

## Wednesdays-Term 4 2017

Amy Mann , hike leader [amann@guhds.net](mailto:amann@guhds.net)

To participate, you must register online at [adultschool.guhds.net](http://adultschool.guhds.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, maps and hike descriptions are in these books:

A: "Afoot and Afield in San Diego County" by Jerry Schad, 4<sup>th</sup> Edition ( new edition to be released 3/17)

C: "Coast to Cactus, the Canyoneers Trail Guide to San Diego Outdoors" edited by Diana Lindsey

3/15 Oak Canyon (3.5 miles, 200' elev. change) A: page 133

3/22 Ramona Grasslands (3.5 miles, 300' elev. change) C: page 155 From CA 67 , go north on Highland Valley Road for 2.3 miles. Turn left to stay on Highland Valley Road. Go .8 mile. Parking lot for preserve on right.

3/29 Kitchen Creek Falls (5 miles, 900' elev. change) A: page 268, C: page 329

4/5 Stonewall Peak (4.5 miles, 900' elev. change) A: page 234, C: page 360 Parking fee: \$ 10, \$9 seniors

4/12 and 4/19 No hikes scheduled, Spring Break

4/26 Ruffin Canyon Open Space Preserve (2.5 miles, 200' elev. change) Trail in Serra Mesa. From I-15, go west on Aero Drive for 1.1 miles. Turn left on Ruffin Road. Go .6 mile. Cross Gramercy Drive and park on the east side of Taft Middle School at the trailhead kiosk.

5/3 Sunset Trail (3.2 miles, 400' elev change) A: page 261, C: page 408 Parked cars must display an Adventure/ Golden Access Pass .

5/10 Los Penasquitos- West Approach (6 miles, 200' elev change) A: page 109, C: page 174 Trailhead off Sorrento Valley Blvd.

5/17 El Monte Park (4.2 miles, 1100' elev change) C: page 268 From I-8 , go north on Lake Jennings Park Road for 1.8 miles. Turn right on El Monte Park Road. Go 3.8 miles to the park entrance. Free parking across the street in equestrian staging area. Potluck picnic after hike.