

**MT. TAMALPAIS STATE PARK HIKE SCHEDULE-3rd 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.)*

Jul-03 *Diaz Ridge	Jordan Herrmann	Hike New Diaz Ridge Tr.	Aug-21 Pantoll	Marquerite Murphy	Oaks & Acorns
Jul-10 Rock Spring	Celeste Burrows	Historic Northside Camps	Aug-28 Rock Spring	Jacqueline Craig	Mountain Mysteries
Jul-17 Bootjack	Marquerite Murphy	Plant Comm.-Chaparral	Sep-04 Pantoll	Madelyn Misite	Trail History
Jul-24 Mtn.Home Inn	Celeste Burrows	Tam RR History	Sep-11 Bootjack	Tom Dewey	Mt.Tam History
Jul-31 Rock Spring	Dottie Ioakimedes	Music on the Mountain	Sep-18 Pantoll	Marquerite Murphy	Plant Comm.-Forests
Aug-07 Pantoll	Rani Devadasan	Walking Meditation	Sep-25 *Muir Beach	Jordan Herrmann	Green Gulch Farm
Aug-14 *Rock Spring	Jordan Herrmann	Basic GPS (learn bread crumbing)			

**\*SPECIAL HIKES**

\*Sat.Jul.3, We hike down the **new Diaz Ridge Tr.** & return by way of the **Redwood Cr.&Miwok Trs.** (Look for the **Yellow VW Camper@Trailhead.**)

\*Sun, July 11, **Bootjack, Gourmet Hike, Bring a favorite gourmet dish to share.** Hikes will end a little earlier for the gourmet buffet.

\*Sat., Aug. 14, **Annual MTIA Members' only, Potluck Picnic, at Madrone Grove, work up an appetite on the hike. Help out, call 454-7348.**

\*Wed., Aug. 25, **Annual Wed., evening Moonrise Potluck Hike. Bring a hearty dish to share and watch sunset and the 8:03 PM, full moonrise.**

\*Sat., September 25, **Test proposed new trailhead, Muir Beach Parking Lot. Meet at restroom corner.**

**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.)*

	Jul-04 - No Hike Today-	Enjoy the 4th, Happy Independence Day	<b>M</b>	Aug-22 Pantoll	Celeste Burrows	West & North Sides	
<b>M</b>	Jul-11 *Bootjack	Linda/Robert	Gourmet Hike	<b>E</b>	Aug-29 Rock Spring	Dori Organ	Tam Tales!
<b>E</b>	Jul-18 East Peak	Dori Organ	Awesome Views Of?	<b>M</b>	Sep-05 Laurel Dell	Jordan Herrmann	down McKennan Tr.
<b>M</b>	Jul-25 Mtn.Home Inn	Bill Katz	Summer Flowers	<b>M</b>	Sep-12 Rock Spring	Celeste Burrows	North Side Riparian
<b>M</b>	Aug-01 Mtn.Home Inn	Bill Katz	Muir Woods History	<b>E</b>	Sep-19 Bootjack	Rena Ivy	Autumnal Equinox
<b>M</b>	Aug-08 Rock Spring	Robert Freinkel	Local Native Americans	<b>M</b>	Sep-19 Rock Spring	Robert Freinkel	Tarweed
<b>E</b>	Aug-15 Pantoll	Nancy Skinner	WPA-CCCs here in 30s	<b>E</b>	Sep-26 Bootjack	Dori Organ	The Footsteps of Fall

**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.

**WEDNESDAY EVENING HIKES, start @ 5:30 PM, in April, May, August & September and @ 6:00 PM in June & July.**

The hikes last 2 to 3 hours with a 15 minute break. Bring water & snack.

*Note hike start times, above.*

Jul-07 Rock Spring	Karen Sapper	Summer Plants	Aug-18 Pantoll	Sue Karp	Pantoll Trivia
Jul-14 Pantoll	Sue Karp	Mt.Tam History	Aug-25 *Trojan Pt.	Jordan-	Annual Potluck,Sunset/Moonrise
Jul-21 Mtn.Home Inn	Anna Jane Reid	RR Spur to Muir Woods	Sep-01 No Hike Scheduled this Evening, but check mttam.net.		
Jul-28 No Hike Scheduled this Evening, check mttam.net for late fill-in.			Sep-08 Mtn.Home Inn	Karen Sapper	The Fern Creek
Aug-04 Pantoll	Karen Sapper	Weather Patterns	Sep-15 Mtn.Home Inn	Sue Karp	CB Follett Poem
Aug-11 Bootjack	Karen Sapper	Huckleberries	Sep-22 Pantoll -Karen-	Autumn Equinox-Season Ending Finale!	

*Note hike start times, above.*

**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 hours 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.

*"There is an energy up there that's palpable and it's really beautiful. Very cool. Come see for yourself". Rob Ross*

**Rob Ross / 8:00 PM, Pantoll, Thunder Moon, Jul-24: Ripe Corn Moon, Aug-21: Moon Where the Cherries Turn Black, Sep-18**

<b>If the Upper Mountain is Closed Due to Fire Danger.</b>	Hikes from Bootjack, Laurel Dell, Rock Spring, Trojan Point and East Peak will start from Pantoll and will stay below Panoramic Highway.
<b>Prepare for Summer Heat</b>	It gets very hot out there in July & August. If you are on medication it can intensify the heat's effects. Always wear a full coverage hat. Do not drink coffee that morning. Stay very relaxed, look for shade and take it easy!
<b>Footwear</b>	<b>Sneakers</b> , 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 <b>Hiking Boots</b> are needed.
<b>Hike Info Phone, or if the Hike Leader is Sick.</b>	Call <b>(415) 258-2410</b> to hear our taped message about upcoming hikes. <b>Due</b> 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.
<b>MTIA Web Site (mttam.net)</b>	Be sure to go to <b>mttam.net</b> 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 <b>Wildflower Brochures</b> are available on the <b>mttam.net</b> web site under <i>Mt. Tam</i> , drop down, <i>Visitor Center</i> 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. Ask your Hike Leader for a free, "Wildflower Pocket Guide", containing the three brochures.

A big **THANK YOU** to all the terrific MTIA Hike Leaders for signing up to lead 39 hikes this Quarter.

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