



Point Reyes National Seashore (California) Hike Trip Notes
With Aborted Morgan Hill Marathon
October 12-29, 2012

This was my 17th hike with Timberline Adventures with my 18th due next week in the mountains of Tucson. It was to have culminated with a marathon at Murray Hill (which is just south of San Jose) but it wasn't meant to be and aborted due to Hurricane Sandy, I returned to NJ on marathon day. Last year after the Mt Rainier hike Hurricane Irene prohibited my return home for five days.

Why visit Point Reyes National Seashore?

- A natural setting full of wildlife. Yet it might be easier to see them in a zoo.
- Many unique hiking trails. Most have a glorious ending but are a bit mundane getting there.
- Lovely lodge in a garden setting. Is it good or bad that there's no TV and limited cell signal.
- A headline that no one knows where it is. Gives an opportunity to visit San Francisco.
- Add to your list of national parks and include Muir Woods just south.
- Cuisine at its California best. They gave up stacking foods but now we have mélanges.
- Fresh farmed oysters abound.

Where is this park?

About 1 ½ hour north of San Francisco, just on top of Muir Woods in Marin County, and pretty much amazingly surrounded by water.

Our hiking schedule

Sunday – Walk through Golden Gate National Park and over the 1.7 mile Golden Gate Bridge. I've gone across this bridge by foot more than once, by bicycle, and running the SFO marathon three times. I absolutely loved and looked forward to one more time and would do it again in a heartbeat.



Point Reyes Visitors Center with film and tour. Hike the network of interpretative trails radiating from the visitors center to include the earthquake trail where the 1908 earthquake damage is clearly visible and explained with a 15 foot span separating what was once ONE bridge.

Walk on Limintour Beach under the cliffs. Finish with walk at Lodge gardens and over the creek bridge where sometimes salmon are spotted.

6-8 miles estimated

Monday – Estero Trail to Drakes Head and turn around at Limantour Estero. The surprise was first seeing the usual brown rolling hills covered with cattle, then into deep woods and forest, and back into brown rolling hills, and always through various cattle ranches. The seashore was populated with huge steep cliffs not quite Cliffs of Mohr but pretty high.

9 miles

Tuesday – Meadow Trail to the Sky Trail, ending on top of Arch Rock where we could look down the coastal cliffs and see Alamere Falls, then returning via the Bear Valley Trail. Garmin showed 2000 foot elevation gains.

12 miles

Wednesday – The Coastal Trail starting at Palomarin Trail Head and ending at Wildcat Camp before walking the beach to Alamere Falls, then return. There we saw nature at its best/worst with little bambi serving as dinner to two turkey vultures. Garmin showed 3250' total elevation gains during hike starting at 9:30am and ending at 4:15pm.

13.5 miles

Thursday – Tomales Point through the Elk Preserve, overlooking Bird Rock and ending at the Pierce Point Ranch and open air museum. Short hike to Kehoe Beach where we could walk the beach as far as we wished.

10 miles approximately

Friday - Chimney Rock with Sea Lion Overlook and then Elephant Seal Bay Overlook before ending at the Point Reyes Lighthouse and negotiating the 305 steps down to the lighthouse and back up what equates to a 30 story building.

Interesting Facts?

- Olema is on Olema Creek and has a population of 55. It was the sight of our Lodge.
- Olema is in history books as the epicenter of the 1908 earthquake.
- Olema Creek just behind our lodge has salmon forging their way upstream.
- Elevation of the town is sixty feet.
- Olema has one restaurant and 2 ¼ miles away is Point Reyes Station with three restaurants.
- *Olema* come from the root "Oye," the name of a powerful animal spirit and ancestor to the Native American Miwok. Olema, in Miwok, means "coyote" and the coyote plays an important role for he represents a creator god as well as the trickster, messenger, and fool. In the Native American tradition and mythology, coyotes—along with other animals—are sometimes known as creators of the land and of human beings. Sometimes coyotes are tricksters who break rules and stir things up—though often with ultimately beneficial results. Coyotes are fools who bring deeper wisdom and insight in those they fool. They are transformers and change-bringers who deepen connection



with the wisdom keepers — those who walked the earth in generations past. Coyotes encourage and enrich a communion with nature, the land, the spirit in the land, and all of creation.

- Bear Valley Visitors Center has an Indian Village replica called “Kule Loklo” which means Bear Valley.

Next time – stay a few days and add:

- Dipsea steps which are famous for the Dipsea Race which is the oldest trail race in the country.
- Mill Valley chic meets woodsy town,
- Hike on Mount Tamalpais and on Angel Island for the views.
- Muir Woods in the shadows of the giant redwoods.
- Take the cheese tour through towns and dairies.

Good Morning America Top 10 most beautiful places in America - Point Reyes, Calif.

http://abcnews.go.com/Travel/best_places_USA/good-morning-americas-10-beautiful-places-america/story?id=14235228 a don't-miss destination. The park protects over 71,000 acres of wildlife and coastland, but is also a place to take in the great outdoors with hiking, camping, horseback riding and more. Said one voter: "I found the most [beautiful] place in America so far to be in California. I visited there in January this year with my husband ... We drove over there to the top of the mountain and got out and walked around. The view looking at the Pacific Ocean from there was breathtaking -- you felt like you were in heaven," she wrote. "It was the most beautiful site I have ever seen that it made me cry ... seriously."

Kathy the Poet

We were blessed with having a poet in our midst and here's Kathy's gift to us delivered the last day as we were saying goodbye.

*On a bright autumn Sunday in San Bruno we met
To explore Point Reyes Seashore, hoping not to get wet!
Carol and Dick met us promptly at eight
And delivered us all to the vast Golden Gate.*

*We walked its expanse, all one-point-seven miles
And emerged at Vista Point wearing, ear to ear smiles.
At the Visitors Center we ate our lunch from Safeway
Then at Limantour Beach strolled along on Drakes Bay.*

*After dinner at the Farmhouse we were ready for bed,
Hearing late night raindrops nearly filled us with dread.
But when morning arrived, clear skies would prevail,
So to Drake's Head we hiked on the Estero Trail.*

*Tuesday brought Arch Rock via Meadow and Sky,
We did lots of miles but the time sure did fly.
From the Palomarin Trailhead the Coast Trail calls,
We hiked up and then down to reach Alamere Falls.*

*On Thursday, more sunshine, we reached Tomales Point,
So what if we had a few knees out of joint!
Friday brought Chimney Rock where we enjoyed our last day,
And to Point Reyes Lighthouse for one more look at the Bay.*



*But Timberline Tours gives us much more than places,
We take home our memories of remarkable faces,
Like Vi, Jane, and Pam, choosing dessert before dinner,
Their sharing, like each one of them, is a winner!*



*And, Ila, you shared an important discovery,
That chocolate milk's the best drink for a hiker's recovery.
And Marty and Tom, all those hikes that you "led",
Well, Carol was always half a mile ahead!*

*John mapped our routes, his GPS and camera were ready,
And in spite of her knee, Jenny always was steady.
Diana holds the title of our marathon queen,
From California to Jersey and points in between.*

*Jim's a great hiker, and adventurous guy,
Who else in our group gave oyster omelet a try?
Monica, retirement will be a fine treat,
You can now fill big dreams instead of small teeth.*

*Dick is Charles Atlas, the world's strongest man,
Not only in hiking, but loading Kathy in the van!
Now it's off to the airport, and that's bitter sweet,
We're sad to depart, but it's great we could meet.*

*From the Golden Gate Bridge to the elephant seal beach,
California dreamin' was always in reach.
Wonderful people and places, and fine weather too,
Carol and Dick, we sincerely thank you!*



Alamere Falls – on National Geographic's list of top 10 picnic spots

<http://travel.nationalgeographic.com/travel/top-10/worlds-best-picnic-spots> - Point Reyes National Seashore, Point Reyes Station, California - So you've collected fine wines in Napa and delicious bites in Berkeley and you've checked Chez Panisse and French Laundry off your list. Now where do you go for a simple outdoor meal? This spectacular nature preserve located on a 70,000-acre peninsula north of San Francisco is rich in wildlife, from raptors to tule elk, and bordered by a coastline favored by elephant seals. Hikers, backpackers, and beachcombers ply the trails, especially the wildflower-wild Chimney Rock hike, while picnickers head to the nearby Point Reyes Lighthouse for prime whale watching in January and March and coastal beauty year-round.

Point Reyes National Seashore from www.wikipedia.com – A 71,028-acre park preserve in Marin County California maintained by the National Park Service as a nationally important nature preserve within which existing agricultural uses are allowed to continue. . . . establishment of Point Reyes National Seashore in 1962 to protect the peninsula from residential development which was proposed at the time for the slopes above Drake's Bay. . . . included the continuation of the historic ranching and oyster farming along with the preservation of the grasslands and open scenic vistas. The mix of commercial and recreational uses was the reason the area was designated a National Seashore rather than a National Park.

Point Reyes was one of the locations where the 1980 horror film "The Fog" was filmed.

The Point Reyes peninsula is a well-defined area, geologically separated from the rest of Marin County and almost all of the continental United States by a rift zone of the San Andreas Fault about half of which is sunk

below sea level and forms Tomales Bay. The fact that the peninsula is on a different tectonic plate than the east shore of Tomales Bay produces a difference in soils and therefore to some extent a noticeable difference in vegetation.

The small town of Point Reyes Station, although not actually located on the peninsula, nevertheless provides most services to it, though some services are also available at Inverness on the west shore of Tomales Bay. The even smaller town of Olema, about 3 miles south of Point Reyes Station, serves as the gateway to the Seashore and its visitor center, located on Bear Valley Road.

The peninsula includes wild coastal beaches and headlands, estuaries, and uplands, with a coastline that bears a striking resemblance to Cape Point, Cape of Good Hope, South Africa. Although parts of the Seashore are commercially farmed, and parts are under the jurisdiction of other conservation authorities, the National Park Service provides signage and seeks to manage visitor impact on the entire peninsula and virtually all of Tomales Bay.

The northernmost part of the peninsula is maintained as a reserve for Tule Elk, which are readily seen there. The preserve is also very rich in raptors and shorebirds.

The Point Reyes Lighthouse attracts whale watchers looking for the Gray Whale migrating south in mid-January and north in mid-March. The Lifeboat Station is a National Historic Landmark. It is the last remaining example of a rail launched lifeboat station that was common on the Pacific coast.

The Point Reyes National Seashore attracts 2.5 million visitors annually.

Drakes Estero controversy - A number of environmentalists have spoken against the continued operations of a large shellfish farm, the Drakes Bay Oyster Company, in Drakes Estero. The aquaculture business permit for the wilderness area is slated to expire November 30, 2012, with the decision to extend the contract or end it solely up to the Interior Secretary. Proponents tout the 35 jobs and benefits to the local economy, as well as helping to offset a ten billion dollar seafood trade imbalance that the U.S. has with other countries. About eight million oysters are harvested a year from the estero.

Hiking - Point Reyes has an excellent system of hiking trails for day-hiking and backpacking. Bear Valley Trail is the most popular hike in the park. Taking off from the visitor's center, it travels mostly streamside through a shaded, fern-laden canyon, breaking out at Divide Meadow before heading gently downward to the coast, where it emerges at the spectacular ocean view at Arch Rock. Three trails connecting from the west with the Bear Valley trail head upward toward Mt. Wittenberg, at 1,407 feet the highest point in the park.

Across the parking lot at the Visitor's Center is the Earthquake Trail which is a 0.6-mile loop that runs directly over the San Andreas Fault, deep underground, so that it is possible to stand straddling the fault line. The trail provides descriptions of the fault and the surrounding geology, and there is a fence that was pulled 18 feet apart during the 1906 San Francisco earthquake.

At the western end of the Point Reyes Peninsula is the historic Point Reyes Lighthouse, reached by descending 308 steps. Unlike many lighthouses, that were built high so the light could be seen by ships far out to sea, the Point Reyes lighthouse was built low to get the light below the fog that is so prevalent in the area. Nearby is the short Chimney Rock hike, which is noted for its spring wildflower displays.



As befitting a national seashore, Point Reyes offers several beach walks. Limantour Spit winds up on a narrow sandy beach, from which Drakes Beach can be glimpsed across Drakes Bay. North Beach and South Beach are often windswept and wave-pounded. Ocean vistas from higher ground can be seen from the Tomales Point Trail and, to the south, from the Palomarin trailhead at the park's southern entrance outside the town of Bolinas.

Point Reyes is a terminus of the American Discovery Trail which is the only transcontinental trail in the United States.

Picture is the headlands of the Point Reyes Peninsula from Chimney Rock. Elephant seals lie in the sand at the bottom right.

Reporting In Reverse – I visited San Francisco first

I met Tracy on a flight to Sydney when we were diverted to Brisbane. We had slept all the way to Sydney and didn't talk until we were stranded at which time we didn't stop talking. She was off to a three week private yacht cruise while I was off to Ayres Rock marathon. But by very weird coincidence we would run into each other on a street corner during our only night in Sydney and we would vow to meet up again in San Francisco. Little did I know that she would so generously give me so much time touring and dining in her hometown of San Francisco for the weekend before the hike.

DeYoung Fine Arts Museum

This unique building literally towers over the Academy of Sciences and the Japanese Garden and I've seen numerous exhibits here but not one as exciting as the two main ones featured this time. We would take our time with the audio explanations.

The William S. Paley Collection: A Taste for Modernism - A selection of major works from the William S. Paley Collection at the Museum of Modern Art in New York. A pioneering figure in the modern entertainment, communication and news industries, Mr. Paley (1901–1990) was a founder of the Columbia Broadcasting System (CBS), and a dedicated philanthropist and patron of the arts. The Paley Collection includes paintings, sculpture and drawings, ranges in date from the late 19th century through the early 1970s. Particularly strong in French Post-Impressionism and Modernism, the collection includes multiple works by Paul Cezanne, Henri Matisse and Pablo Picasso, as well as significant works by Edgar Degas, Henri Toulouse-Lautrec, Paul Gauguin, Andre Derain, Georges Rouault and artists of the Nabis School such as Pierre Bonnard and Edouard Vuillard. Among the works: Gauguin's The Seed of the Areoi (1892), an important female nude from the artist's first trip to Tahiti; Cezanne's Milk Can and Apples (1879-80); Degas' exquisite pastel Two Dancers (1905); Derain's dynamic Fauve painting Bridge over the Riou (1906); Picasso's celebrated Boy Leading a Horse (1905-06); Matisse's masterpiece Woman with a Veil (1927) and Francis Bacon's Study for Three Heads (1962).

Rudolf Nureyev: A Life in Dance- Dedicated to the life and work of the legendary dancer and choreographer Rudolf Nureyev (1938–1993). Showcases more than 80 costumes and 50 photographs from the dancer's personal collection, entrusted to the Centre national du costume de scène, France, by the Rudolf Nureyev Foundation. The Soviet-born Nureyev was a rising star in his native country before he defected to France in 1961. He was soon recognized worldwide as the most magnificent and charismatic dancer of his time. Incredibly driven, he traveled the world to work with leading figures in the dance world in order to absorb their techniques and to promote Soviet dance. Nureyev loved sumptuous shows and was particular about his costumes, often imposing changes and improvements. The costumes on view expose the wear and tear of daily use, bearing witness to the lives and bodies of Nureyev and his partners Margot Fonteyn, Noella Pontois and so many others.

A film of his dancing was mesmerizing.



Not to belittle the other exhibits that we saw, but these two were amazing. We wandered some others to include Chihuly glass works.

Legion of Honor – also part of Fine Arts Museum

This is high on a hill overlooking the bay and bridge and I don't think I'd ever been in this purposeful built building. To add to the glamour there was a wedding as we left. The primary special exhibit was of interest to Tracy since her work is in sports consultancy. Mine was simply having to do with being in Athens for the 2500th anniversary of the Marathon to Athens run, and then in Stockholm for their 100th anniversary of an Olympics marathon.



Gifts from the Gods: Art and the Olympic Ideal - Plato considered both art and athletics to be gifts from the gods, and the connection between art and sports in ancient Greece can be viewed as an aspect of its religious beliefs as well as its competitive spirit. Every fourth year for a thousand years, from 776 BC to AD 395, the pageantry of the Olympic festival attracted citizens from all over the Greek world. The Games at Olympia were held in honor of Zeus, and a visit to these competitions was also a pilgrimage.

As time passed, the Games lost their religious significance, but the love of athletics and their connection with art did not suffer. Revived in Athens in 1896, the modern Olympic games match their ancient forebears in popularity and artistic inspiration. Now as then, the games attract thousands of spectators, spur arduous training, and honor winners as both heroes and celebrities. This exhibition, coinciding with the opening of the 2012 Summer Olympics in London, draws together outstanding examples of art related to the Olympics from its ancient roots until today to reveal the continuity of the Olympic ideal and the rich and diverse expressions of the body in motion. Masterpieces of Greek and Roman coinage that celebrate the Olympic Games, the gods, and the victorious athletes are supplemented by additional works of art from the Museums' collections inspired by modern-day Olympics.

Skinner Organ Concert and Lecture

Set among the Rodin sculpture, we listened to lectures and a small concert – some while looking at art in adjoining buildings as the sounds permeate the building. Some facts:

- *The organ was given to the people of San Francisco by John D. Spreckels in 1924.*
- *The organ's pipes range in size from one-half inch to 32 feet.*
- *The apse in the Rodin Gallery is thin cloth, trompe l'oeil-painted to look like marble in order to allow the organ to "speak" through the dome.*
- *An organ is an acoustic wind instrument. Three high pressure turbines with a total of 48 horsepower provide the main wind supply for the organ's pneumatic system.*
- *Skinner was famous for building organs with the capacity to imitate orchestral colors such as the English horn, clarinet, French horn, and oboe; this organ has pneumatically operated percussion instruments, a set of large tubular chimes, and a thunder pedal as well.*
- *The organ's beautifully crafted console is made of walnut, with ivory and ebony keys and stops.*
- *The frieze over the main entrance to the museum is made of plaster and can be cranked open on rails so that the music can be heard in the Court of Honor.*
- *The Triumphal Arch at the entrance to the Court of Honor also contains pipes and ten large chimes, concealed behind new louvered doors that can be opened during performances.*
- *The Legion's magnificent Skinner pipe organ was built in 1924 by the Ernest M. Skinner Organ Company in Boston.*



Public organ concerts are presented at the Legion on Saturdays and Sundays at 4 pm, with a repertoire ranging from Bach to Gershwin to musical thunderstorms, Sousa marches, Gilbert and Sullivan, and the great film music of Hollywood.

The instrument represents the apex of Ernest M. Skinner's philosophical approach to organ music. The classic ideal for the instrument seeks to emphasize the elaborately intricate voices moving in opposition that characterizes baroque musical styles. In contrast, Skinner championed the romantic ideal, which reproduces the rich, full sound of an entire orchestra, capturing its bold symphonic layering of strings, horns, reeds, and percussion. The sound is meant to resonate in a non-directional manner, creating a musical quality that seems to float, saturating the space with its presence. Through a series of businesses, beginning with the Ernest M. Skinner Company of Boston in 1901, the talented inventor left an indelible mark on American

cultural history, implementing many innovations that almost single-handedly raised the organ to the premier status it gained in the first half of the twentieth century as an instrument of unparalleled majesty.

Working with the Legion of Honor architect George Applegarth (1875–1972), Skinner developed a customized plan to accommodate the 4500 pipes seamlessly within the structure of the museum, primarily through a canvas apse painted to look like marble in this gallery. The impressive mahogany, ivory, and ebony console, along with the comprehensive range of stops and additional effects, make this one of the world's finest organs, comparable with Skinner's other masterful achievements at the Cathedral of St. John the Divine in New York City and at Washington Cathedral in the nation's capital.



Upon exiting the museum we encountered a wedding party.



St Francis Yacht Club – Tracy would know this was a treat by anybody's standards but she didn't expect how much it meant to me. In an early career I worked for a sailor/CEO who had won the Northern Ocean Racing Trophy (NORT) two years in a row and had sailed and gotten various trophies out of St Francis also. She was likely surprised when I mentioned having done the administrative work for a 'One Tonner' least of all this respective One Tonner.

We would have drinks and lunch here while watching a regatta ongoing and catching up on holiday trips. Tracy might travel more than I do, some for her work, but much for the love of travel. Because she knows the world of yachting and its part of her business, she was full of amusing stories. One took me down the street to a very tiny yacht club where Larry Ellison of Oracle has purchased majority interest following his Americas Cup win. It seems Larry didn't have a yacht club membership, all those biggy SFO ones had not supported his lawsuit to sail with his newly created type of boat, so he bought a yacht club in which to place his Cup! Touche!

From their website: *St. Francis Yacht Club was founded in 1927 by a group of 21 San Francisco Yachtsman with a vision of a club in the City. Ground was broken for the clubhouse that year, and events were held on member's yachts until the club was formally opened in 1928. In 1959, the Club acquired its Tinsley Island Station, located on the Sacramento Delta. Tinsley offers members a warm boating destination to escape the traditional summer fog on the Bay. In 2002, the membership celebrated its 75th anniversary of activity on San Francisco Bay and around the world. These sailors have challenged and defended for the America's Cup, brought home Olympic medals, and won prestigious races such as the Whitbread, Transpac and Pacific Cup. It hosts over 40 regattas on San Francisco Bay, including the annual Big Boat Series each September. The Club was host to the 2000 US Olympic Sailing Trials, and continues to host World and National Championships.*

North Beach (which isn't a beach at all)

At the risk of being a thoughtless person, I had to wonder again 'where is the economy bad?' due to all the lines and full restaurants in this district. We tried to get into a number of restaurants and all were solidly full with something like an hour wait.

Presidio for The Social Club

All of which turned out okay because we headed to the Presidio and an old Enlisted Social Club that is now a restaurant. Even it was pretty full but a table was found and a super meal had. It is a place I'd like to return and have food from their comfort food section – meatloaf!

Last but not least but not intended to be

I rented a car Friday night after the hike and set off for Morgan Hill Marathon south of San Jose. But first I would stop near to Stanford and where Tracy lives in a wee town full of restaurants but not much else. Only one stop light. It was here that we again wondered "where is the economy a problem?" We missed the first reservation by about 20 minutes so made a reservation at another place but since it wasn't yet available we stopped at a bar for a drink. Showing up for one's reservation five minutes late is not a good idea as we'd lost that table. So it goes.

A Northern Italian dinner was finally granted and it was to perfection: conversation plus food. By then I'd been up for a very long time and probably still on east coast time three hours later so 10pm had me heading off 45 minutes further south to my hotel.

Saturday took me through the little town of Morgan Hill and on a sightseeing mission before and after the expo. But it was not to be

Storm update

In response to our hikers asking if I got home okay, I did. I went home early. Here's an explanation to the Timberline folks who inquired:

I heard from Vi and Jane who both made it home okay, as did I, but only after many tries. I got to Morgan Hill for the marathon, picked up my bib on Saturday, then realized that the storm really was going to hit and hit hard. I started trying to get home earlier and one flight after another was canceled. Saturday night nearly midnight I was given an early morning flight potential, so I slept until 1:30am and then drove to San Francisco airport and did catch a flight arriving in NJ around 2:30pm.

It might have been one of the last flights allowed in. The airport was like a war zone with lines and lines of people waiting at the re-accommodation desks.

Since I live on the Jersey shore, we got the brunt of the storm and our local seaside towns are in many cases just wiped out. Sea Bright is our closest town and the beach and boardwalk and Ocean Drive businesses are just plain gone. It can't ever be the same. One scene was a Beach Avenue sign with sand almost up to the top. Spring Lake's 2 miles of boardwalk is totally gone.

But we are warm and dry and despite the entire town, if not the county, having no electricity, we do. After being stuck during Hurricane Irene (after Mt Rainier when I had to stay in Seattle an extra five days) we had a full house automatic generator installed so we now have neighbors hooked to it too. We lost a few massive trees and one fell on the edge of the teahouse, and one caused some pond leaks, but overall we are super lucky and fine, as are the KOI.

Highways have reopened but local roads are still full of debris and fallen trees. Neighbors who need gasoline for generators tell of waiting over 2 ½ hours to fill their gas cans and not being allowed gasoline for their cars. Our township just announced that school would stay closed until November 13th!!!! That's nearly two weeks and after three days off school already. That's shocking in that it suggests they don't intend to get electricity restored anytime soon.

I'm now working on my Tucson itinerary with the hope of getting out on Friday. We'll see. It'll be with grey hair and broken fingernails as all businesses are closed here but that's almost a joke that I even think or consider such problems considering what Hurricane Sandy could have done.

By the way, I.B. Nuts from a hometown Columbia MO store should be sending the Timberline Office a (hopefully) nice box of goodies as a small thank you "to you all" for some great trips and a lot of help. Carol will recognize the company as I sent some once before and she's from a neighboring town. I know that I can be a pain in the tush and that makes me more grateful for all your continued help.

All of which is also to say thank you for your concern. I'm copying Jane and Vi to see how they are too. Vi was near to the center of troubles. I'm also copying Gerrie and Jerry Heitmann from Queens but they said they were amazingly unscathed. Steve and Nola who I hope to see next week. Best to you all, and please forgive all the copying but I'm not on Facebook which would be convenient in this situation.

Itinerary

Fri Oct 19

2:30pm Depart Newark EWR via United #1517

5:45pm Arrive San Francisco SFO

Host Hotel Villa Montes Hotel at SFO Airport area – for 2 nights
620 El Camino Real, San Bruno, CA 94066 Tele: 650-745-0111
Yes to free breakfast, wine reception, Wi-Fi, refrigerator

Sat Oct 20

Open Meet Tracy.

Sun Oct 21 – Day 1

8:00am Meet Timberline Adventures owners Dick and Carol at host hotel for start of hike. Be dressed for hiking.

Itinerary: Van shuttle to Olema/Point Reyes National Seashore; walk the Golden Gate Bridge enroute; Point Reyes Visitors Center; hike the network of interpretative trails radiating from visitors center; and/or Limintour each.

6 miles

Hotel Point Reyes Seashore Lodge, Point Reyes National Seashore – 5 nights
10021 Coastal Hwy 1, Box 39, Olema CA 94950 Tele: 415-663-9000/800 404 5634

Lodgekeeper@pointreyesseashore.com www.pointreyesseashore.com

A landmark Point Reyes Lodge, our luxury hotel rests at the gateway to Point Reyes National Seashore on California's famous Coastal Highway One. Located in the town of Olema, our Point Reyes lodging offers the perfect Marin County vacation location -- central to all the wonders of the Point Reyes and Tomales Bay, the San Francisco Bay Area, and the Napa-Sonoma Wine Country. Walk out our front door and explore the timeless beauty of the Point Reyes National Seashore, as well as San Francisco, Muir Woods, the historic town of Petaluma or the California Wine Country.

Mon Oct 22 - Day 2

Estero Trail to Drake's Head

9 miles

Tue Oct 23 - Day 3

The Coastal Trail; Palomarin-Alamere Falls

11.5 miles

Wed Oct 24 - Day 4

Chimney Rock Trail, Point Reyes Lighthouse and beach hikes

6 miles

Thu Oct 25 – Day 5

Tomales Point

9 miles

Fri Oct 26 - Day 6

Meadow Trail – Sky Trail – Arch Rock – Bear Valley Trail
9 miles (1400 ft. gain)

Host Hotel Villa Montes Hotel
620 El Camino Real, San Bruno, CA 94066 Tele: 650-745-0111

5:00pm Thrifty rental car at SFO airport:
Drive to Morgan Hill about 1 to 1 ½ hour south or 45 miles
Directions: HWY 101 South towards San Jose for 44 miles; exit #377A Bernal Road. Turn right off the off ramp at signal (you are on Silicon Valley Blvd.) Turn right on San Ignacio Avenue. Hotel is on corner of Bernal Shopping Center and San Ignacio Avenue.

Hotel Residence Inn- 3 nights
6111 San Ignacio Avenue, San Jose, CA 95119 Tele 408 226 7676

10 miles south of San Jose off Highway 85 and 101; 10 miles north of Morgan Hill

Sat Oct 27

9:00am Lifestyle Expo with packet pick up to 5:00pm – closed on Friday at 6:00pm
Morgan Hill Centennial Center, 171 West Edmundson Ave, Morgan Hill, CA 95037
In the Main Gym with over 20 exhibitors

Sign up for early start? There are usually 25-50 who go early. Bib mailing possible.

4:30pm Carbo Load Dinner at Partner Restaurants to 9:00pm

Sun Oct 28

7:30am Marathon and half marathon starts www.mhmarathon.com
with possible early start – inquire if needed – registered 25-50 early starts too
Per Greg Richards of Endurance Timing – 6 to 6 ½ hour is fine and they will have 25-50 early starts.
Appears to be open for 7 hours without an early start.

Course: The beautiful course begins at the Morgan Hill Centennial Center. It will wind through the local, scenic hills. After a few miles you will find yourself passing Uvas Reservoir. See elevation chart with shocking hills.

2:30 pm - Course Closes with finish line festival closing at 3pm

Note: Due to Hurricane Sandy, moved flight to Sunday and skipped the marathon.

Mon Oct 29

2:05pm Depart San Francisco SFO via UA#733
10:49pm Arrive Newark EWR

Note: depart Friday November 2 to Tucson for hike

