

**Save the Dates**  
**Fall Retreat – Sept. 12-15, 2024 MAMMOTH LAKES**  
**Winter Retreat – Nov. 21-24, 2024 MOJAVE DESERT**

**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.**

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 the use of electronic vaping devices, is not permitted on any trails, or during the meeting.

Please refrain from smoking or vaping within the campsites on our retreats.

Watch out for poison oak, snakes, bees and the like. Please respect wildlife.

If you bring children or pets, please supervise them at all times, and be sure they have enough water.

Please adhere to all park regulations regarding dogs. If required, keep dogs on leash.

Cameras are encouraged but ask permission first if taking someone's picture.

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

**GRATEFUL TO BE OF SERVICE**

Co-Secretaries: Johanna J. (831) 332-3533 & Mitch B. (510) 523-5166

Treasurer: Phil W. (510) 504-1446 / Assist. Treasurer: Diane T. (831) 462-0262

GSR: Melissa D. (669) 888-4437 / Alternate GSR: Todd G. (408) 529-8142

Business Chair: Sonya M. (408) 455-6633

Business Recording Secretary: Nancy S. (831) 419-5318

Website: Rob D.- info@wildrecovery.org & (415) 596-4114

Flyer: Anna J. (408) 806-7675 / Comm. Coordinator: John R. (831) 462-0262

**HIKING LEVELS**

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

*Please note miles & elevation when considering a hike.*

**www.wildrecovery.org** has pictures, maps, much more information, and any needed updates and corrections to our printed schedule.

**Check the website before you head out to a hike.**

Donations can be made, and retreat fees can be paid using Venmo,  
@WildRecoveryTreasurer



# Wild Recovery

August 31-November, 2024

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

**August 31, 2024 - Host: Johanna**

**PESCADERO CREEK & BROOK TRAIL LOOP**

**Level: 3 (Challenging)– Miles: 9.3 – Elevation gain: 1,437'**

*Pescadero, Memorial, Sam McDonald, and Heritage Grove County Parks are all part of San Mateo County's remote, redwood-blanketed Pescadero Creek Complex. The complex is rich with lush, green woodland and is remarkably quiet with little to no traffic noise and relatively few visitors. The first half of the loop is a steady incline, and we'll stop for our meeting at a picnic area just past the halfway point at the top of the loop.*

**Directions:** Take I-280 N; Take exit 16 for El Monte Rd.; Merge onto El Monte Rd; Turn left onto Moody Rd; Turn left onto Page Mill Rd; Continue onto Alpine Rd; Turn right to stay on Alpine Rd; Continue straight onto Pescadero Creek Rd; Sharp left to stay on Pescadero Creek Rd; Turn left onto Wurr Rd; Destination will be on the left: Hoffman Creek Trailhead, 1400 Wurr Rd, Loma Mar, CA 94021. Parking is limited, please carpool. This entrance has no facilities, so plan accordingly. **Drive Time: 1 hour 9 min – Parking: Free – Dogs Not Allowed**

**Sept 12-15, 2024 - Co-Hosts: Sonya M. and Martin O.**

**MAMMOTH LAKES FALL RETREAT**

**Thurs: McLeod Lake - Level 1 (Easy)- Miles: 1.8- Elevation: 350'**

**Fri: Devil's Postpile - Level:2 (Moderate)- Miles: 3.5 - Elevation: 380'**

**Sat: Little Lakes Valley - Level 3 (Challenging) - Miles 8 - Elev: 940'**

*Mammoth Lakes is in a volcanic area in the Eastern Sierra that offers multiple lakes, natural hot springs, hiking through the dramatic High Sierra and the Devil's Postpile National Monument which protects and preserves the Devils Postpile formation, the 101-foot-high Rainbow Falls, and pristine mountain scenery. Along our hikes and near camp are beautiful alpine lakes that are great for swimming, fishing, kayaking or just hanging out. We are camping in the Pine Glen Group Campground. Contact Sonya M. at (408) 455-6633 to reserve a spot.*

**Directions:** Take Hwy 580/205 east to Hwy 120 east to either 120east Tioga Pass (entrance fee through Yosemite) or Hwy 108 east Sonora Pass to hwy395 south to exit 263 for CA-203W. follow 203W into Mammoth Lakes then turn right on Sawmill Cutoff, turn right onto Shady Rest Campground then left onto Pine Glen Campground. Stay right to arrive at the group camp. **Drive Time: 6 hours - Camping fee \$30 (shuttle to Devil's Postpile add \$15, TOTAL \$45) Dogs allowed but need muzzle for shuttle. RESERVATION REQUIRED to pass through Yosemite. See their website for details.**

**September 28, 2024 - Host: Mitch B  
SHADOW CLIFFS REGIONAL RECREATION AREA**

**Level: 1 (Easy)– Miles: 4.1 – Elevation gain: 164'**

*This park is a favorite for people walking their dogs, trail runners, fishing, bird watching and hiking. The elevation gain is gentle. The trails are both exposed and shaded. Bring a hat, sunscreen &/or an umbrella to protect yourself from the sun. The meeting spot has yet to be determined.*

**Directions:** From San Jose, take 680 N, left at First Street, which turns into Stanley Blvd, Right onto Shadow Cliffs, or better yet, type in 2500 Stanley Blvd, Pleasanton, CA 94566 into your favorite map app. After you pay at the Kiosk, go right at stop sign and park all the way over to the top lot. We will meet at the Interpretive Pavilion. **Drive Time: 30-45 Min.– Parking \$6-Dogs Allowed on leash extra \$2-Business Mtg after hike**

**October 12, 2024 - Host: Mark S  
PINNACLES NATIONAL PARK**

**Level: 4 (Hard)– Miles: 9 – Elevation gain: 2,178'**

*If you like solitude then this is the trail for you – you will likely encounter few people along this route. In addition, you will enjoy marvelous, breathtaking views from the summit of Chalone Peak, which is the highest peak in the park. Keep an eye out for California condors soaring above. Be sure to bring plenty of water. We will be starting up the peak from the High Peaks Trail to the Bear Gulch Caves Trail to the Reservoir. There we will take the North Chalone Peak Trail where we will have our meeting at the top.*

**Directions:** From San Jose take 101 South to Hwy 25 East towards Hollister and once you pass Tres Pinos turn right onto CA-149 W Pinnacles Hwy. Take that to the Bear Gulch East entrance road and we will meet near the Bear Gulch Nature Center at the Spring Trail Parking

Lot. **Drive Time: 2 Hours – Park Entrance Fee: \$30 per vehicle. Carpooling is highly recommended. Dogs not allowed.**

**October 26, 2024 – Hosts: Troy & Amy H.  
BLACK DIAMOND MINES REGIONAL PRESERVE  
Level: 3 Challenging - Miles: 5.25 - Elevation: 960'**

*From the 1850s to the early 1900s, five coal mining towns thrived in the Black Diamond area. Later, sand was mined for glass making and steel casting. Although there are little remains of the mining communities, we will visit a few mine entrances and pass through a historic cemetery that serves as a monument to the lives of the former residents.*

*On this day the park is holding an open house, and all the underground mine tours are free of charge with no pre-registration required. After the hike, those wanting to explore further can take the approx. ¾ mile tour underground.*

**Directions:** From San Jose take I-680 North. In Concord stay right & take Hwy 242 to Hwy 4 East toward Antioch. Take the Somersville Rd Exit. Drive South on Somersville Rd to the park entrance. We will meet at the parking lot at the end of the road.

**Drive time: 1 hour 15 min – Parking \$5 – Dogs OK w/\$2 fee (no dogs on mine tours)**

**November 9, 2024 – Host: Phil W.  
WILDCAT CANYON REGIONAL PARK**

**Level: 3 (Challenging)– Miles: 7.1 – Elevation gain: 1,263'**

*Wildcat Canyon Regional Park encompasses 2,789 acres along the Wildcat Creek watershed and the surrounding hills and ridges. At the far end of the Alvarado Staging Area, we'll follow Wildcat Creek Trail for 2.3 miles. There should be water available here. Turn left on Havey Canyon Trail into forested area for about 1.5 miles. Head north in the open field and we'll go uphill. Turn left at Nimitz Way. After .68 miles follow signs for San Pablo Ridge Trail. We'll break somewhere along the ridge. From here we'll turn left on Belgum Trail all the way back to Wildcat Creek Trail*

**Directions:** From San Jose take I-880N to Richmond. Take exit 17 from I-80 E. Follow Amador St and McBryde Ave to Park Ave. Drive past the Park Office at 5755 McBryde Ave, Richmond, CA 94805 on Park Ave to the Wildcat Canyon Staging Area where we will meet and start hiking.

**Drive Time: 52min - Parking Free - Dogs on a leash are allowed.**