

Fridays- Term 1 2017

Amy Mann, hike leader amann@guhsd.net

To participate, you must register online at adultschool.guhsd.net All hikes leave from the trailhead at 8:30 AM and return before noon. Hikers are responsible for their own transportation and are encouraged to carpool. Please bring water, clothing appropriate for the weather and an adventuresome spirit! Hats, sunscreen, shoes with good tread and laughter are recommended! Trailhead directions and hike descriptions are in "Afoot and Afield in San Diego County" by Jerry Schad and Scott Turner , 5th edition

8/25 Cabrillo National Monument : Bayside Trail page 57, trip 19 (2-4 miles, 300'-600 elev. gain) National Parks Week- no entry fee! Gates open at 9AM. Be in line and ready to hike after we enter. We will walk down to the tidepools afterward. Restrooms in visitor center.

9/1 Solana Beach to Moonlight State Beach- not in book (5.5 miles, 100' elev. gain) We will walk to Moonlight Beach and take the blue Breeze bus #100 back to our vehicles. Bring bus fare \$1.75 adults/ 75 cents 60+. Multiple stops along PCH every 30 minutes. Park and meet at Solana Beach Transit Station , near the corner of Lomas Santa Fe Drive and Hwy 101.105 North Cedros Ave., Solana Beach. Restrooms in Amtrack Station.

9/8 Central Cuyamaca Loop – not in Book (5.5 miles, 500' elev. gain) Follow driving directions on page 280 to Sweetwater Parking Area. We will take East Side Trails past the Visitor Center and cross the 79 at West Mesa Trailhead, then take the West Side Trail back. Port a potty at trailhead.

9/15 Border Field State Park page 67, trip 25 (5.3 miles, 100' elev gain) Limited parking, please carpool. Bring mosquito repellent.

9/22 Red Tailed Roost/ Big Laguna Trail Double Loop – not in book (7 miles, 800' elev gain/) Take I-8 to Sunrise Highway (S-1) Just past mile marker 22.5 when you see the fire station on the right, turn left and park at the Volunteer Activity Center. Post Adventure/ Golden Access Pass in vehicle. Port a potty at trailhead. Can hike single loop only for a 3.5 mile hike.

9/29 Middle Peak page 266, trip 158 (6 miles, 1100' elev. gain) Limited parking, please carpool. No restrooms at trailhead.

10/6 Upper Santa Ysabel Open Space Preserve: East page 259, trip 155 (7.2 miles, 1200'elev. gain) Port a potty at trailhead.

10/13 Long Canyon page 303, trip 185 (8.3 miles, 1000' elev gain) \$5 day use fee/ pay at kiosk9 Adventure/ Golden Access passes are no longer honored here) Park at overflow area. Restrooms in campground. Potluck picnic at end of hike. Can turn around for shorter hike.