

April 1, 2017

ROUND VALLEY REGIONAL PRESERVE

Level: 3 Challenging – Miles: 5.25 – Elevation: 1,200'

Hosts: Troy & Amy

In the hills east of Mt. Diablo, this hidden valley lies between Morgan Territory and the edge of the San Joaquin Valley. It's hard to believe this beautiful place was once proposed to be turned into a landfill and spoiled forever. We will hike up Hardy Canyon through a wonderful wildflower show to an oak studded ridge with an amazing view of the valley below. Then down to the valley floor and along a peaceful creek to complete the loop.

Directions: Take I-680 North to I-580 East toward Stockton. Take the Vasco Rd North exit toward Brentwood. After approx 14 miles turn left on Camino Diablo. Then, in 3.5 miles make a slight left onto Marsh Creek Rd. Go approx 1.5 miles and the park is on the left.

Drive Time: 1 Hour 15 Min. – Parking: Free – No Dogs Allowed

WILD RECOVERY HIKE SUGGESTIONS

ALL hikes are scheduled to leave from the trailhead promptly at 10 AM unless noted otherwise, so **PLAN ACCORDINGLY!**

Bring something to eat during the meeting and drink **PLENTY OF WATER**.

EACH HIKER SHOULD BRING 2 LITERS (70 oz) OF WATER MINIMUM.

The weather can be unpredictable at all parks, so layered clothing makes sense for ALL hikes.

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, be sure to supervise them at all times, and be sure they have enough water.

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

Secretary: Jeff F. (408) 314-6780

Treasurer: Diane T. (831) 462-0262 / Asst. Treasurer: Steve M. (518) 859-8933

GSR: Alan N. (415) 465-0338 / Alternate GSR: Anna J. (408) 806-7675

Business Chair: Martin O. (408) 230-1321

Business Recording Secretary: John R. (831) 462-0262

Website: Glen V. (408) 455-1664 / Website Assistant: Melody K.

Hike Flyer: Troy (925) 785-2238 / Comm.Coordinator: Mary (831) 431-3491

HIKING LEVELS

1 = Easy / 2 = Moderate / 3 = Challenging / 4 = Hard / 5 = Very Difficult

Please note miles & elevation when considering a hike ☺



WILD RECOVERY

January 2017 – April 2017

Every other Saturday at 10 AM

www.wildrecovery.org

January 7, 2017

ALUM ROCK PARK

Level: 3 Challenging - Miles: 6 - Elevation: 1,300'

Host: Rob D.

Alum Rock Park has the proud heritage of being California's first municipal park. The canyon sits in the foothills of the Diablo Range. It is not only distinguished by its age but also by its unique natural characteristic and colorful history surrounding the mineral springs and the flood of 1911 (respectively). We will be hiking the Southern Rim Trail which begins at the east end of the park where we enter off Penitencia Creek Road. Our hike consists of both elevation gain and loss before the meeting site and then a nice flat stroll back to our cars following lunch.

Directions: Take the Berryessa exit off Hwy 680. Head East. Turn right on N Capital Ave. Then Left on Penitencia Creek Rd. This takes you directly to the park in about 2.7 miles. There is free parking lot out front but it is limited so please meet at the first parking lot beyond the kiosk.

Drive Time: 20 minutes – Parking: \$6.00 – No Dogs Allowed

January 21, 2017

GRAHAM HILL / HENRY COWELL STATE PARK

Level: 3 Challenging - Miles: 6.9 - Elevation gain: 1,414'

Hosts: Sara and Jeff

Graham Hill Trail is a mostly sandy soiled, single track loop trail located near Scotts Valley. The hike takes us through oak scrub and ponderosa forest to fern blanketed creek valleys.

Directions: Take Highway 17 south towards Santa Cruz. Take the La Madrona drive exit toward El Rancho drive. Turn left onto La Madrona Dr then turn right onto Sims Rd. In about ½ mile turn right onto Graham Hill Rd. Destination will be on the left.

Drive Time: 45 min – Parking: \$10 / Free parking on the street.

Dogs Allowed on Leash

There will be a business meeting following the hike. Location TBA

February 4, 2017

ANDREW MOLEARA STATE PARK

Level: 3 Challenging - Miles: 7.5 - Elevation gain: 1,050'

Hosts: Bill E. and Melody K.

Andrew Molera State Park is the biggest State Park on the Big Sur coast. Its 7.4 miles boast more than 20 miles of trails, offering hikers passage across driftwood-strewn beaches, beside rivers lined with redwoods and atop high ridges that overlook the Santa Lucia Range and broad Pacific. Diverse ecosystems shelter a broad range of plant and animal communities. Birders know the park well. Leaving the parking lot we will cross the Big Sur River and follow the River Trail to Hidden Trail. Then we ascend to the Ridge Trail and follow it to the park's highest point west of Hwy 1 (1,050'). We will then descend on the Panorama Trail to Spring Trail junction. At this point we will take a side trip down to the purple beach. On the last leg of our adventure we will follow the Bluffs Trail along the edge of a marine terrace. Note: If the bridge is down we will be wading across the Big Sur River, knee deep water. Please plan accordingly.

Directions: Take US 101 South. Take Monterey/Peninsula merge onto 156 West. Continue onto Hwy 1 South to Andrew Molera State Park on the right 20 miles south of Carmel.

Drive Time: 1 hour 50 min - Parking: \$10 - No Dogs Allowed

February 18, 2017

CARSON FALLS

Level: 2.5 Moderate - Miles: 5 - Elevation gain: 900'

Host: Alan N.

Short and sweet Partial Loop hike to Marin County's Carson Falls. Carson Falls consists of seven major waterfalls and other smaller drops that plummet down a steep canyon. The out-and-back hike to Carson Falls from Bolinas-Fairfax Road is a moderately strenuous adventure with some steep sections.

Directions: 101-N or 280-N over the Golden Gate Bridge onto US-101 N **10.4 mi** Take exit 450B toward San Anselmo **0.4 mi**, Merge onto Sir Francis Drake Blvd **5.2 mi**, Turn left onto Pacheco Ave **131 ft**, Turn right onto Broadway **476 ft**, Turn left onto Bolinas Rd **2.5 mi**, Azalea Hill Trail Parking Lot will be on the left **1.3 mi**.

We will meet in the Azalea Hill Trail Parking Lot.

Drive Time: 1 hr 30 min - Parking: Free - Dogs Allowed on Leash

*Save the dates for the Spring Retreat - June 23rd-25th, 2017
White Water Rafting / Camp Lotus - Hosted by Martin O.*

March 4, 2017

MISSION PEAK REGIONAL PRESERVE

Level: 4 Hard - Miles: 7.2 - Elevation gain: 2,500'

Host: Megan S.

One of the most popular hiking destinations in the East Bay, Mission Peak allows beautiful views of the Santa Cruz Mountains to the west, Mt. Tam to the north, and the Sierra Nevadas and Mt. Diablo to the northeast. This hike is perfect in the Winter and early Spring as it may allow for sights of snowcapped mountains!

Directions: Take I-680 North and take exit 12 for Mission Blvd East. Merge onto Mission Blvd. Continue 2 miles and turn right on Pine Street. Park in the Ohlone College parking structure at Pine St & Aquatic Way.

Drive Time: 30 min - Parking: \$4 - Dogs Allowed

March 16-19, 2017 WINTER RETREAT

AQUA CALIENTE - ANZA-BORREGO DESERT - SAN DIEGO

Hikes: Moonlight Canyon, Canyon Sin Nombre & Whale Peak

Host: Anna J.

Aqua Caliente Park is a regional camping park located in the Anza Borrego Desert and is best known for its geothermal heated springs. Three naturally fed pools provide different ways of enjoying the park's mineral water. Our hikes offer a varied mix of canyons and peaks; and while levels include 1, 2 & 3, could prove more difficult due to the desert terrain. Average day/night temperatures range from 67 to 36 F. We will be at the Caravan Group Site; communal fire pit, running water, flush toilets, showers and 6 bar-b-qs onsite. There is a store located just outside of campground.

Directions: From San Jose: Take Hwy 101 South to Gilroy approx. 30 miles. Exit #356/10th St/152 East turn left. Take all the way to I-5 (approx. 40 miles). Take I-5 to exit #161A/Pasadena onto I-210 E (243 miles). Stay on I-210 for 63 miles (be careful not to go into Pasadena) to I-15S. Take I-15S for 57 miles to exit #58/Temecula Pkwy. (For those that are prone to carsickness, taking I-15 South all the way to San Diego to I-8 East to S-2 North might be a better route.) Otherwise, the quickest is to bear left onto CA 79. Take CA 79 for 41 miles to San Felipe Rd. (CR-S2). Take S2 for 17 miles before a brief turn on CA 78 (right then quick left) back onto S-2. Go another 26 miles to Aqua Caliente Park Entrance.

Camping \$20 per person - Drive Time: 8 hours - 10 vehicles allowed in Caravan site at no extra cost - Pet fee \$1/day (must remain on leash and not allowed on trails) - Caravan/Carpool meeting Thursday 4am at Camden Rd Park N Ride (under Hwy 85)