

March 5, 2016
MT. TAMALPAIS STATE PARK
Level: 4.5 – Miles: 11.5 – Elevation: 2,000'
Host: Mitchel B.

Mt. Tamalpais State Park rises majestically from the heart of Marin County. From a distance it captures our attention with its sweeping hillsides and high peaks. The deep canyons are filled with solemn redwoods groves. There are over 100 miles of trails and fire roads.

Directions: The Park is located North of San Francisco's Golden Gate. From Highway 101 take the Highway 1 / Stinson Beach exit and follow the Mt. Tamalpais State Park signs. It's pretty well-marked, but the road makes some sharp twists and turns. Keep your eyes open for the signs. There is a fork in the road and you'll need to go right on Panoramic Hwy. Pantoll Ranger Station will be on the left at 3801 Panoramic Hwy, Mill Valley, CA 94941. You can call the Ranger Station at 415-388-2070.

Drive Time: 2 hours - Parking: \$8 - Dogs Not Allowed

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 & regulations. What you bring in, bring out (this includes trash, food items, etc.). Smoking, including electronic smoking devices, 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 more about Wild Recovery and up-to-date hike information see our website 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

Co-secretaries: Kent (925) 212-4972 & Glen (408) 455-1664
Treasurer: John R. (831) 462-0262 / Asst. Treasurer: Diane (831) 462-0262
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Business Chair: Philip (650) 430-6353
Business Recording Secretary: Mark K. (650) 533-4974
Website: Anna (408) 806-7675 / Website Assistant: Steve M. (518) 859-8933
Hike Flyer: Troy (925) 785-2238 / Comm.Coordinator: Nico (650) 248-5535

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 2015 – March 2016
Every other Saturday at 10 AM
www.wildrecovery.org

December 12, 2015 FOREST OF NISENE MARKS SANDPOINT OVERLOOK

Level: 4.5 – Miles: 13.5 – Elevation: 1600'
Host: Johanna J

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 meeting 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 Koiboi restaurant 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

December 26, 2015 BYRNE-MILLIRON FOREST Level: 3.5 - Miles: 5.7 - Elevation: 2,000' Host: Mary

I would like to invite you to a short, steep, undulating magnificent hike. The Byrne-Milliron Forest Preserve comprises 402 acres and several miles of trails and unique sights. Several peaks provide panoramic views of Pajaro Valley and the Monterey Bay.

Directions: Take Hwy 17 to Hwy 1 south, Take the Freedom Blvd exit and head east (away from the ocean) on Freedom Blvd. After 5 miles, TURN LEFT at the stop sign onto Corralitos Road. After 1.7 miles the road will fork just before the Corralitos Market, VEER RIGHT at the fork. Cross over the bridge and turn left on Browns Valley rd. Continue on Browns Valley Road. After about 3 miles you'll see a sign on the right for "Roses of Yesterday." TURN LEFT into the Roses of Yesterday driveway marked by the star. Follow the signs for #809. Please drive slowly up this very narrow road! Visitor's parking lot is on the right. Parking is limited so carpooling is a must.

Drive Time: 90 minutes - Parking: Free - Dogs allowed

January 9, 2016
LAND of the MEDICINE BUDDHA
Level: 3.0 – Miles: 7.3 – Elevation: 1,000’
Host: Nico R.

The Land of the Medicine Buddha (LMB) is an amazing hike through a beautiful Redwood Forest. We'll start the hike with an easy warm up taking the 1 mile 8 Verses Loop Trail. After finishing the loop we'll continue on a 6 mile loop trail through the forest finding prayer flags along the way we'll be surrounded by beautiful Redwoods, Ferns, fallen trees and towards the end walking along a flowing creek.

Directions: The address is 500 Prescott Rd, Soquel, CA 95073. From San Jose Area take Highway 17 South towards Santa Cruz, merge on to CA-1 South towards Watsonville, Monterey. Take Exit 437 Porter Street, Bay Avenue. Turn Left onto Porter Street towards Soquel. Turn Right onto South Main Street. In 1.5 Miles turn Right on to Prescott Rd. In about a mile the destination is on your left. Please find parking along the street.

Drive Time: 1Hour – Parking: FREE (Limited Spaces)
Dogs Allowed on Leash – Business Meeting Following Hike

WINTER RETREAT – January 21-24, 2016

JOSEPH D. GRANT

Thursday - TBD

Friday – Scenic Overlook - Level 3 – Miles: 7.5 - Elevation: 1200’

Saturday – Antler Point – Level 4 – Miles: 13 – Elevation: 1600’

Host: Anna J

Joseph D. Grant County Park is the largest of Santa Clara County's regional park and recreation areas. The park includes 9,553 acres. Grant Park is located at the base of Mt. Hamilton. The major feature of the park, the Halls Valley is suspended between two ridges in the Diablo Range of the Coastal Mountains. The park's terrain was formed by earth movement along the still active Calaveras Fault. The oak-woodland community at Grant Park is typical of California. Oak trees provide breeding habitat and food for over 32 species of birds and 39 species of mammals. The varieties of oak on display in the park include Blue, Black, Live and Valley Oaks. We will be hiking the highest points of the park.

Directions: From San Jose: Take 280 South toward the east hills. This stretch turns into 680 North as you pass Hwy 101. Take the Alum Rock exit and turn right. Go all the way through town to Mt. Hamilton Road and turn right. The park is only eight miles from this intersection but it can take a good deal of time as the road has some serious turns. Use caution and give yourself enough time to arrive safely. We will be camping in the new group site (19 & 20). Maximum capacity 40 people.

Drive Time: 1 hour – Camping: \$15 – Dogs allowed on leash at all times

February 6, 2016
HENRY COE STATE PARK
Level: 4.25 – Miles: 12 – Elevation: 3,100’
Host: Justin N.

Henry Coe is the largest state park in northern California with nearly 90,000 acres of oak woodlands and pine-crested ridges. Common fauna in the park include mule deer, turkey, pigs, and coyote. We will hike from the Park HQ down to Poverty Flat and over the entire Middle Ridge before returning along Hobbs Rd. Please note that a shorter option may be available to those that are proficient at reading the park map, it would still be about a level 3.75.

Directions: Take 101-S towards Morgan Hill. Exit at East Dunne Ave and turn left. Proceed straight on Dunne Ave passing Anderson Lake to Henry Coe SP Headquarters (approx.. 12 miles from the freeway).

Drive Time: 55 minutes - Parking: \$8 - Dogs Not Allowed

February 20, 2016
WILDER RANCH STATE PARK
Level: 2.5 - Miles: 6.7 – Elevation: 400’
Host: Diane & John

Wilder Ranch is one of the finest Central Coast State Parks. Comprised of 7,000 acres with 34 miles of trails. Our hike will cover almost 7 miles of rolling hills, grasslands, oak, madrone and redwood forest. Over half of the hike will be without shade, so don't forget the sunscreen.

Directions: Take Hwy 17 South to Santa Cruz, take the Highway 1 North exit to Mission St. (Hwy 1). Turn right on Mission St. it will turn back into Hwy 1 outside of town. Wilder Ranch is approximately 2.1 miles out of Santa Cruz on the left. We will be meeting in the parking lot.

Drive time: 45 minutes - Parking: \$10 - Dogs Not Allowed