

MIDPENINSULA REGIONAL OPEN SPACE DISTRICT

GENERAL INFORMATION

ith 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 63,000 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; some require reservations.

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 website at www.openspace.org, or phone the District at 650-691-1200 weekdays, 8:30am to 5:00pm.



ACTIVITY GUIDELINES

To Ensure Your Experience is Enjoyable, Please Review this Information

- Please be courteous, stay alert, and make your presence known to other trail users well in advance, particularly when approaching from behind.
- Heavy rain cancels hike activities unless otherwise noted in the description. If there is light rain or the threat of rain, go to the meeting place. Docents will plan to meet participants – hike route or duration may be altered due to weather and trail conditions.
- Participants are encouraged to make personal decisions on comfort and willingness to drive or hike in stormy or threatening weather conditions.
- For a mountain bike or horseback ride, heavy rain within two days prior to the activity will cancel it.
- 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). Lead lines are required and breast collars are recommended for all horses, and helmets must be worn by all riders under age 18.
- 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 drinking water with you. Water is not available on preserves.
- Bring sun protection (hat, sunscreen) and consider 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.

Header photo: Picchetti Ranch Open Space Preserve by Jack Gescheidt

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.

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.

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.

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.

LA HONDA CREEK

Sears Ranch Road parking lot: Meet at the Preserve parking lot off Highway 84 in La Honda. From Highway 280, exit Sand Hill Road and head west. Turn right onto Portola Road; make a sharp left onto CA-84 West. Turn right onto Sears Ranch Road (13.6 miles). From Highway 1, take CA-84 East/La Honda Road/San Gregorio Road and turn left on Sears Ranch Road (9.2 miles).

LONG RIDGE

Peters Creek trailhead: Meet at the roadside pullout area 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).



Ravenswood Open Space Preserve

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.

MONTE 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.

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.

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.

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.

SIERRA AZUL

Jacques Ridge parking lot: 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.

ST. JOSEPH'S HILL

Little League Field parking lot: Take Highway 17 south toward Los Gatos. Exit at Highway 9-Los Gatos/Saratoga and continue west on Hwy. 9 (approximately 0.33 miles) to University Avenue. Turn left on University Ave. toward downtown Los Gatos. Turn left on Miles Avenue and proceed two blocks to the parking lot on the left for the Little League field.



St. Joseph's Hill Open Space Preserve

THORNEWOOD

From I-280, take the Highway 84/
Woodside Road exit. Follow Highway
84/Woodside Road through Woodside
and then to a junction with Portola Road
at 3.3 miles. Bear right to stay on
Highway 84, now La Honda Road. At
4.9 miles from Highway 280, turn left at
a brick wall marked 895-897; look for
the District sign just inside this gate. The
small parking area is on the right about
500 feet from the entrance gate. Please
do not drive beyond this lot toward the
private residences.

Alternatively, from the junction of Highway 35 (Skyline Boulevard) and Highway 84 in Sky Londa, take Highway 84/ La Honda Road north 1.9 miles and turn right at the brick wall marked 895-897

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.

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).



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.

March

WWW - Wildflowers, Wandering and Wine

Saturday • March 2 Picchetti Ranch • 4.5 mi 10:00am to 1:30pm



It's spring-time! Join docents Martin Manley, Linda Smith, and Naureen Moon for a hike through this Preserve to discover wildflowers that were nourished by winter rains. En route you'll see the many varieties of plant communities that can be found in this relatively small preserve and discover what creatures might be lurking in the pond. Bring a lunch to enjoy at the picnic tables down by Stevens Creek. At the end of the outing you'll have the option for a little wine tasting on your own at the Picchetti Winery. (Note: a shortened version of this hike will go ahead in light or moderate rain – it can be a wonderful time to see this preserve if you have good raingear.)

Earthquake Hike

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



Join docents Paul Billig and Collin Lim for a fun and educational hike along the San Andreas Fault. 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. Engaged children (who are capable of hiking 2-3 miles and attentive listening) are welcome on this leisurely-paced outing with minimal elevation change.

Signs of Spring

Tuesday • March 5 Pulgas Ridge • 4mi 12:30pm to 3:30pm



Enjoy an afternoon hike with docents Liz Foreman and Lina Mesa as you explore for signs of spring. You'll see an array of wildflowers and native trees and a spectacular view from the top of the ridge. This moderately-paced hike along the Blue Oak, Dick Bishop, and Dusky-footed Woodrat Trails will include several hills and uneven terrain. Please leave your dogs at home for this hike.



Rancho San Antonio Open Space Preserve

Explorer Hike: Stephens Creek?

Wednesday • March 6 Monte Bello • 4mi 10:30am to 2:30pm

Join docents Mary Brunkhorst, Kate Gudmundson, Laura Levin, and Dennis Smith for a leisurely hike along the Canyon, Stevens Creek Nature, and White Oak Trails. While discovering the flora and fauna of this oak woodland, you'll learn about the early settler Elisha Stephens and his link to the incorrectly spelled Stevens Creek.

Umunhum Vistas

Sunday • March 10 Sierra Azul • 4mi Meet: Bald Mountain parking lot 7:45am to 12:30pm



Join in on this downhill walk along the popular and highly regarded Mt. Umunhum Trail. You'll enjoy unparalleled vistas and hear stories about Mount Umunhum's past, and current place in history with docents Greg Azevedo, Huey-Shin Yuan, Emma Finter, and Gordon Ferguson. Prior to the formal trail walk, you'll be given time to meander around the summit and discover all that it has to offer. (Note: Participants will carpool/shuttle to the summit). Reservations are required and will be accepted on or after March 1.

Scenic Aerobic Hike I

Wednesday • March 13 Fremont Older • 4-6mi 10:00am to 1:00pm



Join docents Huey-Shin Yuan, Mary Brunkhorst, and Fran Keeler for a moderately-paced, exercise-focused hike on trails with beautiful scenery. "Scenic Aerobic" hikes are offered at different preserves every second Wednesday. The route of each hike will be determined by the docents based on current trail and weather conditions.

All Things Wise and Wonderful

Thursday • March 14 Purisima Creek Redwoods • 2.2mi Meet: Purisima Creek Road entrance 9:30am to 11:30am



California's coast redwoods are certainly wonderful. Ancient, massive, and venerated the tallest trees in the world - Sequoia sempervirens. These trees form their own distinctive micro-climate – dark, damp, and devoid of significant understory. What wisdom can be found here if you look and listen closely? You'll appreciate all things redwood, from fairy rings to fire resistance on this leisurely-paced hike with docents Frances Reneau, Helena Cohen, and Kandis Scott. This outing will explore only the canyon bottom under the forest canopy, however those who wish to might continue on their own up the Purisima Creek Trail for a longer hike.

Really Hoofing It

Thursday • March 14 La Honda Creek • 10mi Meet: See text below 10:00am to 3:00pm







Bring your very own horse and join equestrian docent Teri Baron (with assistance from an equestrian trail patrol volunteer) for a guided tour of newly opened trails. Lots of wildflowers should be starting to peek out from the hillsides. You'll be traversing on old ranch roads and meeting other "hooved" friends cattle, along the way. The route has numerous ups and downs and amazing views of the Pacific. Depending on participants' interest and experience, the ride pace may be leisurely or moderate. Horses should be fit and in good shape. (Note: Directions will be sent to participants.) Reservations are required and will be accepted on or after March 1.



La Honda Creek Open Space Preserve

Hiking and Mindfulness

Sunday • March 17 Monte Bello • 4.5mi 10:00am to 2:00pm



Join docents Diane Maez, Marie Faust Evitt, and Ann McCarty on a moderately-paced, invigorating, and relaxing hike on the Canyon, Skid Road, and Stevens Creek Nature Trails. You'll learn and practice mindfulness strategies by tapping into the healing and calming powers of nature.

Literature, Lore, and Life Sciences

Sunday • March 17 Rancho San Antonio • 5mi 12:30pm to 4:00pm



Would a rose by any other name smell as sweet? Unpack the diverse symbolic and scientific meanings behind familiar quotes from literature across the centuries and continents on a moderately-paced hike along many of this Preserve's popular trails including the Coyote, Wildcat Loop and High Meadow Trails. Docents Anna Lee and Ping Li will guide you on an exploration of the many ways nature has inspired literature and lore throughout history, and how humans have made sense and meaning of the environment in their lives. (Note: Arrive early to find parking.)



Pulgas Ridge Open Space Preserve

Explorer Hike: Early Bloomers

Wednesday • March 20 Pulgas Ridge • 4-5mi 10:30am to 2:30pm



Welcome the spring equinox with a special wildflower hike! You'll join docents Dennis Smith, Mary Brunkhorst, Kate Gudmundson, and Laura Levin to explore for early blooming flowers as you ascend the Cordilleras Trail along Cordilleras Creek. On the Polly Geraci Trail, you'll climb to a lunch stop with a view, then continue to the Dick Bishop and Blue Oak Trails on your return descent. This Preserve is noted for beautiful display of wildflowers throughout its varied habitats, so keep your eyes (and cameras) open!

Spring into Beauty

Friday • March 22 Pulgas Ridge • 4.5mi 10:30am to 2:30pm



It's early spring and the sparkling views from the ridge tops and cool canyons are beckoning you. Come hike with docents Farhana Kazi, and Marilyn and Bill Bauriedel, to discover this beautiful Preserve with its bountiful offerings of wildflowers, including fetid adder's tongue, giant trillium, and mission bells. You'll also be on the lookout for duskyfooted woodrat nests while you meander along the Blue Oak, Dick Bishop, Hassler, and Dusky-footed Woodrat Trails.

Pond to Pond

Saturday • March 23 Skyline Ridge • 4mi Meet: Equestrian parking lot 10:00am to 2:00pm





Explore the changing habitats of this Preserve, from mixed evergreen forest on the Fir Knoll Trail to the riparian environments of Horseshoe Lake and Alpine Pond, and to the chaparral along the Sunny Jim Trail. Docents Noa Doitel and Susan Bernhard will guide your hike and discovery of plants and wildflowers. You'll also try to spot wildlife, while enjoying the vast views of the hills rolling down to the ocean.

Introductory Geocaching Hike

Saturday • March 23 Skyline Ridge • 2.5mi Meet: Russian Ridge 10:00am to 2:00pm







Join docents Sarah Schoen and Jayita Bhojwani, 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 all ages. 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 all 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 March 8.

Umunhum Barlow Explorer

Sunday • March 24 Sierra Azul • 5mi Meet: Jacques Ridge parking lot 7:45am to 1:15pm





Join docents Greg Azevedo, Huey-Shin Yuan, Emma Finter, and Gordon Ferguson for an uncommon hike around the lower area of Mount Umunhum via Barlow Road and the Woods Trail. This moderately-paced mostly downhill hike will have many short breaks, wildflowers, and wonderful views. You'll begin your hike at a trailhead along Mt. Umunhum , Road near the Bald Mountain parking lot. Several trail sections are steep with varied surfaces. Bring ample drinking water. (Note: Participants will carpool/shuttle from the meeting location to the trailhead). Reservations are required and will be

Redwood Oxygen

accepted on or after March 10.

Sunday • March 24 Purisima Creek Redwoods • 5.3mi Meet: Purisima Creek Road entrance 10:30am to 3:00pm



Find out why you'll be breathing some of the cleanest air in the world with docents Bob Segalla, Helena Cohen, and Sam Berry on the mystical Purisima Creek and Craig Britton Trails. You'll also experience and learn why redwoods are like no other trees in the world. 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 March 10.

Transitions: Exploring Life Cycles

Wednesday • March 27 El Corte de Madera Creek • 5.0mi 9:30am to 1:30pm



Join docents Catherine Crawford-Swent, Helena Cohen, and Debbie Mytels on a moderately-paced hike to explore transitions within nature's lifecycles. You'll discover how new plant life forms, how strategies help very young plants survive, and how mature plants evolve and change in their environment. On your route along the Sierra Morena, Oljon, Steam Donkey, Springboard, Timberview, and Methuselah Trails you'll encounter ferns, fungi, wildflowers, and large trees like Douglas fir and redwoods. From a health and wellness perspective you'll discuss and consider corollaries in the forest with transitions in your own lives. Come and find out how you are attuned with the life cycles around you

Historic Ranches

Saturday • March 30 La Honda Creek • 6mi Meet: Sears Ranch Road parking lot 10:00am to 2:00pm





Explore the rich history of ranching that took place in this beautiful Preserve and that still continues today. Travel the Harrington Creek Trail with docents Chris Christensen and Sabra Abraham, traversing the sites of the Ray, Zanoni, Wool, Folger, and Driscoll ranches that operated in these hills then climb to a distant ridge offering spectacular views of the San Gregorio watershed and the Pacific Ocean. Wildflowers and cows are expected along your route.

Daniels Nature Center Season Begins!!

The David C. Daniels Nature Center, located on the edge of Alpine Pond at Skyline Ridge Open Space Preserve, will open for the season on Saturday, March 30, 2019. Come by on opening weekend to take part in our annual celebration. The Nature Center will be open Saturdays and Sundays from 12:00pm until 5:00pm during spring and summer, and 11:00am to 4:00pm in the fall.



History Hike with the Dogs

Saturday • March 30 Fremont Older • 4mi 10:00am to 12:30pm





Bring your well-behaved dog and enjoy a leisurely stroll through this Preserve with docents Patty Lovelace and Dave Kocsis to learn the history of the area and it's former owners, Fremont and Cora Older. You'll begin the hike climbing the Creekside Trail (which passes close to "Woodhills" the historic Older house and the "pet cemetery") and continue on up the Hayfield Trail to Hunter's Point for some excellent views of the valley. The hike route will then complete the Seven Springs Loop Trail to finish on the Cora Older Trail. Please bring proper clean-up supplies for your canine companion. (Note: Arrive early to find parking.) Reservations are required and will be accepted on or after March 16.

Stop In and Explore

Saturday and Sunday March 30 and 31 **Daniels Nature Center** 12:00pm to 5:00pm





Spring weekends are here and so should you be...as the living is easy, especially on the edge of Alpine Pond. Bring family and friends to visit any Saturday or Sunday this spring between 12:00pm and 5:00pm. You can enjoy displays about natural communities, view larger-than-life pond strata mobiles, take a pond prowl, and perhaps have an opportunity to study live aquatic organisms "borrowed" from Alpine Pond with guidance from a docent. These adventures and more await you!

April

Explorer Hike: Let 1,000 Flowers Bloom

Wednesday • April 3 Russian Ridge • 5-6mi 10:30am to 2:30pm



Take advantage of spring and indulge in glorious blooms of wildflowers! You'll join docents Dennis Smith, Mary Brunkhorst, Kate Gudmundson, and Laura Levin to explore the meadows and woodlands of this ridgetop Preserve. On this moderately strenuous-paced outing, you'll hike the Ridge Trail, visit the summit of Borel Hill, lunch at a comfortable platform, and return via the Hawk Ridge and Ancient Oak Trails. Along the way you'll work together to identify the many flowers seen and enjoy their beauty even for those blooms whose names elude! This leisurely-paced hike has an elevation gain of 400 to 500 feet over ascending and descending trails.

Wildflowers and Vistas

Saturday • April 6 Monte Bello • 3mi Meet: Picchetti Ranch 9:30am to 12:30pm

"Earth laughs in flowers," wrote one poet. On this leisurely hike along the Waterwheel Creek Trail and fire road approach to Black Mountain you'll see wildflowers and hear memorable lines from poets and even enjoy a little music to celebrate spring. Learn about the unique geology of Monte Bello Ridge and the trees and plantlife it supports. Appropriate for capable children 8 years and older. Maureen Draper and Susan Bernhard will be your docent guides. (Note: Participants will carpool/caravan to the trailhead.)

Music in the Air

Saturday • April 6 La Honda Creek • 2.7mi Meet: See text below 10:00am to 1:00pm





Contemplate spring while listening to excerpts from various classical music pieces as you walk leisurely through forest then meadow with docents Karen DeMello and Alisa Rata Stuzbach. Bring binoculars if you have them. (Note: Directions will be sent to participants.) Reservations are required and will be accepted on or after March 23.

WWW - Wildflowers, Wandering, and Wine

Saturday • April 6 Picchetti Ranch • 4.5mi 10:00am to 1:30pm



Join docents Martin Manley, Linda Smith and Ping Li, and please see the activity description for March 2.

Stop In and Explore

Saturday and Sunday April 6 and 7 **Daniels Nature Center** 12:00pm to 5:00pm







Please see the description for March 30.

Variety and Views

Sunday • April 7 Los Trancos • 4 mi 10:00am to 2:00pm



Discover and explore the forest, chaparral, and grasslands of this Preserve with docents Mary Bernstein and Marie-Anne Neimat. You'll learn about the diversity of trees found in the forest and depending on the weather, will have grand views of the San Francisco Bay. Wildflowers will be blooming in the grassland and you may spot a variety of local birds and other wildlife too. This Preserve has some interesting history and is one of the oldest Mid-Pen preserves. This hike will traverse all the preserve's trails except the Fault Trail.

Springtime Exploration

Sunday • April 7 Russian Ridge • 4mi Meet: Mindego Gateway parking lot 1:00pm to 4:00pm

You'll explore the diverse plant communities of this Preserve in the springtime, as you enjoy a leisurely-paced hike along the Ancient Oak, Charquin, and Ridge Trails. Learn about local flora and fauna discovered along your route and find out who Charquin (of the above named trail) was. Expect spectacular views (weather permitting) and wildflowers too! Appropriate for capable children 10 years or older; the hike has moderate elevation changes. Docents Ann McCarty, Marie Faust Evitt, and Catherine Crawford-Swent will be your guides.

Earthquake Hike

Sunday • April 7 Los Trancos • 2-3mi 2:00pm to 4:30pm



Join docents John Seyfarth and Lyle Rice, and please see the activity description for March 3.



Thornewood Open Space Preserve

Among the Trees, Bushes, and Flowers

Monday • April 8 Thornewood • 4mi 9:00am to 12:00pm



Enjoy a morning hike with docents Liz Foreman and Marie Faust Evitt as you explore a variety of trees and wildflowers. Descending through chaparral into a redwood forest (with one steep hill and some uneven terrain), you'll travel along the Schlling Lake and Bridle Trails on this moderately-paced out and back hike. (Note: There are no restrooms at this Preserve.)

Scenic Aerobic Hike I

Wednesday • April 10 La Honda Creek • 4-6mi Meet: Sears Ranch Road parking lot 10:00am to 1:00pm

Please see the activity description for March 13.

Wonders of Edgewood

Thursday • April 11 Edgewood County Park • 4mi 10:00am to 1:30pm



The extraordinary native wildflowers of Edgewood County Park (a nature preserve that MROSD helped to save in the 1970s and 80s) awaits your exploration on this walk. You'll learn how the serpentine soils underlying the preserve to create a spectacular show of colorful wildflowers every spring. Your docents Marilyn and Bill Bauriedel, and Farhana Kazi will guide you on several trails to view, identify, and learn about wildflowers. Capable, attentive children 8 years and older are welcome.

Views from the Saddle

Thursday • April 11 Rancho San Antonio • 10mi Meet: See text below 10:00am to 3:00pm







Bring your trusty steed and enjoy early wildflowers and Bay Area views of and from this Preserve guided by equestrian docent Teri Baron, with assistance from an equestrian trail patrol volunteer. Some of the trails explored on this leisurely-paced ride include PG&E, Upper High Meadow, and High Meadow Trails. The route has significant elevation change – many ups and downs, and horses should be fit and in moderately-good shape. (Note: Directions will be sent to participants.) Reservations are required and will be accepted on or after March 28.



Windy Hill Open Space Preserve

Spineless Wonders

Friday • April 12 Windy Hill • 3mi 6:00pm to 10:15pm





Join docents Debbi Brusco, Jack Owicki, and Jan Hintermeister on a nocturnal invertebrate treasure hunt. You'll meander along the Spring Ridge and Betsy Crowder Trails with extended stops. After dinner, you'll listen for night creatures. This moderately-paced hike with 200-600 feet elevation gains is geared toward adults, though attentive children 10 years and older are welcome. Bring dinner, ground cover to sit on, and a flashlight with a red filter/cellophane covering if you have it. Reservations are required and will be accepted on or after March 29.

Wandering and Writing in Nature

Saturday • April 13 Long Ridge • 4.6mi 9:00am to 12:30pm



Writers and philosophers across the ages have found inspiration, wisdom, and peace through time spent in nature. Join their ranks on this moderate hike along Peter's Creek and Long Ridge Trails, accompanied by the words and spirits of John Muir, Alice Walker, Aristotle, and other friends and mentors, old and new. Discuss meanings and philosophies with fellow hikers and docents Anna Lee and Jayita Bhojwani, then discover your own insights through journaling or quiet contemplation during an extended break at the Wallace Stegner bench. You are invited (and encouraged!) to bring a journal, a writing implement, and/or your favorite nature quotes to kindle reflection and share discussion.

Ohlone Footsteps

Saturday • April 13 Skyline Ridge • 2mi Meet: Russian Ridge 10:00am to 1:00pm





Prior to European settlement, the Bay Area was home to a mosaic of Native American tribal communities and many frequented the Santa Cruz Mountains. Join docents Kim Borick and Sarah Schoen for a leisurely paced hike with frequent stops along the lpiwa and Sunny Jim Trails. Historical and cultural background will be provided along with examples of indigenous materials used by tribal groups and their practices in managing this landscape's natural resources. You'll discover what drew the Ohlone people time and again to these mountains. Appropriate for children aged 12 and older. Bring lunch to enjoy at Alpine Pond following the hike!

Stop In and Explore

Saturday and Sunday April 13 and 14 Daniels Nature Center 12:00pm to 5:00pm





Please see the description for March 30.

Spring at Black Mountain

Monday • April 15 Rancho San Antonio • 11mi 10:00am to 3:00pm



Wonder what spring blooms will look like this year on the way to Black Mountain? Join docents Huey-Shin Yuan and Vivian Neou to find out on this aerobic fast-paced hike, enjoying the wildflowers and spectacular views of the Bay Area along the way. You'll get a good workout with a 2,500-feet elevation gain traveling Hill, PG&E, Quarry, Black Mountain, Upper High Meadow, High Meadow and Coyote Trails. You'll enjoy your well-deserved lunch after a heart-pumping climb to the summit!

Celebrate Earth Day

Participate in docent-led activities scheduled April 14-22 or visit the **Daniels Nature Center (open Saturdays** and Sundays).

Explorer Hike: Hill and Dale

Wednesday • April 17 St. Joseph's Hill • 5mi 10:30am to 2:30pm







Enjoy a leisurely-paced hike starting on the Los Gatos Creek Trail and continuing up to the Flume and Jones Trails with docents Kate Gudmundson, Laura Levin, and Paul Billig. An approximately 800-foot elevation gain will bring you from a lower riparian habitat area up to woodland and chaparral habitats. You'll have time to observe and learn about what influences both flora and fauna as you move from one habitat to another.

Exploring and Birding

Thursday • April 18 Skyline Ridge • 2mi 9:00am to 12:00pm



Bring your binoculars and join docents Sabra Abraham and Lyle Rice to explore different habitats at this Preserve and see what birds you can discover. You'll be walking around Horseshoe Lake and observing chaparral, grassland, forest, and riparian habitats for avian inhabitants or visitors. This outing is open to anybody with an interest in birds! For beginners, you'll be guided to learn the basics of using your binoculars, observing bird behaviors, and identifying common birds. Advanced birders are also very welcome – join the group to share your enthusiasm and enrich others!

Slopes, Canyons, and Peaks

Thursday • April 18 Fremont Older • 5.5mi 10:30am to 2:30pm





This Preserve offers a variety of habitats and experiences - open slopes of grassland, forested canyons, wonderful peaks with sweeping views, remnants of early 20th century history, and weather permitting gorgeous wildflowers. Join docents Marie-Anne Neimat and Clive Merredew for a loop around the Preserve. Starting at the Cora Older Trail, you'll hike along the Seven Springs Loop, Woodhills Loop, Hayfield, Coyote, and Toyon Trails before returning via the Creekside Trail.

Health and Wellness Hike

Saturday • April 20 Monte Bello • 4mi 10:00am to 1:00pm



Join Catherine Crawford-Swent and Marie Faust Evitt on a wellness hike to explore the interconnectedness of the natural world, while investigating your individual connection with nature. Learn how spending time outdoors results in health benefits related to reduction in cortisol level and blood pressure, and provides improved immune response, memory and concentration, and creativity. You'll explore basic mindfulness practices and discuss stress release methods while enjoying the peaceful beauty along the White Oaks, Skid Road, and Canyon Trails.

Stop In and Explore

Saturday and Sunday April 20 and 21 **Daniels Nature Center** 12:00pm to 5:00pm





Please see the description for March 30.

Who Named the Flowers?

Thursday • April 25 Pulgas Ridge • 4mi 9:00am to 11:30am



Commonly known as poppies, buttercups, blue-eyed grass and fiddlenecks - these



Pulgas Ridge Open Space Preserve

wildflowers also have scientific (Latin) names with interesting origins. With docents Frances Reneau and Teri Baron you'll learn about etymology (the study of words and meanings), and the scientific system of binomial naming and classifying of organisms. You'll be hiking the Duskyfooted Woodrat, Dick Bishop, and Blue Oak Trails

through oak woodlands and chaparral while learning a few names and discussing the challenges of trying to classify living organisms.

Introduction to Geocaching

Saturday • April 27 Los Trancos • 2.5mi 10:00am to 1:00pm







Join docents Debbie Mytels and a REI Outdoor School Instructor and please see the activity description for March 23. (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 April 13.

WWW - Wildflowers, Wandering and Wine

Saturday • April 27 Picchetti Ranch • 4.5mi 10:00am to 1:30pm



Join docents Martin Manley, Linda Smith, and Naureen Moon, and please see the activity description for March 2.

Stop In and Explore

Saturday and Sunday April 27 and 28 **Daniels Nature Center** 12:00pm to 5:00pm





Please see the description for March 30.

Annual Fremont Older House and Garden Tours

Sunday • April 28 Fremont Older 9:00am to 4:00pm

Once a year tours of Fremont and Cora Older's historic home (led by District docents) are offered by advance online reservation. There are nine (9) tours scheduled throughout the day, participants meet an offsite location and are shuttled to the tour site. Please visit www.openspace.org/FOTours for complete information including registration details. Online registration will open Thursday, March 28 at 10:00am. Group size limit is four (4) people. Please do not call the "Outdoor Activity" reservation phone number for these tours.

Sunset and Reflection

Sunday • April 28 Russian Ridge • 3.7mi Meet: Mindego Gateway parking lot 5:00pm to 8:30pm



Join docents Ann Reisenauer and Susan Bernhard for a moderately-paced hike along the Mindego Hill, Charquin, and Ancient Oaks Trails. You'll enjoy the approaching dusk and twilight changes surrounding you – listening to, observing for, and reflecting on nature's rhythms. On return to your Mindego Gateway starting location, you'll walk out a short distance to a stunning vista overlook and sitting area. Bring a snack to enjoy while you relax and watch the sun set over the distant Pacific Ocean.



Russian Ridge Open Space Preserve

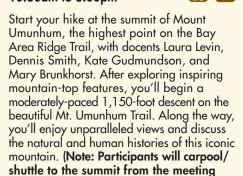
May

Explorer Hike: From the Top

Wednesday • May 1 Sierra Azul • 4mi Meet: Bald Mountain parking lot 10:30am to 3:00pm







location.) Reservations are required and

will be accepted on or after April 17.

A Most Special Place

Saturday • May 4 La Honda Creek • 3mi Meet: See text below 11:00am to 2:00pm





Join docents Chris Christensen and Joyce Tang for a moderately-paced walk through the less-visited upper portion of this Preserve. Learn the history of the Dyer Ranch that occupied these magnificent hills while enjoying the inspiring combination of open grasslands, redwood forest, and dramatic views that make this area so special. You'll explore the Coho Vista Loop Trail with a 400-foot elevation gain, traversing a ridge out to the spectacular Vista Point affording distant views of Monterey Bay and the Pacific Ocean, before continuing on a short loop along the Cielo Trail to an enormous old-growth redwood that survived the axes of loggers. (Note: Directions will be sent to participants.) Reservations are required and will be accepted on or after April 20.

Beauty Everywhere You Look

Saturday • May 4 Russian Ridge • 3.5mi 11:00am to 2:30pm







This Preserve has been described as a world class location for wildflowers - it also has some of the most spectacular views of the Bay Area. A late morning start for this hike will allow time for some of the wildflowers to wake-up and show you their beauty. Your docents Marilyn and Bill Bauriedel, and June Cancell will introduce you to the amazing grassland, oak woodland, and chaparral wildflowers found in this Preserve. This will be a leisurely walk along the Ridge, Alder Spring, and Ancient Oaks Trails allowing time to discover and explore wildflowers in detail. Capable and attentive children over the age of 8 are welcome.

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Q L N C

Stop In and Explore

Saturday and Sunday May 4 and 5 **Daniels Nature Center** 12:00pm to 5:00pm





Please see the description for March 30.

Wonders of Cherry Springs

Sunday • May 5 Sierra Azul • 3mi Meet: See text below 8:30am to 12:45pm



Join docents Greg Azevedo, Gordon Ferguson, Helena Cohen and District staff Ellen Gartside at a special access area of this Preserve that will traverse mixed evergreen forest and grassland. You'll discuss local history, and learn about the pond environment, and flora of the area while enjoying views of Santa Clara Valley and the surrounding Preserve. This moderately paced hike includes a 500-foot steep uphill segment. (Note: Directions will be sent. Participants will carpool/shuttle to the trailhead.) Reservations are required and will be accepted on or after April 21.

Hiking and Mindfulness

Sunday • May 5 Monte Bello 4.5mi 10:00am to 2:00pm



Join docents Diane Maez, Marie Faust Evitt, and Ann McCarty on a moderately-paced, invigorating, and relaxing hike on the Canyon, Skid Road, and Stevens Creek Nature Trail. You'll learn and practice mindfulness strategies by tapping into the healing and calming powers of nature.

Earthquake Hike

Sunday • May 5 Los Trancos • 2.5mi 2:00pm to 4:30pm



Join docents Strether Smith and Nina Bell, and please see the activity description for March 3.

Scenic Aerobic Hike I

Wednesday • May 8 Russian Ridge • 4-6mi 10:00am to 1:00pm



Please see the activity description for March 13.



Picchetti Ranch Open Space Preserve

Your Brain On A Hike

Thursday • May 9 Pulgas Ridge • 4mi 8:00am to 11:30am



Have you ever wondered why you suddenly feel calm, relaxed, or happy once you're on a hike? You'll explore the topics of brain chemistry, sensory input, and the neurochemicals of hiking on this leisurelypaced hike with about 500 feet of elevation gain. The morning conversation will be a casual and broad survey of this vast subject as you enjoy a relaxed nature outing along the Blue Oak, Dick Bishop, and Dusky-footed Woodrat Trails. Does this spark your curiosity? Join docents Greg Hughes, Jumana Latif, and Steve Brugler, and get ignited.

Ferns and Other **Ancient Plants**

Saturday • May 11 Monte Bello • 3.5mi 10:00am to 1:30pm





On this walk down into Stevens Creek Canyon, docents Debbie Mytels and Ping Li will help you identify various ferns and other plants that evolved before flowers graced the Earth – you'll see a lot of wildflowers too! Along the way you'll stop to look for newts after crossing over Stevens Creek, and you may see deer and soap root "whiskers" along the White Oak Trail on the return hike. Bring a snack for a short rest stop.

Stop In and Explore

Saturday and Sunday May 11 and 12 **Daniels Nature Center** 12:00pm to 5:00pm





Please see the description for March 30.

Butterflies of Picchetti Ranch

Sunday • May 12 Picchetti Ranch • 2.5mi 10:00am to 1:00pm





Join docents Jan Hintermeister and Karen DeMello to explore the wonderful and strange world of insects that taste with their feet and smell with their antennae. Learn to identify common butterfly species in their natural environment and understand why humans from the Stone Age to the Space Age have been fascinated with these delicate winged

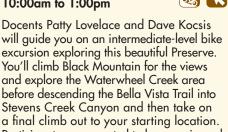
creatures. Many facts and flutters await you on this leisurely walk along the Zinfandel and Orchard Loop Trails. Bring binoculars if you have them. Attentive children with an interest in nature are welcome. Reservations are required and will be accepted on or after April 28.

Climb Black Mountain Ride

Sunday • May 12 Monte Bello • 10mi 10:00am to 1:00pm







excursion exploring this beautiful Preserve. You'll climb Black Mountain for the views and explore the Waterwheel Creek area before descending the Bella Vista Trail into Stevens Creek Canyon and then take on a final climb out to your starting location. Participants are expected to be experienced and able to ride on fairly steep, narrow dirt trails, and ready to climb more than 1,000 feet. Experienced youth cyclists are welcome. Reservations are required and will be accepted on or after April 28.

Turtle Rock Out 'n Back

Monday • May 13 Long Ridge • 5.6mi 10:00am to 2:30pm





Explore the beauty of this area with an out-and-back hike along the eastern side of the Preserve. With docents Marie-Anne Neimat and Judy Sencenbaugh, you will follow lush Peter's Creek Trail in the shade of Douglas-firs until you reach a peaceful pond. You'll then hike along Hickory Oaks Trail through grasslands studded with wildflowers until you reach Turtle Rock where you'll stop for lunch, experience the awe of open vistas, and hear the tale of Turtle Rock's significance in local lore.

Explorer Hike: Flower Foray

Wednesday • May 15 Sierra Azul • 5-6mi

Meet: Jacques Ridge parking lot 10:30am to 2:30pm





At a leisurely pace on this hike, past the headwaters of Guadalupe Creek, you'll help find and identify spring wildflowers, and learn about flower form and function, in the mixed habitats along the Woods Trail with docents Laura Levin, Kate Gudmundson, Mary Brunkhorst, and Dennis Smith. As you walk along, you'll enjoy views of Mount Umunhum above and the Santa

Among the Trees, Bushes, and Flowers

Thursday • May 16 Thornewood • 4mi 9:00am to 12:00pm

Clara Valley below.



Join docents Liz Foreman and Nina Bell, and please see the activity description for April 8.

Aerobics For Your Horse

Thursday • May 16 Sierra Azul • 16mi Meet: See text below 9:30am to 4:30pm



So you want a challenging ride? This is for you! Join equestrian docent Teri Baron, assisted by an equestrian trail patrol volunteer, and ride up Mount Umunhum to just below the summit – a hitching rack and water trough are located there to greet you and your horse. You can rest your mount, enjoy lunch, and walk up to the summit (docents will attend to horses at hitching rack) to see the wonderful interpretive displays and views. The ride route is up and back on Woods Trail to Barlow Road Trail to Mt. Umunhum Trail. This will be a moderatelypaced ride with portions of trotting, and a 1,500 foot elevation gain. Horses should



Sierra Azul Open Space Preserve

be fit and in good shape – remember its all downhill on the way back! (Note: Directions will be sent to participants.) Reservations are required and will be accepted on or after May 2.

Ohlone Master Gardeners

Saturday • May 18 Skyline Ridge • 1.2mi 1:00pm to 3:30pm





Explore how native people who lived in this area for thousands of years took care of the land before the arrival of Europeans. Join docents Marie Faust Evitt, Sarah Schoen, and Sabra Abraham for a leisurely-paced hike and fun activities along the Horseshoe Lake Trail to discover some surprising "gardening" strategies. Engaged children who can comfortably hike more than 1.0 mile are welcome. Bring a snack to enjoy lakeside.

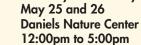
Stop In and Explore

Saturday and Sunday May 18 and 19 **Daniels Nature Center** 12:00pm to 5:00pm















Please see the description for March 30.

Listening to Nature

Wednesday • May 22 Skyline Ridge • 4mi 10:00am to 2:00pm



Open your ears and embark on an auditory journey through this beautiful preserve. From birdsong to windsong, biophony to geophony, the hills are alive with the sound of nature. Learn how species compete for their niche in the sonic landscape and how they are constantly challenged to adapt to the modern, ever-changing world of sound. Join docents Chris Christensen and Marie Faust Evitt and explore the wonderful world of sound around Horseshoe Lake, then climb the Sunny Jim and Ipiwa Trails to bask in the ambience of the distant hills.

Who Stole the Meadow?

Saturday • May 25 Windy Hill • 6.5mi 9:00am to 1:00pm



It's nearly summertime and the livin' is easy. Grass is growing and the hills are all green for now ... at least that's how it works in California. Nearly all the grasses you'll see and learn to identify on this hike, or any other hike you take on District lands, are annuals that are native to Europe. What happened to all of California's native perennial grasses and the meadows of wildflowers they supported? Which, if any, of these non-native invasive grasses are being managed or controlled and why? Bring your curiosity and join docents Frances Reneau, Lyle Rice, and Marie Faust Evitt along the Betsy Crowder and Spring Ridge Trails to discover the mystery of the meadow.

Dinner on the Deck

Please see the description for March 30.

Stop In and Explore

Saturday and Sunday

Sunday • May 26 Russian Ridge • 5 mi 6:00pm to 10:30pm





Enjoy a moderately-paced evening hike with docents Paul Billig, Ophir Maor, and Huey-Shin Yuan. Enjoy views along the Ridge Trail and at Borel Hill, and dine on a

redwood deck. After the sun sets you'll do a return hike through ancient oak trees. Be prepared for fog with layered clothing for warmth. Bring water, dinner, and a flashlight with a red filter or cellophane covering if possible. Reservations are required and will be accepted on or after May 12.

33rd Annual Hike the Open Spaces

Monday • May 27 Monte Bello • 3 mi Meet: Picchetti Ranch 8:15am to 12:30pm







Join docents Greg Azevedo and Bob Segalla for a leisurely-paced walk through a less traveled section of this Preserve on the Waterwheel Creek Trail. If the weather is clear, expect to see some spectacular views of the Santa Clara Valley and portions of the Santa Cruz Mountains. This walk with occasional stops will include the history of the Preserve and the District, and you'll learn about the plants, animals, and geology of the area. A short snack break is planned midway. This minimal elevation gain hike is well suited for children and those needing a less physically challenging outing. (Note: Participants will carpool/shuttle to the trailhead.) Reservations are required and will be accepted on or after May 13.

Outdoor Activities Spring 2019



Fremont Older House Tours Sunday, April 28, 2019 Fremont Older Preserve

 ach spring, Woodhills, the historic home of Fremont and Cora Older, is opened for public tours, providing local history enthusiasts an opportunity to learn more about the legacy of Fremont Older and tour the house and gardens. Tours require advance reservations. See page 10 for more information.







