

## **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**

**September 21 – November, 2013**

**Every other Saturday at 10 AM**

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

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**September 21, 2013**

**RANCHO CANADA del ORO - Morgan Hill**

**Level: 3 - Miles: 7 - Elevation: 1200'**

**Host: Glen V.**

*Located in the foothills of the Santa Cruz Mountains, just south of San Jose, this 3,880 acre preserve was opened to the public in 2004 with the dedication of Bald Peaks and Longwall Canyon Trails. This Open Space Preserve is directly adjacent to Calero County Park. Enjoy spectacular views of the valley as you wind through shrubby grasslands and sturdy oaks.*

**Directions:** Take HWY 101 South, exit Bailey Avenue and go West for 4 miles. Turn left on McKean Road and go 2.4 miles. Turn right on Casa Loma Road and go 1.7 miles. Parking lot will be on your left.

**Drive Time: 20 Minutes. – Parking Free – Dogs Not Allowed**

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**October 3-6, 2013**

**MONO LAKE RETREAT - Hosts: John & Di**

**Friday: Gem Lake - Level: 3 - Miles: 6.5 - Elevation: 2000'**

**Saturday: Saddlebag Lake & Twenty Lake Loop - Level: 2 – Miles: 7**

**Sunday: Mono Lake – Level: .05 – Miles: 1 – Elevation 10'**

*Mono Lake is located just off Highway 395 near the town of Lee Vining. It is at least 700,000 years old and one of the oldest continuously existing lakes on the continent. Perhaps the most intriguing phenomena of Mono Lake are the tufa towers visible along much of the shore-line, up to 30 feet high. We will camp nearby at Silver Lake Campground off Hwy 158 (June Lake Loop).*

**Directions:** Take I-880N to Mission Blvd to I-680N. Take 680N to I-580E toward Livermore. Merge onto I-205E. Merge

onto I-5N for one mile. Take Exit CA-120E toward Manteca, go 6.3 miles, keep left at fork, to CA-99N. Go 1.7 mi to CA-120 E/Yosemite Ave. Exit right & go 19.8 miles. Turn left onto CA-108E (F St) go 113 miles. Turn right on US-395S, go 47 .2 mi & turn right on Hwy158S (June Lake Loop). Go 8.7 miles to the Silver Lake Campground. We will be in Sites 7, 8, 23, 25 & 27. Check [www.wildrecovery.org](http://www.wildrecovery.org) for more updated information.

**Drive Time: 5 hours – Camping: \$15 per person – Dogs Allowed**

**October 19, 2013**

### **HENRY COE / FULL MOON HIKE**

**Level: 3 – Miles: 6 – Elevation: 525'**

**Host: Mark S**

*Henry Coe Park is the largest state park in northern California of wild open spaces. The terrain of the park is rugged, varied, and beautiful, with lofty ridges and steep canyons. Once the home of the Ohlone Indians, the park is now home to a fascinating variety of plants and animals, including the elusive mountain lion. We will be starting at 7:00 PM to better appreciate the full moon. We will meet at Ranch Headquarters and start on the Corral Trail to Spring Trail going to Manzanita Point Road, which will take us to Manzanita Point Group Camp, where we will have our meeting. The return walk will be down Manzanita Point Road back to the Ranch Headquarters.*

**Directions:** Take Highway 101 South to Morgan Hill. Take the East Dunne Avenue Exit (12 miles south of the Highway 85 / Highway 101 junction). Turn left and head East on E. Dunne Avenue (3.5 miles). Continue right at the fork on E. Dunne Avenue (follow sign to Henry Coe Park. It is 10.6 miles from the fork to the Henry Coe parking area. Note: When the main lot fills, signs will direct you to pull off into a secondary lot prior to the main entrance. Follow the trail signs 0.3 miles to Henry Coe Ranch Headquarters.

**Drive Time 1 Hour - Parking \$8.00 - Dogs not allowed**

**November 2, 2013**

### **MT DIABLO STATE PARK / PEAKS LOOP**

**Level: 4.5 – Miles: 13 – Elevation: 4000'**

**Host: Justin**

*This park is one of the ecological treasures of the San Francisco Bay Area. Every season in the park has its special qualities. Discover for yourself the mountain's beautiful wildflowers, extensive trail system, fascinating wildlife and distinctive rock formations. We will be visiting four peaks on this hike: Mt Olympia, North Peak, Eagle Peak & Twin Peak. Because of the length of this strenuous loop hike, we will be starting at 9:00AM.*

**Directions:** Take I-680 North towards Walnut Creek, exit Ygnacio Valley Rd and make a right. Follow Ygnacio Valley Rd

for 7.5 miles and then make a right onto Clayton Rd. Drive for 1.4 miles and take a right onto Marsh Creek Rd. Go 0.6 miles and make a right on Mountaire Road. Drive to the end of the road and park on the street.

**Drive Time: 1 hour – Parking: Free – Dogs Not Allowed**

**Please note: The mileage for Nov 16th hike is 12 mi (not) 5 mi**

**November 16, 2013**

**POINT REYES / ARCH ROCK via MT. WITTENBERG**

**Level: 4 – Miles: 12 – Elevation: 1998'**

**Host: Mitch H**

*This hike at Point Reyes is nature at its best with long creeks and many twists and turns through a Douglas fir forest, ending with an ocean view of Arch Rock. The Sky Trail down from Mt. Wittenberg offers both single track and wide trails, many varieties of wild flowers, butterflies, birds, tree line views and beautiful sights.*

**Directions:** Take Hwy 101 North, cross the Golden Gate Bridge, and continue for about 9 miles to the Sir Francis Drake / San Anselmo exit (450B). Stay in the San Anselmo lane (second from the right) and exit onto Sir Francis Drake Blvd heading west. Drive approx. 21 miles through San Anselmo, Fairfax and Samuel P Taylor Park until Sir Francis Drake Blvd intersects with Hwy 1 at Olema. Turn right on Hwy 1 and proceed north about 100 yards. Take the first left at Bear Valley Rd just past the red barn. Look for the Visitor Center sign and proceed up the left fork of the driveway to the Visitor Center. Park in the left parking lot towards the far end of the lot near the trailhead.

**Drive Time: 1 hour, 45 min. – Parking: Free – Dogs Not Allowed**

**November 30, 2013**

**COYOTE HILLS REGIONAL PARK**

**Level: 1.5 - Miles: 4 - Elevation: 500'**

**Host: Anna J**

*The low-lying Coyote Hills rise as a prominent landmark on the eastern shoreline of San Francisco Bay; along the western edge of southern Alameda County. Coyote Hills' Main Marsh is accessible via a boardwalk that leads to a network of trails that offer marsh and bay views. The landscape is open and exposed so dress accordingly. Dogs are allowed in most of the park on leash, but NOT in the marsh. This is an ideal hike for beginners as there is a lot of flattish mileage*

**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 Drive 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.

**Drive Time: 30 minutes - Parking: \$5 – Dogs: \$2**

