



# TRAIL NEWS

A publication of the

## Santa Cruz Mountains Trail Association

...building...maintaining...hiking...riding

the trails of Santa Cruz Mountains parks

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Santa Cruz Mountains Trail Association • P.O. Box 1141 • Los Altos, CA 94023 •

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## Hiking in the rain

Now that its winter here are some tips for happy hiking in the rain.

Wear waterproof and moisture wicking clothing. Having a top layer of waterproof clothing is essential when hiking in the rain. A good waterproof jacket and pair of pants are what will keep you from being a cold, weighted down, soggy mess. To keep warm, wear a layer of moisture-wicking clothing under your waterproof gear. Wool; in the off chance that your bottom layer gets wet, dries fast, and even when wet, it will keep you warm. To keep your head and face dry, pick a jacket with a hood or wear a wide-brimmed hat. When buying hiking gear. Buy waterproof not water resistant.

Given that you'll be splashing around on wet trails and walking through puddles and small creeks, you want to wear shoes that will keep your feet dry. Look for hiking, approach, or trail running shoes that are waterproof and have sticky rubber soles. A specialized sticky rubber sole helps add extra grip to the bottom of your shoe, which proves especially helpful in uneven terrain.

Even the best pair of shoes won't be able to keep out all of the debris and water in your path — this is especially true if you step into a puddle that goes above your ankle. Wear high socks to keep legs protected, or, even better, wear a pair of gaiters.

Keep anything important (maps, money, identification, etc.) protected from water in sealed plastic baggies, which you can store in your backpack or pockets. Also pack food in the same way — no one wants a soggy sandwich for lunch.

Trekking poles offer a multitude of benefits like providing better balance and footing while you walk, which is especially handy when conditions are wet, muddy, and slippery.

## Support Our Trail Maintenance Groups

If you enjoy hiking our trails, please help maintain them

Skyline-to-the-Sea Trail:	Jan. 5, Feb. 2 and Mar. 2	leader Al Lisin -	(408) 252-8106
Big Basin:	Jan. 12, Feb. 9 and Mar. 9	leader Jeff Bleam -	(831) 338-0774
Castle Rock:	Jan. 19, Feb. 16 and Mar. 16	leader Martin Donald -	(650) 966-1984

Our web site is <http://www.scmta-trails.org>

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For all hikes: Bring lunch, liquid and clothing appropriate for the season (summer fog, winter rain).

*Some hikes may be canceled or changed due to the weather;* please see statement in each hike description. Call the hike leader if you are not sure.

For trail maintenance: Wear long pants, boots, and long sleeved shirt and bring gloves, lunch and liquid.

## Trailhead parking lots are always busy — carpool if you can

**January 5, Saturday: Trail Maintenance - Skyline to the Sea Trail**— Al Lisin, (408) 252-8106, leads a group that maintains the Skyline to the Sea Trail. This group now meets on the first Saturday of the month. The group meets at 9:00am. Please call Al for meeting place (which changes).

**January 6, Sunday: Stanford Hike**— Meet at 9:10 at the PageMill Park and Ride for a no host carpool. Meeting at 9:30 at the parking lot off Quarry Road south side, cross street Welch, close to the Cactus Garden. A ten-mile walk thru the Stanford Campus and around the Dish. Bring a lunch or purchase at Tressider Union to eat later. Heavy rain cancels Nancy Davidson cell 650 575-5889.

**January 12, Saturday: Big Basin Trail Maintenance**— Meet Jeff Bleam at park headquarters at 9:00 for some hands-on trail work. This group meets the second Saturday of each month. Call (831) 338-0774.

**January 13, Sunday: Sunol Regional Park**— Great views. 10-12 miles, approx. 2500' elevation gain. Meet 8:45 at Middlefield and Rengstorff (no host), at Meridian/Parkmoor by the Post Office at 8:45 or 9:30 at park headquarters. Moderate to strenuous. Heavy rain will cancel. Mary Ellen Quinn (408) 885-0184. We could visit Bosco's afterwards.

**January 19, Saturday: Castle Rock State Park Trail Maintenance**— The third Saturday of every month Martin Donald leads trail work in the Castle Rock area. Meet at Saratoga Gap parking lot at 9:00. Call Martin at (650) 966-1984. Bring boots and gloves, lunch and liquid. Tools are supplied but bring your own favorites if you prefer.

**January 20, Sunday: Oakland hills staircase hike**— A 5-mile morning loop through the residential area of Rockridge. Then a 4-mile afternoon loop around the Piedmont residential area. Lots of stairs,

pavement and some views of the bay. Meet at the entrance of the Lake Temescal Park where freeways 24 & 13 cross at 9:30 or carpool from the Savers at Parkmoor & Meridian at 8:30. Heavy rain cancels. For more info, call Carolyn at 408-379-1853.

**January 27, Sunday: Half Moon Bay Coastal Trail and Beach**— Any easy 10-mile (more or less) walk on the Half Moon Bay Coastal Trail and Beach. We will start out on the Coastal Trail near Pillar Point Harbor and return at low tide on the beach. Meet at Pillar Point Harbor in Princeton By the Sea at 9:30 or carpool from Page Mill/280 at 8:45. Call Janet McCarron at (408)245-1519. Rain cancels.

**February 2, Saturday: Trail Maintenance - Skyline to the Sea Trail**— Call Al Lisin at (408) 252-8106 for more information.

**February 3, Sunday: Golden Gate Park**— A delightful and easy 8-mile tour of the park starting at the Sutro Heights Park, visiting Beach Chalet House, Murphi Windmill, Angler's Lodge, Stow Lake, Shakespeare Garden, Horseshoe Pits, Conservatory of Flowers, De Young Museum, .... Meet at parking lot next to the new Lands End Lookout Visitor Center at 9:30am or Carpool at Page Mill and 280 at 8:45am. Peter Tsui (650)-838-9333.

**February 9, Saturday: Big Basin Trail Maintenance**— Join Jeff Bleam again for some more enjoyable trail maintenance at Big Basin. See January 12 entry for details.

**February 10, Sunday: UCSC and Pogonip**— Moderate 8-mile loop, exploring the Farm and Natural Reserve at UCSC and looping back through Pogonip. Good beer, good company, and hike planning afterwards at Santa Cruz Brewing. Please bring your calendars and your ideas for April, May,

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or June hikes! We will carpool from Los Gatos (municipal parking lot) at 8:30, and hike from the UCSC parking lot nearest the Farm at 9:30. (Drive into campus and up the hill. After the entrance kiosk, take the first right on Carriage House Rd and park.) Heavy rain cancels, light rain does not. Leader is Cathy Howard 650-966-1850, or my email is my last name followed by c414 at gmail dot com.

**February 16, Saturday: Castle Rock State Park Trail Maintenance**— Meet at Saratoga Gap parking lot at 9:00. Call Martin Donald at (650) 966-1984. *See January 19 entry.*

**February 17, Sunday: Sprig Lake/Mount Madonna County Park**— A moderate 9-mile hike with approx 1,800ft elevation gain. Meet at the Sprig Lake parking lot, just off highway 152, at 9:30 or carpool from the Park and Ride at Highway 85 and Cottle Road at 8:45. Heavy rain cancels. Call Ed La Pointe at (408) 243-7194.

**February 24, Sunday: Big Basin Redwoods State park**— Hike to Berry creek falls from HQ, route will be decided at the start of the hike. Car-pool from the parking lot behind "La Fondue" in Saratoga at 8.45am or meet at HQ 9:30 to start. Heavy/stormy rain cancel. Vivian Jung (408) 238-3388.

**March 2, Saturday: Trail Maintenance - Skyline to the Sea Trail**— Call Al Lisin (408) 252-8106 for more information.

**March 3, Sunday: Sam McDonald and Pescadero Creek County Parks**— Meet at the ranger station at Sam McDonald Park at 9:30am or no-host carpool from Page Mill Park and 280 at 8:45 for a 10-mile hike. If you want to spend the night at the Hiker's Hut the night before, send Toni Bassett \$20 and the first 11 will be on the list. The hut requires a 1½-mile backpack in, carrying sleeping bag and food to share for dinner and breakfast. We'll make more specific plans closer to the date. Toni's address: 667 Palm Avenue, Los Altos, CA 94022, 650-948-7344.

**March 9, Saturday: Big Basin Trail Maintenance**—

Meet Jeff Bleam (831) 338-0774 at park headquarters at 9:00. *See January 12 entry.*

**March 10, Sunday: Purisima Creek Redwoods OSP**— Meet at 9.30 am, Whittemore Gulch entrance on Skyline Blvd for the 10-mile loop hike along the creek, Craig Britton, Harkins Ridge and Whittemore Gulch trails. Heavy rain cancels the hike. Carpool at 9:00 from Page Mill / 280 Park and Ride. Leader Esther Ludena cell 650 508 8372.

**March 16, Saturday: Castle Rock State Park Trail Maintenance**— Meet at Saratoga Gap parking lot at 9:00. Call Martin Donald at (650) 966-1984. *See January 19 entry.*

**March 17, Sunday: Butano Redwoods State Park**— This moderate loop of about 11 miles is mostly through the redwoods on Jackson Flats, Canyon, and Indian trails. It is a bit early, but we may see some trillium or Calypso orchids if we are lucky. We may stop afterwards for Artichoke Garlic Bread in Pescadero. Meet at Page Mill and 280 at 8:15 to carpool, or at the entrance kiosk at 9:30. Leader is Steve Braley (408) 981-9753. Heavy rain cancels.

**March 24, Sunday: Uvas Canyon**— A moderate 10-mile hike. Meet at the main parking lot at the park at 9:30 or carpool from the Park and Ride at Highway 85 and Cottle Road at 8:40. Heavy rain cancels. Call Mark Bowden at (408) 735-8736.

**March 31, Sunday: Pleasanton Ridge Regional park**— Climb 1200' past giant oak, bay and sycamore groves to the ridge, viewing Livermore Valley and Altamont Pass to the east, Diablo and Sunol Parks to north and south, and a hidden canyon to the west. Continue north on the ridge and loop back for 10 miles total. Meet at 9:30 at the parking lot west of Fwy 680: Go ½ mi. W. from Castlewood Dr. exit, then ½ mi. S. on Foothill Rd or meet for carpooling at Rengstorff & Middlefield at 8:45. Led by Martin Donald, (650) 966-1984.

**Note:** If anyone is interested in experiencing the zip-line at Mt. Hermon in June or July contact Nancy Davidson (650) 365-6774, walkernan1 at att dot net.

SANTA CRUZ MOUNTAINS TRAIL ASSOCIATION  
ASSOCIATE MEMBERSHIP APPLICATION

Regular member	\$10.00	_____	_____
Couples at same address	\$15.00	_____	_____
Sponsor	\$40.00	_____	_____

Name: \_\_\_\_\_ Home phone: \_\_\_\_\_

Street Address: \_\_\_\_\_ Work phone: \_\_\_\_\_

City: \_\_\_\_\_ Organization: \_\_\_\_\_

State and zip: \_\_\_\_\_

Clip and mail to: Santa Cruz Mountains Trail Assn., P.O. Box 1141, Los Altos, CA 94023-1141

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## FIRST CLASS

*The SCMTA membership year runs from July 1 - June 30. The date above your name and address indicates when your dues need to be paid. Thank you!!*

**ACTIVITY SCHEDULE**

JANUARY, FEBRUARY, MARCH, 2013

