

## 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 items, 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 our website [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

December, 2013 – February, 2014

Every other Saturday at 10 AM

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

**December 14, 2013**

**GOLDEN GATE PARK – SAN FRANCISCO**

**Level: 1 - Miles: 6- Elevation: 430'**

**Host: Hal**

*Golden Gate Park is a large urban park consisting of 1,017 acres of public grounds. It is rectangular in shape and 20 percent larger than Central Park in New York. Golden Gate Park is ranked fifth most visited city park in the US with 13 million visitors annually. This is a hike not to be missed.*

**Directions:** CA-87N, US-101N/San Francisco, Take the Interstate 380W exit toward San Bruno/Interstate 280. Merge onto I-380W, Keep right at the fork, follow signs for Interstate 280N/San Francisco & merge onto I-280N. Take the exit onto CA-1(S) toward Pacifica, Take the CA-35N exit toward Skyline Blvd N, Merge onto CA-35, Turn left onto Great Hwy and follow to 1000 Great Hwy. Park in the large parking (free) lot across from the Beach Chalet, on the ocean side of the road. We will meet on the front steps of the Beach Chalet. *Business meeting to follow at King of Thai.*

**Drive Time: 1 hour, 15 min. – Parking: Free – Dogs Allowed on Leash**

**December 28, 2013**

**MISSION PEAK**

**Level: 3.5 - Miles: 7.5 - Elevation: 1700'**

**Host: Jeff**

*Mission Peak has been a time-honored favorite of Wild Recovery. Rising steeply to the east behind the city of Fremont, Mission and Monument peaks form a dramatic backdrop to the South Bay. Mission Peak has been described as one of the Bay Area's most underrated summits. The determined hiker who reaches its top will be rewarded with views of Mount Hamilton, the Santa Cruz Mountains, Mt. Tamalpais, Mt. Diablo & the Sierra Nevada. We will start at the trail head located off the street by the college.*

**Directions:** Take either I-880 or I-680 North and exit Mission Blvd.. From I-880 go 3.9 miles, from I-680 go 3.4 miles on Mission Blvd. Park on the street in front of the college for free or in the college parking lot for \$3.00.

**Drive Time: 20 min – Parking: Free or \$3 – Dogs Allowed on Leash**

**January 11, 2014**  
**MT TAMALPAIS STATE PARK**  
**Level: 3 – Miles: 7.3 – Elevation: 1600’**  
**Host: Justin**

*Mt. Tamalpais State Park rises majestically from the heart of Marin County. It captures our attention with its sweeping hillsides cloaked with chaparral-covered ridges, grasslands and oak woodlands. Deep canyons filled with solemn redwood groves intersect these ridges. The Steep Ravine Trail has been described as “enchanting” with small waterfalls and beautiful redwoods along the way.*

**Directions:** Take 101N towards San Francisco. Cross the Golden Gate Bridge. Take the exit for CA-1 towards Mill Valley/Stinson Beach. Proceed approximately 19 miles before making a right on Belvedere Ave in Stinson Beach (just after the fire station). Park along the street before the road becomes “one-way only”. We will meet at the Matt Davis Trailhead off of Belvedere Ave.

**Drive Time: 1 hr, 45 min- Parking Free - \$6 Toll @ GG Bridge - No Dogs**

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**January 25, 2014**  
**MOUNT MADONNA**  
**Level: 3 – Miles: 5.4 – Elevation: 1300’**  
**Hosts: John and Di**

*For those who like scenic diversity and panoramic vistas, this is the hike for you. Mount Madonna Park has more than 17 miles of trails which boast of peaceful redwood groves covered with lush green fern, oak woodlands, wide expanses of chaparral and open grassy knolls. This park is known as a hiker’s paradise and one of the few places where leashed dogs are allowed on the trails. We will meet at the Sprig Lake parking area on the right of Hecker Pass Road.*

**Directions:** Take US-101 South until you reach the Leavesley Rd/CA-152W exit toward Gilroy. Turn right onto CA-152W/Leavesley Rd and go half a mile. Turn left onto Monterey Street and drive .4 mile. Turn right onto 1<sup>st</sup> Street and continue onto CA152W/Hecker Pass Rd. Continue 4.9 miles and turn right into Sprig Lake parking area.

**Drive Time: 40 minutes – Parking: Free – Dogs Allowed on Leash**

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**February 8, 2014**  
**LOS VAQUEROS RESERVOIR**  
**Level: 3 – Miles: 8.75 – Elevation: approx. 1000’**  
**Hosts: Troy and Amy**

*The Los Vaqueros watershed comprises 19,300 acres of open space. It is located in eastern Contra Costa County, between the steep ridge of Morgan Territory and the rolling hills of the Altamont Pass Wind Farm. A 2010 expansion of the reservoir resulted in the flooding of more oak woodlands with the crowns of some of the trees rising above the water’s surface. This unique habitat attracts many shore birds and large flocks of water fowl. The surrounding protected land is home to many species of wildlife, including Mountain Lions, Bobcats, Coyote, San Joaquin Kit Fox as well as Golden Eagles and even the occasional Bald Eagle. We will hike the Los Vaqueros, West Loop and Peninsula Trails.*

**Directions:** Take I-680 North to I-580 East. In 11 miles exit at Vasco Road north towards Brentwood. Go 4.5 miles on Vasco Road and turn left into the Los Vaqueros Watershed entrance. We will meet at the end of the road at the Marina Parking Lot.

**Drive Time: 1 hour - Entrance Fee: \$6 - No Dogs Allowed**

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**February 22, 2014**  
**SANTA CRUZ COASTAL HIKE**  
**Level: 2 - Miles: 7 - Elevation: approx. 25’**  
**Hosts: Kent and Mary**

*We will meet at New Brighton State Beach and take a beautiful beach hike along the Santa Cruz coastline through Sea Cliff State Beach, past the USS Palo Alto (Cement Ship) and then down to the Aptos Wall. “You never know, we might see a whale or two”.*

**Directions:** Take Hwy 17 South, which connects to Hwy 1 South. Take the Park Ave exit (#436) and go right onto Park Ave. At the first intersection you will go left onto McGregor Drive and enter the park on the right.

**Drive Time: 1 hour- Parking: \$10.00 – Dogs Allowed on Leash**