

OUTDOOR ACTIVITIES



FALL 2016 September
October – November

MIDPENINSULA REGIONAL OPEN SPACE DISTRICT

ACTIVITY GUIDELINES

To Ensure That Your Experience is Enjoyable, Please Review This Important Information

- Please be courteous to other trail users. Stay alert and make your presence known to other trail users well in advance, particularly when approaching from behind.
- Hikers yield to horses; bicyclists yield to hikers and horses. Observe trail speed limits (15 mph max; 5 mph when passing).
- Equestrians must provide their own horses (no stallions or rental horses). Lead lines are required and breast collars are recommended for all horses, and helmets must be worn by all riders under age 18.
- Heavy rain within two days prior to a mountain bike or horseback ride cancels the activity.
- For all hikes, wear boots or sturdy walking shoes appropriate for rugged trails.
- Dress in layers (T-shirt, long-sleeved shirt, sweater, and/or jacket). The weather can be unpredictable. No matter what season it is, be prepared for rain, wind, fog, or sun!
- Carry ample water with you to drink. Water is not available on preserves.
- Bring sun protection (hat, sunscreen) and insect repellent.
- Restrooms are not always available; please plan accordingly.
- Please carpool if possible. Parking is limited in some locations. 🌿

SPECIAL NOTE

If you have a group of 8 or more people who would like to attend a docent-led activity listed here, please contact the Docent Program Manager to discuss in advance at 650-691-1200 or docent@openspace.org. Other arrangements may need to be considered for your group.

John Green

Ravenswood
Open Space Preserve

GENERAL INFORMATION

With this newsletter in hand and a sense of exploration in mind, we invite you to enjoy the Midpeninsula Regional Open Space District preserves. These 26 extraordinary preserves include over 62,000 acres of permanently protected open space, from redwood forests to bay shoreline. We encourage you to participate in the wide variety of adventures offered inside Outdoor Activities.

The activity durations listed are averages based on our experience. However, always allow extra time in your schedule for unusual circumstances, or the slower pace of some groups.

You can help by arriving a little early to ensure a prompt start for each activity.

The activities are free, though some require reservations. Heavy rain cancels the activity unless otherwise noted in the description. If there is light rain or the threat of rain, go to the meeting place.

All activities are developed and led by docents who have completed a District training program. These docents volunteer their time to share their knowledge of nature with you. For more information about the volunteer docent program, visit the District's Web site at www.openspace.org, or phone the District at 650-691-1200 weekdays, 8:30 a.m.–5:00 p.m. 🌿



Purisima Creek Redwoods
Open Space Preserve

Nho Lu

Header photos above, left to right: Strether Smith; staff; Amanda Louria; and Liv Ames.

www.openspace.org

WHERE TO MEET

Directions to preserves featured in this season's schedule of *Outdoor Activities* are listed below. Some preserves have more than one access point. Some activities meet at different locations than where the activity will actually occur. If an activity does not meet at the preserve listed, or if there is more than one preserve access point, the alternate meeting location will be indicated in italics on a separate line following the preserve name as part of the activity header. (For example: **Skyline Ridge Meet: Russian Ridge** or **Russian Ridge Meet: Caltrans vista point**). If no information follows the preserve name, then refer to the detailed directions for the preserve or alternate meeting location listed below.

Note: Restrooms are not always available; please plan accordingly.

PLEASE CHECK THE LISTED DESCRIPTION TO MAKE SURE YOU MEET YOUR ACTIVITY LEADER AT THE CORRECT LOCATION.

COAL CREEK

Meet at the Caltrans vista point pull-out area opposite Russian Ridge Preserve gate RR01, located on Skyline Boulevard, 1.2 miles north of Page Mill Road and 6 miles south of Highway 84. Those traveling from I-280 on Page Mill Rd. should allow approximately 40 minutes travel time.

DANIELS NATURE CENTER

Park at the Russian Ridge Preserve parking lot on the northwest corner of the Skyline Boulevard (Highway 35) and Page Mill/Alpine Road intersection (across Skyline Blvd. on the right). Walk to Alpine Pond at Skyline Ridge Preserve by going through the tunnel under Alpine Rd. The Nature Center is a small gray building on the east shore of Alpine Pond.

FREMONT OLDER

Meet at the Preserve parking lot on Prospect Road in Cupertino. Exit Highway 85 at De Anza Boulevard. (From northbound 85 turn left on De Anza Blvd. and from southbound 85 turn right on De Anza Blvd.) Travel on De Anza Blvd. (toward the mountains) for about 0.5 miles. Turn right on Prospect Rd. At the first stop sign, turn left and cross the railroad tracks to remain on Prospect Rd. Follow Prospect Rd. for 1.3 miles, turning left after the Saratoga Country Club, until you reach the Preserve parking lot.

LONG RIDGE

Meet at the roadside pullout area for Peters Creek trailhead on the west side of Skyline Boulevard, 3.6 miles north of Highway 9 or 3.3 miles south of Page Mill Road. If you are coming from the north on Skyline Blvd., the pullout is just past Portola Heights Road on the right. From the south, the pullout is near the Palo Alto city limits sign on the right. There is additional parking across Skyline Blvd. at the Grizzly Flat trailhead (Santa Clara County Park).

LOS TRANCOS

Meet at the Preserve parking lot on Page Mill Road (across from Monte Bello Preserve), 7 miles west of I-280 or 1.5 miles east of Skyline Boulevard. Those traveling from I-280 on Page Mill Rd. should allow approximately 35 minutes travel time.

MONTA BELLO

Meet at the Preserve parking lot on Page Mill Road (across from Los Trancos Preserve), 7 miles west of I-280 or 1.5 miles east of Skyline Boulevard. Those traveling from I-280 on Page Mill Rd. should allow approximately 35 minutes travel time.

PICCHETTI RANCH

From the intersection of I-280 and Foothill Expressway, go 3.5 miles southwest (toward the mountains) on Foothill Boulevard/Stevens Canyon Road. Turn right on Montebello Road. The Preserve is 0.5 miles up Montebello Rd. on the left.

PULGAS RIDGE

From I-280, exit Edgewood Road. Drive 0.75 miles on Edgewood Rd. toward San Carlos/Redwood City. Turn left (north) on Crestview Drive, then immediately turn left on Edmonds Road. Follow Edmonds Rd. to the Preserve parking lot entrance on the right.

PURISIMA CREEK REDWOODS

Purisima Creek Road entrance: From the Highway 92 and Highway 1 intersection in Half Moon Bay, travel south on Highway 1 approximately 4.3 miles. Turn left on Verde Road. After turning on Verde Rd. and traveling 0.25 miles, continue straight to remain on what becomes Purisima Creek Road. (Verde Rd. splits off to the right.) Travel approximately 3.7 miles on Purisima Creek Rd. to reach the Preserve.

Redwood Trail entrance: Meet at the small turnout on the west side of Skyline Boulevard, 13.2 miles north of Page Mill Road and 6.5 miles south of Highway 92.



Jennifer Mellone

Fremont Older Open Space Preserve

RANCHO SAN ANTONIO

From I-280, take Foothill Boulevard south and turn right almost immediately onto Cristo Rey Drive. Continue about 1 mile, veer right around the traffic circle, and turn left into the park. Go to the lot farthest to the right and meet near the restroom at the bottom of the hill.

RAVENSWOOD

From Highway 101, exit on University Avenue. Follow University Ave. north (about four long blocks) to Bay Road. Turn right on Bay Rd. and follow it to the very end (about 1.2 miles). The Preserve entrance and parking lot are marked with large signs.

RUSSIAN RIDGE

Meet at the main Preserve parking lot on the northwest corner of the Skyline Boulevard (Highway 35) and Page Mill/Alpine Road intersection (across Skyline Blvd. on the right). Those traveling from I-280 on Page Mill Rd. should allow approximately 40 minutes travel time.

Caltrans vista point: Meet at the pull out area opposite Russian Ridge Preserve gate RR01, located on Skyline Boulevard 1.2 miles north of Page Mill Road and 6 miles south of Highway 84. Those traveling from I-280 on Page Mill Rd. should allow approximately 40 minutes travel time.



Chris Rosaler

Skyline Ridge Open Space Preserve

EDGEWOOD COUNTY PARK

Exit I-280 at Edgewood Road. Head east on Edgewood Rd. about 1 mile to the park entrance on the right (at Old Stagecoach Road).

EL CORTE DE MADERA CREEK

Meet at the Preserve parking lot located on the west side of Highway 35 (Skyline Boulevard), about 1-mile south of the Caltrans Skeggs Point parking area and 2.7 miles north of the intersection of Highway 35 and Highway 84.

Skeggs Point: Meet at the Caltrans vista point on the east side of Skyline Boulevard, about 4 miles north of La Honda Road (Highway 84) and 1.5 miles south of Kings Mountain Road. Please note that Caltrans prohibits a left turn into the parking lot when approaching from the north along Skyline Blvd.

RUSSIAN RIDGE (continued)

Mindego Gateway parking lot: From I-280, exit Page Mill Road and head west. Drive about 9 miles to the junction with Skyline Boulevard, cross over Skyline Boulevard and on to Alpine Road. Continue on Alpine Rd. for 1.5 miles. Parking area is on the right. Allow 45 minutes travel time from I-280.

SARATOGA GAP

Meet at the Caltrans vista point on the southeast corner of the Skyline Boulevard (Highway 35) and Highway 9 intersection.

SIERRA AZUL

Jacques Ridge: Meet at the parking lot located near the intersection of Hicks Road and Mt. Umunhum Road in San Jose. Exit Highway 85 at Camden Avenue. (From northbound Hwy. 85 turn left on Branham Avenue and then turn left on Camden Ave. and from southbound Hwy. 85 turn left on Camden Ave.) Travel on Camden Ave. about 1.6 miles. Turn right on Hicks Rd. and travel for about 6.3 miles. Turn right on Mt. Umunhum Rd. The Preserve parking lot will be on the right.

SIERRA AZUL (continued)

Bald Mountain parking lot: Exit Highway 85 at Camden Avenue. (From northbound Hwy. 85 turn left on Branham Avenue and then turn left on Camden Ave. and from southbound Hwy. 85 turn left on Camden Ave.) Travel on Camden Ave. about 1.6 miles to Hicks Road and turn right, and travel for about 6.3 miles. Turn right on Mt. Umunhum Rd. and continue for about 1.7 miles. The parking lot will be on the left.

SKYLINE RIDGE

Meet at the Preserve parking lot on Skyline Boulevard located one mile south of the Skyline Blvd. (Highway 35) and Page Mill/Alpine Road intersection. After entering the Preserve, turn right and go to the farthest parking lot. Those traveling from I-280 on Page Mill Rd. should allow approximately 45 minutes travel time.

Equestrian parking lot: After entering the Preserve, proceed to the farthest parking lot on the left. Those traveling from I-280 on Page Mill Rd. should allow approximately 45 minutes travel time.



Karl Gohl

Monte Bello Open Space Preserve

WINDY HILL

From I-280, exit Alpine Road in Portola Valley. Go south on Alpine Rd. about 2.9 miles to Portola Road (the first stop sign). Turn right on Portola Rd. and travel 0.8 miles to the parking lot on the left side of the road.

Skyline Boulevard parking area: Meet at the parking area on Skyline Boulevard, 2.3 miles south of La Honda Road (Highway 84) and 4.9 miles north of Page Mill Road. 🌿

KEY TO SYMBOLS

Easy Hike: Flat to gently rolling hills. Total elevation gain less than 200 feet. Leisurely pace.



Moderate Hike: Steeper or more frequent uphill grades. Total elevation gain 200 to 600 feet. Leisurely to moderate pace.



Strenuous Hike: Steep hills and/or long distances. Total elevation gain greater than 600 feet. Moderate to vigorous pace.



Suitable for children: must be accompanied and supervised by an adult. See the activity description for any additional information.



Wheelchair accessible.



Stroller accessible: Jogger-type suggested.



Meal/snack break: Bring a lunch, dinner, or snack as appropriate.



Dogs on leash: Well-behaved and socialized dogs are allowed, and must be controlled on a maximum six-foot leash.



Equestrian Ride: Riders under age 18 must wear a helmet. Lead lines are required and breast collars are recommended for horses. Equestrians must provide their own horses (no stallions or rental horses).



Reservations required: Reservations for activities requiring them will only be accepted within the two (2)-week period just before the activity date. To make a reservation or a cancellation, visit the District's Web site www.openspace.org/reservations or call 650-691-2150 (enter 2). If you provide information prior to the reservation acceptance period, it will not be processed. Please limit your reservation to a maximum of four (4) people.



Easy Nature Ride: Slow, leisurely pace, minimal climbing, and multiple stops to observe nature.



Introductory Mountain Bike Ride: Outings include demonstration and practice emphasizing trail etiquette and techniques required for dirt riding followed by a 5- to 7-mile ride on fire roads and single-track trails, with occasional natural history stops. Riders should be in good physical condition to perform climbs and descents.



Intermediate Mountain Bike Ride: Intended for participants with dirt single-track riding experience; able to climb and descend steep and moderately-rough trails. Recreational ride at a moderate/brisk pace; 8+ miles on a wide range of fire roads and single-track trails. For experienced riders in very good physical condition with good endurance.



Advanced Mountain Bike Ride: Intended for participants with dirt single-track riding experience; competent at climbing and descending steep and rough trails. Moderate to fast pace, 10+ mile ride on a wide variety of trail conditions. For experienced riders with a high level of physical fitness and excellent endurance.

Note: For all rides, bicyclists must wear helmets and bikes must be in good condition, and the participants must be very familiar with the operation of gears and brakes. Mountain bikes are strongly recommended for all except the Easy Nature Rides. Easy Nature, Introductory, and Intermediate Rides include a natural history component that is provided by the docents during the rest stops. Advanced rides develop and improve mountain bike skills – any natural history discussion stops are secondary to the overall riding experience.



Healthy Parks, Healthy People – Bay Area: Introductory level and easy to moderate activities for people of various ages. Some activities have a health and wellness focus.

Redwood Oxygen

Saturday • September 3

Purisima Creek Redwoods • 5.3mi

Meet: Purisima Creek Road entrance

10:00am to 3:00pm



Find out why you'll be breathing some of the cleanest air in the world with docents Bob Segalla and Sam Berry on the Purisima and Craig Britton Trails. This moderately-paced, 500-foot elevation change hike is suitable for capable children and has a downhill return. **Reservations are required and will be accepted on or after August 20.**

Arachnophilia!

Saturday • September 3

Monte Bello • 4mi

5:00pm to 10:30pm



Explore the world of arachnids with spider-loving docents Debby Brusco, Jack Owicki, and Sara Witt. With luck, a tarantula may cross your path as you search for sometimes timid creatures that you might usually be inclined to avoid. You'll hike at a mostly leisurely pace along the Canyon Trail in addition to other trails. Capable, attentive children 10 years and older are welcome. Bring a flashlight with a red filter or cellophane covering, plastic to sit on, and your meal. **Reservations are required and will be accepted on or after August 20.**

Stop In and Explore

Saturday and Sunday

September 3 and 4

Daniels Nature Center

12:00noon to 5:00pm



As seasons change so do the interactions of life at the edge of Alpine Pond...bring family and friends to discover the David C. Daniels Nature Center on Saturdays and Sundays this fall between 12:00 noon and 5:00 pm. You can enjoy an audio nature tour (loaner listening devices available to "check out"), view displays about natural communities and larger-than-life pond strata mobiles, take a pond prowling, study live aquatic organisms "borrowed" from Alpine Pond with the assistance of a docent, or enjoy a picnic with your companions on nearby tables (pack out your own trash please!). Autumn is an amazing season for a visit. **(Note: The Nature Center hours change on October 15 to 11:00 am – 4:00 pm for the remainder of the season.)**

Bear Creek Redwoods History

Sunday • September 4

Bear Creek Redwoods • 1-2mi

Meet: See text below

10:00am to 12:00pm



Docents Jenny Whitman and Nina Bell will take you and your family on an easy hike around the former Alma College site and surrounding Preserve. You'll explore history through stories and be shown an amazing collection of photographs and maps dating back to the 1880's of the three lavish estates that once stood on the property. Among the photographs are pictures of the Alma College campus when it was being used as a finishing school for Jesuit Priests. **(Note: Directions will be sent.) Reservations are required and will be accepted on or after August 21.**

Earthquake Hike

Sunday • September 4

Los Trancos • 2-3mi

2:00pm to 4:30pm



Join docents Strether Smith and Maureen Draper for a fun and educational hike along the San Andreas Fault. On this leisurely stroll, you'll stop to discuss the wonder of plate tectonics, examine remnants left by thousands of major earthquakes, and learn how to prepare for future earthquakes. This easy hike with minimal elevation change is well suited for children and those needing a less physically challenging outing.

Explorer Hike: Down Low

Wednesday • September 7

Windy Hill • 4.5mi

10:30am to 2:30pm



As summer winds down, join docents Lynn Jackson, Laura Levin, and Kate Gudmundson to explore the lower regions of this Preserve. You'll hike through the oak woodlands and riparian habitat while you enjoy views of Sausal Pond and the shade along Corte de Madera Creek. This leisurely-paced outing has an elevation change of 300 feet, and will be on the Betsy Crowder, Spring Ridge, and Eagle Trails.



Skyline Ridge Open Space Preserve

Hidden in the Woods

Saturday • September 10

El Corte de Madera Creek • 4.1mi

Meet: Skeggs Point

9:00am to 2:00pm



Join docents Noa Doitel, Susan Bernhard, and Lloyd Dickman on a moderately-paced, investigative hike in the mixed evergreen forest of this Preserve. You'll hike along the Tafoni and El Corte de Madera Creek Trails and take a side trail to visit a tafoni sandstone formation. Another side trail will take you to a stop at a scenic overlook to admire spectacular views of the Pacific Ocean and the western slopes of the Santa Cruz Mountains. You'll hear the birds of the forest, and discuss the historical significance of this Preserve and some of its unique features. Total elevation change is 400 to 600 feet.

Walk with a Doc

Saturday • September 10

El Corte de Madera Creek • 1mi

10:00am to 11:00am



Midpen is partnering with the San Mateo County Medical Association to offer a series of "Walk with a Doc" events in 2016. Enjoy a leisurely walk with physician volunteers and chat about health and wellness topics along the way. People of all ages and fitness levels are invited to join this free community health program. Walkers receive complimentary bottled water and a healthy snack. Take a step toward better health! **Sign up at www.smcma.org/calendar/smcma-events or call (650) 312-1623.**

Sunset Ride

Saturday • September 10

Fremont Older • 7mi

5:00pm to 7:30pm



Join docents Patty Lovelace and Dave Kocsis for a moderately paced mountain bike ride exploring this Preserve. You'll hear a little about the history of the Olders during this tour of single-track trails and fire roads. Expect approximately 1,000 to 1,500 feet of climbing during this ride that includes the Toyon and Seven Springs Loop Trails. **Reservations are required and will be accepted on or after August 27.**

Stop In and Explore

Saturday and Sunday

September 11 and 12

Daniels Nature Center

12:00noon to 5:00pm



Please see the activity description for September 3.





Todd Ditchendorf

Long Ridge Open Space Preserve

Nature's Garden

Tuesday • September 13
Monte Bello • 4mi
10:00am to 1:00pm



Docents Vivian Neou and Gordon Ferguson will lead this leisurely-paced hike along the White Oak and Stevens Creek Nature Trails to look at nature's garden. You'll see which wildflowers span the seasons, search for newts in the creek, and discuss how various plants might fit into your own garden landscape. This hike is offered at least once each season to provide an opportunity to see how plants change throughout the year.

Scenic Aerobic Hike I

Wednesday • September 14
Long Ridge • 5mi
10:00am to 1:00pm



Join docents Katherine Jen, Fran Keeler, Vivian Neon, and Louise Casey for a moderately-paced, exercise-focused hike. Scenic Aerobic hikes are offered at different preserves every second and fourth Wednesday. The route of each hike will be determined by the docents based on current trail and weather conditions. **(Note: These hikes will vary in difficulty from moderate to strenuous; please refer to the difficulty rating to choose a hike suitable for you.)**

Birds on Migration

Friday • September 16
Picchetti Ranch • 4.2mi
8:30am to 12:30pm



Many birds are migrating south – some stop briefly and others consider the Bay Area their winter home. Docents Bill and Marilyn Bauriedel, and Farhana Kazi will help you identify many of the recent arrival species as well as those that live here year round. Docents will bring a spotting scope to see birds in more detail. You'll walk along the Zinfandel Trail to the bottom of the Preserve observing different habitats (and elevations) and the birds that occupy them. Bring binoculars if you have them. All ages and levels of birdwatching experience are welcome.

Late Summer Evening Hike

Friday • September 16
La Honda Creek • 6mi
Meet: See text below
4:00pm to 10:00pm



Visit a limited access area of this Preserve to explore nature with docents Debbi Brusco and Lynn Jackson. You'll hike uphill in open grassland at a leisurely-to-moderate pace. Discover what the changing season brings to this ranchland with the sun, and then the moon, watching over you. There will also be stops to learn about pond restoration efforts conducted by the District to enhance habitat for fauna and watershed protection. Bring your meal, plastic to sit on, and a flashlight with a red filter or cellophane covering. Binoculars, hiking stick, and camera are optional. **(Note: Directions will be sent.) Reservations are required and will be accepted on or after September 2.**

Introductory Geocaching Hike for Families

Saturday • September 17
Skyline Ridge • 2.5mi
Meet: Russian Ridge
10:00am to 2:00pm



Join docents Lyndall Erb, Bill Overall, and Meena Sundaram, and an REI Outdoor School Instructor to search for geocaches, or hidden treasures, using GPS units supplied by REI. This fun and interactive outing is great for families and children. You are encouraged to bring small trinkets (inexpensive children's toys, less than 2 inches in length are ideal) to use as trade items for the cache. This activity is an introduction to geocaching and is geared toward the first-time geocacher, but others are welcome. **(Note: This activity includes some off-trail hiking; long pants are recommended and closed-toe shoes are required.) Reservations are required and will be accepted on or after September 3.**

Moonlight Hike to Black Mountain

Saturday • September 17
Monte Bello • 6mi
6:15pm to 9:15pm



Join docents Linda Wegner and Huey-Shin Yuan for a 600-foot elevation gain hike to Black Mountain and back at a moderate to strenuous pace. You'll start the hike in daylight and return at dark under the full moon light. Trails include fire roads and single-track. Bring water, snacks, and a flashlight with a red filter or cellophane covering (no headlamps please) and dress in layers for late evening chills. Incredible views, sunset clouds, and evening sounds will be enjoyed while you learn the history of this Preserve. Suitable for capable children 12 years and older. **Reservations are required and will be accepted on or after September 3.**

Stop In and Explore

Saturday and Sunday
September 17 and 18
Daniels Nature Center
12:00noon to 5:00pm



Please see the activity description for September 3.

Ohlone Footsteps

Sunday • September 18
Skyline Ridge • 2mi
Meet: Russian Ridge
10:00am to 12:00pm



Prior to European settlement, the Bay Area was home to a mosaic of Native American tribal communities; many groups frequented the Santa Cruz Mountains. Join docents Kim Borick and Judy Sencenbaugh for a leisurely-paced hike with frequent stops along the Ipiwa and Sunny Jim Trails. Historical perspectives, including California native people's management and use of indigenous plants, animals and, raw materials will be shared. You'll discover what attracted first people time and again to these mountains. Appropriate for children 12 years and older. Bring lunch to enjoy at Alpine Pond following the hike!

Explorer Hike: Up High

Wednesday • September 21
Windy Hill • 4.2mi
Meet: Skyline Boulevard parking area
10:30am to 2:30pm



On the last day of summer, explore the upper region of this Preserve with docents Laura Levin, Lynn Jackson, and Kate Gudmundson. A clear day will provide spectacular views of the San Francisco Bay Area to the east as you hike at a leisurely pace through grassland and forest along the Lost Trail. Your route will include a segment of the Bay Area Ridge Trail, with an elevation change of about 200 feet.

Autumn History Ride

Friday • September 23
Fremont Older • 12mi
4:45pm to 7:00pm



Enjoy an autumn ride and learn the history of this Preserve on an intermediate-level bike excursion with a 2,000-foot elevation gain lead by docents Linda and Glenn Wegner. Riders must have experience with single-track trails, fire roads, and climbing hills. The ride leaves promptly at 4:45pm. Bring ample drinking water and power snacks. Dress in layers, weather can vary. **(Note: Arrive early to find parking.)**

Dark Skies at Night

Saturday • September 24

Russian Ridge • 2.5mi

Meet: Mindego Gateway parking lot
6:30pm to 9:30pm



Join docents Chris MacIntosh, Cathy Brown, and Farhana Kazi on the darker west side of the Preserve to learn why skies are much less dark now than formerly. Weather permitting, you'll enjoy the Milky Way and summer constellations. A local amateur astronomy club may join the activity and provide telescopes and guidance for exploring the night sky. You may bring a packable dinner to eat before sunset or while on an optional 2-mile hike, after which everyone will gather for stargazing and listening to night sounds. A paved path and viewing area make the sky viewing (although not the hike) accessible for mobility-impaired participants. Bring a flashlight and docents will provide a red-cellophane covering/filter. **Reservations are required and will be accepted on or after September 10.**

Stop In and Explore

Sunday • September 25

Daniels Nature Center

12:00noon to 5:00pm



Please see the activity description for September 3.

PLEASE NOTE: The Daniels Nature Center will be closed on Saturday, September 24 to allow volunteers to attend the annual recognition event held in their honor.

Scenic Aerobic Hike II

Wednesday • September 28

Coal Creek • 5mi

10:00am to 1:00pm



Join docents Fran Keeler, Katherine Jen, Huey-Shin Yuan, Louise Casey, and Vivian Neou for a moderately-paced, exercise-focused hike on trails with beautiful scenery. "Scenic Aerobic" hikes are offered at different preserves every second and fourth Wednesday. The route of each hike will be determined by the docents based on current trail and weather conditions. **(Note: This will be a strenuous hike with about 1,000 feet of elevation gain.)**



Join Midpeninsula Regional Open Space District and other agencies and organizations around the San Francisco Bay to dedicate the first Saturday of October as an official day to celebrate the Bay. **Saturday, October 1, 2016** will be the inaugural **Bay Day** – and you're invited to go on a District docent-led hike or check out other events and activities at bayday.org

OCTOBER

Wisdom of the Watershed

Saturday • October 1

Picchetti Ranch • 3mi

10:00am to 12:00pm



Join docents Kate Gudmundson, Naureen Moon, Snehal Meshram, and Mark Prusinowski in observation of the inaugural "Bay Day" for a leisurely paced hike through the Stevens Creek watershed along the lovely Zinfandel Trail. You'll see firsthand some of the intriguing ways nature moves, stores, and conserves water to make the most of this life giving resource. Learn some of the ways a healthy watershed depends on the complex interactions between water, geology, soil, plants, and wildlife and in turn supports a rich diversity of species including humans. You'll also gain insight about watersheds and their connections to San Francisco Bay.

Climate Change and the Bay

Saturday • October 1

Ravenswood Open Space • 2.4mi

2:00pm to 4:00pm



In recognition of the inaugural "Bay Day" you and your family will take a short, accessible, and leisurely walk along the levee as you consider the changes global warming might make to the Bay. This activity will start when the tide is high to offer participants an observational basis for tide level comparison. Docents Kandis Scott, Susan Peterson, Judy Sencenbaugh, and Naureen Moon will lead this easy walk. Bring binoculars (if you have them) for possible shorebird sightings.

Stop In and Explore

Saturday and Sunday

October 1 and 2

Daniels Nature Center

12:00noon to 5:00pm



Please see the activity description for September 3.

Earthquake Hike

Sunday • October 2

Los Trancos • 2-3mi

2:00pm to 4:30pm



Join docents Steve Warner and Wesley Sawyer, and please see the activity description for September 4.

Signs of Fall

Tuesday • October 4

Pulgas Ridge • 4.5mi

1:00pm to 4:00pm



Hike the trails of this Preserve with docents Liz Foreman and Lina Mesa while exploring for signs that fall has arrived, including viewing of San Francisco dusky-footed wood rat nests, and trees displaying berries and nuts. You'll travel the Blue Oak and Dick Bishop Trails and also climb hills, with elevation gain of over 600 feet, to take in the views from the top of the ridge on this moderately-paced round trip outing.

Explorer Hike: A Four Park Loop

Wednesday • October 5

Saratoga Gap • 5mi

10:30am to 2:30pm



Enjoy a moderately-paced hike through two open space preserves, a county park, and a state park with docents Kate Gudmundson, Laura Levin, Dennis Smith, and Lynn Jackson. You'll walk through forest and woodlands along the Saratoga Gap Trail and a portion of the Bay Area Ridge Trail. Crossing over to the sunnier side of the ridge, you'll return along the Achistaca Trail through grasslands where you're likely to spot wildflowers in bloom. You'll finish your day by way of the Skyline-to-the-Sea Trail.

Stop In and Explore

Saturday and Sunday

October 8 and 9

Daniels Nature Center

12:00noon to 5:00pm



Please see the activity description for September 3.

Exploring Habitats and History

Sunday • October 9

Purisima Creek Redwoods • 7mi

Meet: Purisima Creek Road entrance

9:30am to 2:30pm



Hiking with docents Mary Bernstein and Marie-Anne Neimat, you'll explore chaparral, forest, and riparian environments in the Purisima Creek watershed, and learn something about the lumbering history of the area. Your morning energy will make light work of the steep climb up Harkins Ridge Trail. You'll enjoy ocean views as you contour along the Craig Britton Trail and revel in the cool afternoon shade as you descend along Purisima Creek Trail, enjoying what is known in Japanese as 'shinrin yoku' or "bathing in forest air." Plan to eat lunch along the trail on this moderately-paced hike.

Introductory Geocaching Hike for Families

Sunday • October 9

Bear Creek Redwoods • 1-2 miles

Meet: See text below

10:00am to 12:00pm



Join docent Jenny Whitman and Collin Lim, and an REI Outdoor School Instructor, and please see the activity description for September 17. **(Note: Directions will be sent. This activity includes some**

off-trail hiking; long pants are recommended and closed-toe shoes are required.) Reservations are required and will be accepted on or after September 25.



Katie Dryson

Bear Creek Redwoods
Open Space Preserve

Oaks of Monte Bello

Sunday • October 9

Monte Bello • 4mi

10:00am to 3:00pm



Join docents Noa Doitel, Susan Bernhard, and Lloyd Dickman on a hike along the Monte Bello, White Oak, and Canyon Trails. You'll learn to identify and distinguish four of the nine most common species of California's oak trees. There will be numerous stops to look at plants and creatures of the different habitats in this Preserve. Elevation gain is approximately 400 to 600 ft.

Cool Forests and Beautiful Views

Tuesday • October 11

Monte Bello • 9mi

10:00am to 3:30pm



Join docents Ed North and Huey-Shin Yuan for a brisk-paced hike through this beautiful Preserve, experiencing the cool forests of the Stevens Creek Trail and beautiful views from the top of Black Mountain and Bella Vista Trail.

Scenic Aerobic Hike I

Wednesday • October 12

Picchetti Ranch • 4mi

10:00am to 1:00pm



Join docents Katherine Jen, Fran Keeler, Huey-Shin Yuan, Vivian Neon and Louise Casey, and please see the activity description for September 14. **(Note: These hikes will vary in difficulty from moderate to strenuous; please refer to the difficulty rating to choose a hike suitable for you.)**

Ohlone Medicine

Friday • October 14

Long Ridge • 5mi

10:00am to 2:00pm



Native Americans, including California Indians, had a great number of uses for the plants growing on their lands, the primary use was medicinal. Join docents Sarah Schoen and Debbie Mytels on this moderately-paced hike exploring the Peters Creek and Long Ridge Trails, with a lunch break overlooking the western slopes of the Santa Cruz Mountains. There will be many stops along the way as you learn about how selected native plants were used to treat ailments before the introduction of modern medicine.

California Grizzly - Legends and Lore

Saturday • October 15

Long Ridge • 5mi

10:00am to 2:00pm



The California grizzly bear has been extinct for a hundred years, but lives forever on the California state flag and in your imagination. Come explore facts, legends, and folklore about this magnificent animal and the man known as "Grizzly Adams" with docents Ed Lange and Debbie Mytels on a moderately-paced hike along the Peters Creek and Long Ridge Trails. There will be a short snack break at the inspiring Wallace Stegner Bench.



Ellen Marrero

Russian Ridge Open Space Preserve

Nature at Night

Saturday • October 15

Monte Bello • 3.5mi

4:45pm to 10:30pm



When the sun sets, not all of nature goes to sleep. Some of nature is active in the cool darkness of night. Join docents Paul Billig, Debby Brusco, and Katherine Greene as you witness the changes that occur along the Stevens Creek Nature Trail when day moves into night. The hike begins with a walk down the Canyon Trail where you'll stop as darkness descends to enjoy the dinner you bring with you. Then using your flashlight, you will be looking as well as listening for the sights and sounds of nature at night. Red filters for your flashlight will be provided for those who need them. The hike includes a 400-foot elevation gain. **Reservations are required and will be accepted on or after October 1.**

By the Light of The Moon

Saturday • October 15

Monte Bello • 5mi

6:15pm to 9:45pm



Join docents Vivian Neou, Ray Curiel, and Huey-Shin Yuan for some evening exercise as you hike to Black Mountain by the light of the full moon. You'll start at sunset just as the full moon is rising. You'll travel the Bella Vista and Old Ranch Trails to Black Mountain where you'll stop for a snack and enjoy the full moon view as well as the lights in the valley. After the break, you'll return on the same trails. Bring a flashlight with a red filter or cellophane covering, a snack, and something to sit on. This will be a moderately- to strenuously-paced, aerobic hike. **Reservations are required and will be on or after October 1.**

Stop In and Explore

Saturday and Sunday

October 15 and 16

Daniels Nature Center

11:00am to 4:00pm



Please see the activity description for September 3. **(Note: The Nature Center hours change this weekend to open and close an hour earlier.)**

Oak Trees and Acorn Maidens

Sunday • October 16
Monte Bello • 4mi
9:30am to 12:00pm



Join docents Ann Reisenauer and Susan Bernhard for a fall hike through acorn country. You'll learn about oaks and hear the Native American legend of the acorn maidens as you descend the White Oak Trail toward Stevens Creek. Returning on the Canyon Trail, you'll pass reminders that this is also earthquake country.

Straddling the Ridge

Sunday • October 16
Skyline Ridge • 2mi
Meet: Russian Ridge
10:30am to 12:30pm



Come for a fall outing along Skyline Ridge and discover varied facets of this beautiful Preserve. Join docents Kim Borick and Gerri Tiernan on a moderately-paced route straddling both sides of the ridge. You'll find distinct natural communities and enjoy stunning vistas. Discover the animal and plant life of these communities along trails that include some stretches of rocky, narrow, and uneven terrain. Appropriate for slow walkers, photographers, and capable young hikers (not stroller accessible). Your hike will end with a brief exploration of the David C. Daniel's Nature Center. Bring a lunch to picnic by the pond!

Fall at Black Mountain

Tuesday • October 18
Rancho San Antonio • 11mi
9:00am to 3:00pm



Wonder what fall looks like at the top of Black Mountain? Join docents Huey-Shin Yuan, Vivian Neou, Tara Lee, and Wesley Sawyer for an aerobic, fast-paced hike as you enjoy the fall colors and spectacular view of the bay along the way. You'll get a good workout with 2,500 feet of elevation gain along the Hill, PG&E, Quarry, Black Mountain, Upper High Meadow, High Meadow, and Coyote Trails. You'll have a well deserved lunch after a heart-pumping climb to the summit.

Explorer Hike: Early Autumn

Wednesday • October 19
Skyline Ridge • 4mi
10:30am to 2:30pm



Observe woodland, grassland, and riparian habitats for signs of autumn with docents Laura Levin, Kate Gudmundson, and Dennis Smith. Proceeding along the Ipiwa and Sunny Jim Trails at a moderate pace, you'll pause at intervals to discuss seasonal changes in the plant and animal life around you. On a clear day, you'll be awed by views west, beyond Butano Ridge to the Pacific Ocean. The route includes an elevation change of about 200 feet.

Stop In and Explore

Saturday and Sunday
October 22 and 23
Daniels Nature Center
11:00am to 4:00pm



Please see the activity description for September 3.

Waterwheel Downhill

Sunday • October 23
Monte Bello • 18mi
Meet: Picchetti Ranch
10:00am to 3:00pm



Join docents Dave Kocsis and Patty Lovelace for a high-intermediate mountain bike ride on fun trails with outstanding views. You'll carpool from the meeting location to the beautiful Waterwheel Creek Trail and ride most of the single-track and fire roads in Monte Bello Preserve before heading out to Stevens Canyon Road and back to your carpool location. The route is mostly downhill (about a 2,200-foot net descent), but riders will climb more than 1,700 feet along the way. **Reservations are required and will be accepted on or after October 9.**



Picchetti Ranch Open Space Preserve

Scenic Aerobic Hike II

Wednesday • October 26
Russian Ridge • 6mi
Meet: Mindego Gateway parking lot
10:00am to 1:00pm



Please see the activity description for September 28. (Note: This will be a strenuous hike with about 1,100 feet of gain.)

Breezes on the Hill

Friday • October 28
Windy Hill • 7mi
9:00am to 1:00pm



Enjoy the beautiful grass covered expanse of hills and gorgeous views of the peninsula on an easy-paced, but longer distanced (strenuous) hike with docents Farhana Kazi, and Marilyn and Bill Bauriedel. You'll hike up and down Hamms Gulch and Lost Trails (approximately 600 to 1,000 feet of elevation gain) through redwood, fir, and oak forests. You'll appreciate the fresh morning breeze at this Preserve, while you soak in the magnificence of the grasslands and forest beneath your feet.

Search for the Everlasting

Saturday • October 29
Picchetti Ranch • 4mi
10:00am to 3:00pm



Join docents Bob Segalla, Marie-Anne Neimat, and Greg Azevedo to enjoy the excitement of this Preserve so close to home. You'll discover if the everlasting plant smells like maple syrup to you. A lovely view also awaits you along the Orchard Loop and Zinfandel Trails. You can listen to the sound of Stevens Creek as you enjoy lunch at a Santa Clara County Park picnic area. Capable children can handle this moderately-paced hike with a couple of 200-foot climbs. A visit to the Picchetti Winery for tasting is optional (on your own) at the hike's end.

Stop In and Explore

Saturday and Sunday
October 29 and 30
Daniels Nature Center
11:00am to 4:00pm



Please see the activity description for September 3.

Introduction to Geocaching for Families

Sunday • October 30
Los Trancos • 3mi
10:00am to 1:00pm



Join docents Kim Borick and Judy Sencenbaugh, and an REI Outdoor School Instructor, and please see the activity description for September 17. (Note: This activity includes some off-trail hiking; long pants are recommended and closed-toe shoes are required.) Reservations are required and will be accepted on or after October 16.



Karl Gahl

Rancho San Antonio Open Space Preserve



NOVEMBER

Explorer Hike: Autumn in the Forest

Wednesday • November 2
El Corte de Madera Creek • 4mi
10:30am to 2:30pm



Explore and enjoy the fall season with docents Lynn Jackson, Dennis Smith, Kate Gudmundson, and Laura Levin. You'll hike the Oljon, Steam Donkey, and Gorden Mill Trails through lovely mixed evergreen and redwood forests. This moderately-paced hike will include a 700-foot elevation gain. Stops along the way will offer the opportunity to learn some of the cultural and natural history of this beautiful Preserve.

Umunhum Barlow Explorer

Saturday • November 5
Sierra Azul • 5mi
Meet: Jacques Ridge
8:30am to 1:00pm



Join Docents Greg Azevedo, David Schwaderer, Huey-Shin Yuan, Padma Satish, and Gordon Ferguson on this outing for an uncommon hike around Mt. Umunhum via Barlow and Woods Roads. This moderate level hike with many short breaks and wonderful views includes trail sections that are steep with varying surfaces. Under 1,000 feet elevation gain, but plenty of downhill descent. You'll begin hiking along Mt. Umunhum Road near the Bald Mountain trailhead and continue to Barlow Road to hike back to the Jacques Ridge parking lot. **(Note: Participants will carpool/shuttle to the trail head.)**

Redwood Oxygen

Saturday • November 5
Purisima Creek Redwoods 5.3mi
Meet: Purisima Creek Road entrance
10:00am to 3:00pm



(Join docents Bob Segalla, Sam Berry, and Catherine Carlssare, and please see the activity description for September 3.) **Reservations are required and will be accepted on or after October 22.**

Stop In and Explore

Saturday and Sunday
November 5 and 6
Daniels Nature Center
11:00am to 4:00pm



Please see the activity description for September 3.

Draile Lewis

**Signs of Winter Forest**

Sunday • November 6
Purisima Creek Redwoods • 8.5mi
Meet: Redwood Trail entrance
9:00am to 3:00pm



Join docents Steve Warner, Nina Bell, and Liz and Ben Velichlo as you discover signs of approaching winter in the mixed evergreen forest. You'll hike the Redwood Trail and others to look for changes on the forest floor expected with the onset of the rainy season. This hike is geared toward experienced hikers as there are sustained steep ascents. Elevation gain will be around 1,800 feet. **Reservations are required and will be accepted on or after October 23.**

Walking with John Muir

Sunday • November 6
Picchetti Ranch • 2-3 miles
9:30am to 12:00pm



"Climb the mountains and get the good tidings," wrote John Muir, who revelled in the beauty of the natural world and the good health he felt there. Learn more about John Muir with docents Maureen Draper and Padma Satish as you walk along the Zinfandel Trail in the autumn; you'll be on the lookout for early migrants and other birds among the berries. Capable children age 6 years and older are welcome.

Earthquake Hike

Sunday • November 6
Los Trancos • 2-3mi
2:00pm to 4:30pm



Join docents Wesley Sawyer and Strether Smith, and please see the activity description for September 4.

Scenic Aerobic Hike I

Wednesday • November 9
Fremont Older • 5mi
10:00am to 1:00pm



Please see the activity description for September 13. **(Note: These hikes will vary in difficulty from moderate to strenuous; please refer to the difficulty rating to choose a hike suitable for you.)**

Shaping Ecosystems: A Past Perspective

Friday • November 11
Skyline Ridge • 3mi
Meet: Russian Ridge
10:00am to 1:00pm



Docents Marilyn and Bill Bauriedel, Farhana Kazi, and Nina Bell will share with you what they have learned about the methods California native peoples used to actively steward the land and practices they used that allowed them to sustainably meet their food, clothing, and shelter needs for thousands of years. You'll begin your hike around Alpine Pond with a visit to an acorn grinding bedrock mortar and continue down the shaded Old Page Mill Trail – imagining women walking with acorn-full burden baskets and men finding other foods needed to ready themselves for winter.

Fall on the Hill

Saturday • November 12
Windy Hill • 4.5mi
10:00am to 2:00pm



Enjoy a cool day, hiking up the trails of this Preserve with docents Noa Doitel, Susan Bernhard, and Lloyd Dickman. You'll visit the various habitats of this diverse Preserve starting with Sausal Pond and it's aquatic creatures. You'll continue along the Betsy Crowder Trail and cross Spring Ridge Trail along grassy meadows to reach the riparian habitat and mixed evergreen forest of Hams Gulch Trail. This is a moderately-paced hike, which allows for stops along the way to appreciate nature and the changes that take place in preparation for winter. Elevation gain is approximately 400 to 600 feet.

Introductory Geocaching Hike for Families

Saturday • November 12
Skyline Ridge • 3mi
Meet: Russian Ridge
10:00am to 2:00pm



Join docents Sarah Schoen and Wesley Sawyer, and an REI Outdoor School Instructor, and please see the activity description for September 17. **(Note: This activity includes some off-trail hiking; long pants are recommended and closed-toe shoes are required.) Reservations are required and will be accepted on or after October 28.**

Russian Ridge
Open Space Preserve



Stop In and Explore

Saturday and Sunday
November 12 and 13
Daniels Nature Center
11:00am to 4:00pm



Please see the activity description for September 3.

Fall Ride at ECdMC

Sunday • November 13
El Corte de Madera Creek • 13mi
Meet: Skeggs point
10:00am to 3:00pm



Explore the shaded forests and challenging single-track trails of this beautiful Preserve on your mountain bike with docents Dave Kocsis and Patty Lovelace. This intermediate-advanced level ride takes you through mixed evergreen and redwood forests, passes through lush riparian habitats, then climbs back to a vista point with a sweeping view of the Pacific Ocean before returning to your starting point. There will be more than 2,000 feet of climbing, but the pace will be moderate. **Reservations are required and will be accepted on or after October 30.**

Signs of Fall

Sunday • November 13
Pulgas Ridge • 4.5mi
1:00pm to 4:00pm



Join docents Liz Foreman and Mary Bernstein, and please see the activity description for October 4.

Explorer Hike: Annual Turkey Trot

Wednesday • November 16
Rancho San Antonio • 5-6mi
10:30am to 2:30pm



Yes, it's that time again, time for you to join docents Dennis Smith, Lynn Jackson, Kate Gudmunson, and Laura Levin for the Annual Turkey Trot. You'll explore valleys and highlands in search of those birds fortunate enough to have escaped the dinner table. If past Trots are any indication, you'll also enjoy seeing other wildlife, and perhaps some early-blooming plants. Your leisurely-paced, moderately strenuous hike will take you through woodlands and grasslands, sun and shade, while you burn off some calories in preparation for the upcoming holiday season.



Looking for Clues in Nature

Saturday • November 19
Picchetti Ranch • 2.5mi
10:00am to 12:00pm



On this leisurely walk along the Zinfandel Trail, docents Debbie Mytels and Gerri Tiernan will identify clues that open the door to understanding more about the history and natural processes at work in this beautiful Preserve. Why are these trees the same distance apart? Why are the grasses dangling down this slope? Why is the air suddenly cooler here? You'll see such clues to human history and the behavior of water and rocks on this leisurely-paced hike through sun and shade.

A Christmas Tree Farm Through Time

Saturday • November 19
Skyline Ridge • 3-4mi
Meet: Equestrian parking lot
10:00am to 1:00pm



Join docents Vivian Neou and Kim Borick, and District staff Cindy Roessler (Senior Resource Management Specialist) to discover the life of cultivated trees grown for Christmas and learn about the restoration efforts needed to reclaim land no longer used for tree production. The Preserve's unique setting of active tree farm adjacent to a restoration project provides a wonderful opportunity to learn and get in the holiday spirit! This hike will be leisurely and include a loop around Horseshoe Lake.

Stop In and Explore

Saturday and Sunday
November 19 and 20
Daniels Nature Center
11:00am to 4:00pm



Please see the activity description for September 3. **(Note: This is the last weekend of the season that the Nature Center will be open. The facility will re-open in April 2017 – see you then!)**

Bear Creek Redwoods History

Sunday • November 20
Bear Creek Redwoods • 1-2 miles
Meet: See text below
10:00am to 12:00pm



Join docents Jenny Whitman and Jayita Bhojwani, and please see the activity description for September 4. **(Note: Directions will be sent.) Reservations are required and will be accepted on or after November 6.**

Creature Feature

Sunday • November 20
Edgewood County Park • 2.5mi
9:00am to 12:00pm



What do San Francisco dusky-footed wood rats look like? What are their stick houses like inside? How many live in one house? What do they eat? Who wants to eat them? How do they find mates and raise pups? Why are they called packrats? You'll ask docents Kathryn Strachota and Sarah Schoen these questions and learn about this keystone species. Children are especially welcome on this activity! You'll walk a 2.5-mile loop on the Sylvan, Serpentine, Franciscan, and Baywood Glen Trails at a moderate pace. **Reservations are required and will be accepted on or after November 6.**

Pre-Holiday Workout

Tuesday • November 22
Long Ridge • 8mi
10:00am to 2:30pm



Join docents Ed North and Huey-Shin Yuan on a fast-paced hike through the interior of this beautiful Preserve. You'll explore the Peters Creek, Hickory Oaks, and Long Ridge Trails where you'll see beautiful forests and, with any luck, catch a view of the Pacific Ocean.

Scenic Aerobic Hike II

Wednesday • November 23
Sierra Azul • 5mi
Meet: Bald Mountain parking lot
10:00am to 1:00pm



Please see the activity description for September 28. **(Note: This will be a strenuous hike with about 1,100 feet of gain.)**

After Thanksgiving Workout

Tuesday • November 29
Sierra Azul • 11mi
Meet: Jacques Ridge
10:00am to 3:00pm



Want to have a good workout after those Thanksgiving feasts? Join docents Huey-Shin Yuan, Vivian Neou, and Tara Lee for a fast-paced hike to Bald Mountain and back. You'll travel through mixed evergreen forest, oak woodland, chaparral, and grassland along Woods Trail, Barlow Road and Bald Mountain Trail. You'll also enjoy lunch with panoramic views of the valley below.

