which seem to reach the heavens, and the sea beats on them. Fridays hike we will drive 20 minutes South on Highway 1, 16.9 miles to the, Salmon Creek trailhead look for the sign on the left. Saturdays hike we will leave directly from camp, “Vicente Flat” trailhead is right across Highway 1. Needless to say CAMERAS ARE A MUST! Dress accordingly for changing weather. Poison Oak will be in full abundance for both hikes.

Directions: South Highway 101 to Jolon Rd. (Country Rd. G14) exit 17.8 miles south to the Mission Road junction. Turn rt. on to Mission Rd. and drive 0.2 mi. to the Hunter Liggett Military Reservation (be prepared to show your divers license and registration) In 2.9 miles turn left. onto paved Nacimiento-Fergusson Road. 24.2 miles to Highway 1, turn right and left. into campground.

Camping is \$10 per person, 8 people/2 cars per site. Extra parking at own risk on Hi.1. Drive time from S.J. 3hrs.12 min. from S.C. 3hrs

**May 21, 2011
ALUM ROCK PARK
Level 2.5 - Miles 6.7 - Elevation 1400'
Host: Martin O**

Established in 1872, Alum Rock Park is the oldest city Park in California. There are many features to be found at this park including mineral springs, caves, and the infamous Eagle Rock. Wildlife abounds so be on the lookout for deer, hawks and wild turkeys. Our path will offer breathtaking views of the Santa Clara Valley and San Francisco Bay if the weather is clear. We'll start on the North Rim Trail to the Todd Quick Trail to Baccardo Loop Trail where we'll have our meeting on the Spur Trail at the top. There is no protection from the elements on this hike, so dress accordingly

Directions: From Hwy 680 exit East on Berryessa Rd., turn right on Piedmont Rd. and left on Penitencia Creek Rd. The entrance is 1 mile east and we'll meet in the last parking lot that is near the Youth Science Institute.

Drive Time: 20 Minutes – Parking: \$6 – No Dogs

**June 4, 2011
HENRY W. COE STATE PARK
Level: 3.5 – Miles: 10 – Elevation 1600'
Host: Andrea and John**

Henry W. Coe Park is the largest state park in northern California, with over 87,000 acres of wild open spaces. The [terrain](#) of the park is rugged, varied, and beautiful, with lofty ridges and steep canyons. Once the home of Ohlone Indians, the park is now home to a fascinating variety of plants and animals, including the elusive mountain lion. Within Coe Park are the headwaters of Coyote Creek, long stretches of the Pacheco and Orestimba creeks, and a 23,300-acre wilderness area. We will be hiking the China Hole trail.

Directions: Take 101-S to Morgan Hill, and take the East Dunne Ave exit. Turn left at the stop light, and cross over 101. You will head east into the hills and through a residential area for 3 miles. At the top of the first ridge of hills, bear right at the Y in the road. Follow the road for 10 miles to the park

entrance. You will come to the park entrance and a wide open gravel parking out (overflow parking), drive past this parking lot ¼ mile to the other parking lot by the visitor's center.

Drive Time: 1 hour – Parking \$6 – No Dogs Allowed

**June 18, 2011 –
FOREST OF NISENE MARKS – SANDPOINT OVERLOOK
Level: 4.5 – Miles: 13.5 – Elevation: 1600'
Host: Mary S & Kent B**

We will meet at the Porter family Picnic area parking lot approx 2.1 miles from the ranger station. We will take the Loma Prieta trail, cross over on Mill Pond trail to Aptos Creek Road, take to Sandpoint Overlook, and enjoy stunning views of the ocean, have our hike at the Westridge Trail Camp, then head on the Westridge Trail, the Big Stump Gap Trail, and Head down the Loma Prieta Trail back to the Porter Picnic Area.

Directions: From San Jose take Hwy 17 South to Hwy 1 South. Get off the freeway in Aptos at the State Park Exit. Go left off the exit away from the beach. Turn right at Soquel. You will go under a train trestle and see The Britannia Arms on your left. Right away you will see Aptos Creek Road just before the shopping center. Turn left on Aptos Creek Rd and follow the signs to the park. If you get to the Stop sign at Trout Gulch you just missed your turn go back

Drive Time: 45 Minutes. – Parking: \$10 – No Dogs Allowed

**July 1-4 2011 –SUMMER RETREAT – SEQUOIA/KINGS CANYON
Friday Hike: 3pm Muir Grove, 4m, Level 1, Elevation 848'
Saturday Hike: 7am Mist Falls 8m, Level 3, 8, Elevation 1000'
Sunday Hike: 7am Alta Peak, 13.8m, Level 4.5, Elevation 4300'
Hosts: Jeannie & Dale**

The twin national parks of Sequoia and Kings Canyon comprise the centerpiece of the southern Sierra. These parks are an unspoiled treasure of some of the most striking scenery in the world! And we will definitely see some on our hikes. We will be camped at Dorst Creek Campground sites 136 & 139-143 (6 per site). We will be squished for room, so small tents and car pools are advised. We will start both day hikes early to allow for driving time, for hungry hiker potluck on Saturday, and we will NEED the full day on Sunday. Alta Peak at 11,204 is a beautiful hike - has some awesome views – it is a long hike and some type of water filtration is recommended.

Directions: From San Jose: Drive to Fresno & take 180 to Kings Canyon/Sequoia. Head South to Sequoia National Park and the Dorst Creek Campground.

Drive Time: 5 Hours - Camping \$15, \$20 to enter park- No Dogs

July 16, 2011

COYOTE HILLS REGIONAL PARK

Level: 2 - Miles: 5.5 - Elevation: 500'

Host: Anna J

The low-lying Coyote Hills rise as a prominent landmark on the eastern shoreline of San Francisco Bay. Coyote Hills' Main Marsh is accessible via a boardwalk that leads to a network of foot and bicycle trails that offer marsh and bay views. The landscape is open and exposed so dress accordingly.

Directions: From San Jose: Take Hwy 17/880 North. Exit #21 at the Decoto Rd/Dumbarton Bridge. Make a left onto Hwy 84 and take the first exit #37 Newark/Ardenwood Blvd. Take a right onto Ardenwood Blvd. Make a left at Commerce Dr and follow it into the park (it turns into Patterson Ranch Rd). Pay the parking fee at the entrance and meet us at the Quarry Staging Area. It is the first parking lot on the left.

There will be a business meeting following this hike – location TBD

Drive time: 30 min. - Parking \$5 - Dogs allowed on leash