

## 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 bed sheet)
- 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
- Please respect wildlife
- If you bring kids or pets, make sure to supervise them 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)

**PLEASE NOTE:** Since Wild Recovery is a part of the Greater San Jose Area fellowship, all driving directions start from San Jose.

## GRATEFUL TO BE OF SERVICE

- Secretaries: Andrea (408) 449-7980 & Mary (831) 431-3491
- Treasurer: Kent (925) 212-4972
- Asst. Treasurer: Jeff (408) 314-6780
- GSR: Glen (408) 455-1664
- Alternate GSR: Martin (408) 230-1321
- Business Chair: John R (831) 462-0262
- Business Recording Secretary: Troy (925) 785-2238
- Website: John M (831) 713-9769
- Website Assistant: Justin (805) 338-1349
- Hike Flyer: Diane (831) 462-0262
- Communication Coordinator: Philip (650) 323-9775

## 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

April – June 15, 2013

Every other Saturday at 10 AM  
[www.wildrecovery.org](http://www.wildrecovery.org)

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April 6, 2013

### BLACK MOUNTAIN

Level: 3.75 – Miles: 10.5 – Elevation: 2280'

Host: Jeff

*Black Mountain is located in Los Altos Hills. We will be hiking from Hidden Villa, which borders San Antonio. We will travel up a long steep trail to the highest peak in the northern Santa Cruz Mountains, where we will be rewarded with breath-taking 360 degree views.*

**Directions:** Take Hwy 280 to the El Monte/Moody Road exit. Follow signs to El Monte Road west and Foothill College. Get into the left lane and drive past the college entrance. At the first stop sign make a left onto Moody Road and continue through the second stop sign, keeping left. Continue for 1.5 miles until you see the Hidden Villa entrance on your left.

**Drive Time: 25 Minutes. – Parking: \$5 – Dogs Not Allowed**

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April 20, 2013

### SUNOL REGIONAL WILDERNESS

Level: 3.5 - Miles: 9.5 - Elevation: 2400'

Host: Justin N

*Tucked away in a partly-wooded valley south of Hwy 680, Sunol feels pretty remote, yet it is easy to get to and easy to hike. Just a 20-minute drive outside of Fremont, the park has several short, well-maintained hiking loops that offer challenging climbs and rewarding vistas. Although the park is almost half covered with oak woodlands, most of the trails run through open grassland on the south-facing hillsides which tend to get really hot.*

**Directions:** Take 680N towards Sacramento for 21 miles. Take the Calaveras Rd/State Hwy 84W exit towards Sunol. Turn right at Calaveras Road and drive for about 4 miles and turn left at Geary Road. After the pay station, proceed to the Flag Hill Trailhead, just after the pay station.

**Drive Time: 45 minutes – Parking: \$6 – Dogs Allowed: \$2 fee**

**May 4, 2013**  
**TENNESSEE VALLEY**  
**Level: 4 – Miles: 9 – Elevation: 920'**  
**Host: Mitch**

*Tennessee Valley is an amazing offshoot of the Marin Headlands. There is a bevy of wildlife; from mighty raptors to common swallows, the birds of the valley will keep your eyes on the skies. Back on the ground there are deer, coyote, and on some rare occasions bobcats have been sighted. Dress appropriately, layers are suggested since this location may be foggy.*

**Directions:** From San Jose get on 101 North, cross the Golden Gate Bridge, and continue on 101. Exit Highway 1 towards Stinson Beach, follow sign towards Stinson Beach for less than 1 mile. Turn left onto Tennessee Valley Road, at the end of this road (1.6 miles) park your car in the lot or along the road. Remember if you park along the road, then park completely on the other side of the faded white line. We'll meet at the Tennessee Valley Trailhead. There are bathrooms in the parking area and at Rodeo Beach.

**Drive Time: 1 hour, 16 min. – Parking: Free - Dogs Not Allowed**

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**May 16-19, 2013**  
**LAVA BEDS NATIONAL MONUMENT – SPRING RETREAT**  
**Host: Kent**

*Lava Beds National Monument is a land of turmoil, both geological and historical. Over the last half-million years, volcanic eruptions on the Medicine Lake shield volcano have created a rugged landscape dotted with diverse volcanic features. More than 700 caves, Native American rock art sites, historic battlefields and campsites, and a high desert wilderness experience await you!*

**Note:** This is a caving retreat with short hikes. Our tentative schedule: Thursday–Valentine Cave, Friday–Cave Loop, Saturday–Petroglyph Rock / Captain Jacks Stronghold.

**Directions:** Out of San Jose take Hwy 680 North to Hwy 80 North to Hwy 505 North to Hwy 5 North. Then Exit #690/ Hwy 299 North of Redding towards Burney. Take a Left turn on Bieber Lookout Rd. Take a left on Hwy 139. Then left on Tionesta Rd. Then go right on Lava Beds Rd. into the park. We will be camping at the group site across from the visitor center

**Drive time: 7 hours – Entrance Fee: \$10 – Retreat Fee: \$10**  
**Dogs allowed on leash in campsite only.**

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**June 1, 2013**  
**ALMADEN QUICKSILVER**  
**Level: 2.5 – Miles: 5 – Elevation: 500'**  
**Host: Dale R.**

*Almaden Quicksilver is one of the hidden jewels of the Santa Clara County Park system. It is 4,147 acres, which includes grounds of the former mercury (quicksilver) mines, steep hillsides, cool forests, open meadows and deep valleys. It borders two long reservoirs and contains several small ponds. It is crisscrossed by trails, including 34.2 miles for hiking.*

**Directions:** Drive 85 south to Camden Ave. Take Camden south to McAbee Rd, turning right onto McAbee. Follow it just a few short blocks to the end, at Whispering Pines, and park along the neighborhood streets.

**Drive Time: 20 Minutes. – Parking: Free – Dogs Allowed on Leash**

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**June 15, 2013**  
**PULGAS RIDGE**  
**Level: 1 – Miles: 4 – Elevation: 800'**  
**Host: Richard**

*Pulgas Ridge is a 36-acre preserve with six miles of trails offering access to cool canyons and a ridge top with magnificent views toward the bay and surrounding hillsides. This preserve features an easy-access trail and a dog off-leash area. Visitors may let their dogs roam off-leash in the 17.5 acre area in the center of the preserve.*

**Directions:** Pulgas Ridge Open Space Preserve is located in the hills above the towns of San Carlos and Redwood City. From Highway 280, exit Edgewood Road. Travel 0.75 miles northeast on Edgewood Road toward Redwood City. Turn left (north) on Crestview Drive, then immediately turn left on Edmonds Road. Follow Edmonds Road to the preserve entrance on the right

**Drive Time: 30 Min. – Parking: Free – Dogs Allowed**