

MT. TAMALPAIS STATE PARK HIKE SCHEDULE-4th Quarter 2010
Sponsored by the MT. TAMALPAIS INTERPRETIVE ASSOCIATION (MTIA)
(Hike routes are over uneven terrain and are NOT accessible for everyone.)

SATURDAY HIKES are moderately paced, about 5 to 7 miles, may have up to 1500' elevation gain. Bring water, a large hat and a light lunch.

Hikes start 9:30 AM sharp, from the following trailhead locations. (Usually returning between 1:15 PM to 2:30 PM that day.)

(If you haven't been hiking lately, we recommend starting with an Easy Sunday hike.)

Oct-02 Rock Spring	Edna Trimm	US Navy Presence	Nov-20 Rock Spring	Madelyn Misite	Mountain Views
Oct-09 Pantoll	Marguerite Murphy	Ocean Views	Nov-27 Bootjack	Jordan Herrmann	Farallones Marine Sa.
Oct-16 Rock Spring	Tom Dewey	Coast & Bay Views	Dec-04 Rock Spring	Edna Trimm	Chief Marin
Oct-23 Bootjack	Rani Devadasan	Meditative Meandering	Dec-11 Pantoll	Rani Devadasan	Meditations
Oct-30 Bootjack*	Jordan Herrmann	Halloween Costume Hike&Potluck	Dec-18 Muir Woods	Celeste Burrows	Historic Tam Lodges
Nov-06 Pantoll	Jacqueline Craig	Fall Migrations	Dec-25	Merry Christmas	
Nov-13 Mtn.Home Inn	Rani Devadasan	Mountain Reflections	Jan-01 Rock Spring*	All	New Years Day Hike

***SPECIAL HIKES**

Oct-30 Bootjack*, Jordan Herrmann, Halloween Costume Hike&Potluck. Bring a Hearty Lunch Dish to Share and Wear your Woodsy Costume

Nov-07 Mtn.Home Inn+ Bill Katz will lead an Aerobic, Workout Hike today. Bill & Jordan utilize a Garmin Foretrex 401 to gauge their Hikes.

(For info and examples of what the Garmin-Foretrex 401, does for Hike data and tracking, go to) <http://connect.garmin.com/activity/43752787>

Nov-14 Rock Spring*, Marguerite Murphy, Mushroom Hike, We may see a huge variety of colorful ones, bring your camera.*An Easy/Mod.Hk.

Jan-01 *Annual New Year's Day Hike from Rock Spring to East Peak, Souvenir Pin & Refreshments when you reach the Top. (Many Groups to choose from, so you can select the pace you prefer. **Look for the Signs** for the **Easiest**, **Moderate** and the **Harder** hike at Rock Spring. **If the New Year's Day Hike is Cancelled due to a Storm the rain date will be Sunday, January 2nd.**

SUNDAY HIKES start 9:30 AM sharp, from the following trailhead locations. Bring plenty of water, wear a full coverage hat and bring a light lunch. (MTIA recommends starting out with an Easy hike or a Saturday Hike, before going on a Moderate Sunday Hike.)

E	Oct-03 Pantoll	Dori Organ	Fall Fantasies	E	Nov-21 East Peak	Dori Organ	Stunning Scenery
	Oct-10 ?Check mttam.net or 415-258-2410 for a last minute fill-in?			E	Nov-28 Pantoll	Bill Stevens	Tam Trivia
E	Oct-17 Bootjack	Sue Nelson	Bootjack Campground	M	Dec-05 Rock Spring	Robert Freinkel	Mistletoe
M	Oct-24 Rock Spring	Robert Fiest	Mt.Tam History	E	Dec-12 Muir Woods	Dori Organ	Look for the Salmon
E	Oct-31 Rock Spring	Rena Ivy	Mill Valley-Mtn.History	E	Dec-19 Bootjack	Jordan Herrmann	Winter Comes@Tam
+	Nov-07 Mtn.Home Inn+	Bill Katz, Strenuous The	Old Mtn. Home Inr	M	Dec-26 Rock Spring	Jordan Herrmann	Gluwinetime&Using a
*	Nov-14 Rock Spring*	Marguerite Murphy	Wild Mushroom Hike			Garmin Foretrex 401,	you got for Xmas.

E Easy Sunday Hikes-Slower paced hike 2 to 5 miles with under a 1000'elevation gain. For beginning hikers, senior hikers and in-betweeners.

M Moderate Sunday Hikes- 7 to 9-1/2 miles, over hilly, rocky terrain, up to a 2,200' elevation gain and are quicker paced.

SATURDAY MOONLIGHT HIKES-Explore the wonder and beauty of Mt.Tamalpais at night under a full moon.Dress in layers,wear sturdy shoes and bring a small flashlight&water.All hikes leave from Pantoll,about 15 min.after sunset,are about 2 miles long,last about 2 hrs.and are led by Rob Ross@415-716-8397.Time listed is **approx.hike departure time**.Attendance on these hikes is limited and is on a first come,first served basis
"I here is an energy up there that's palpable and it's really beautiful. Very cool. Come see for yourself". Rob Ross

Pantoll, Rob Ross / October 23, 6:30 pm: Hunter's Moon, Ripe Corn Moon, Big Wind Moon



If the Upper Mountain is Closed Due to Fire Danger.

Hikes from Bootjack, Laurel Dell, Rock Spring, Trojan Point and East Peak will start from Pantoll and will stay below Panoramic Highway.

Footwear

Sneakers, Tennis Shoes, Sandals and Running Shoes are definitely not recommended for Mt.Tam hiking, due to the steep, extremely rocky and root covered trails. Sturdy, hard soled, mid to high cut **Hiking Boots** are needed.

Hike Info Phone, or if the Hike Leader is Sick.

Call **(415) 258-2410** to hear our taped message about upcoming hikes. **Due** to a last minute illness of a Hike Leader, or due to unpredictable road or traffic conditions, or not being able to find a replacement Leader, a Hike Leader, may not be able to make it to the hike. In that case, hikers are advised to seek information at Pantoll Kiosk.

MTIA Web Site (mttam.net)

Be sure to go to **mttam.net** for the latest Hiking Schedule changes and more detailed info about MTIA: the Hiking Programs & Mt Tamalpais State Park, including free maps and nature brochures, provided by MTIA. The following **Wildflower Brochures** are available on the **mttam.net** web site under *Mt. Tam*, drop down, *Visitor Center* and go to the bottom for the .pdf links. Brochures available are "Some Fav.Mt.Tam Wildflowers, "Chaparral Plants of Mt.Tam" and "Rare & Endangered Plants of Mt.Tam", all by Marguerite Murphy. (Look for the MTIA Pocket Guide to the Mushrooms and also the Oaks of Mt. Tam next.)

A big **THANK YOU** to the MTIA Hike Leaders listed for signing up to lead 27 hikes this Quarter.

The MTIA Quarterly Hike Schedule is Proofread by Bill Stevens, Back Page & Distribution by Pat Ernsberger, Prepared by Jordan Herrmann.