

Mt.Tamalpais State Park - Hike Schedule

1st Quarter 2017

Sponsored by Friends of Mt.Tam

(friendsofmonttam.org)

(Hike routes are over uneven terrain and may not be accessible for everyone.)

SATURDAY HIKES are moderately paced, about 5 to 7 miles, may have up to 1500' elevation gain. Bring hiking boots, water 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 or walking much lately, we recommend starting with an Easy Sunday hike.)

Date	Trailhead	Hike Leader	Theme	Date	Trailhead	Hike Leader	Theme
Jan-1	***Rock Spring	FMT Hike Leaders	New Years Day Hike	Feb-18	Laurel Dell	Franklin Young	Conservation of Parks
Jan-7	Bootjack	Rani Devadasan	Woodland Meditation	Feb-25	Rock Spring	Jacqueline Craig	Nature Studies
Jan-14	Rock Spring	Alana Koch	Park Conservation	Mar-4	White Gate Ranch	Jordan Herrmann	*Dorothea Lange Hike
Jan-21	Quarry Parking Lot	Glenn Carter	7 Mt.Tam' Wild Habitats	Mar-11	**Mtn.Home Inn-->	Hike Today@12:30	**FMT Annual Meeting
Jan-28	Pantoll	Rani Devadasan	Park Conservation Project	Mar-18	Ridgecrest&Up.Miller	#19 Glenn Carter	Exa.Park Preservation
Feb-4	Mt Home	Karen Ulring	Mt Tam Area History	Mar-25	Dias Ridge	Pat Ernsberger	Portuguese Farming
Feb-11	#19 E.Ridge/Miller	Brendan Hickey	History of Calif.State Parks				

* On the annual Dorothea Lange hike we'll visit Steep Ravine Cabins where the renown 20th century photo-journalist spent summers with her family.*

****FMT Annual Meeting, at 730 Panoramic Hwy.(Calif.Alpine Club Lodge).After the meeting there will be a hike.****

Marie Melka will lead the hike. Hike start time 12:30pm,Mtn.Home Inn Lot.

SUNDAY HIKES start 9:30 AM sharp, from the following trailhead locations. Bring hiking boots, plenty of water and a light lunch.

We recommend starting out with an Easy hike, or a Saturday Hike, before going on a Moderate Sunday Hike. (See E,M column)

E/M	Date	Trailhead	Hike Leader	Theme	E/M	Date	Trailhead	Hike Leader	Theme
E/M	Jan-1	***Rock Spring	FMT Hike Leaders	New Years Day Hike	M+	Feb-19	Rock Spring	Ernie Castiaux	Preserving Park Land
M	Jan-8	Rock Spring	Jordan Herrmann	Preserving Madrones	E	Feb-26	Rock Spring	Pat Ernsberger	West Peak History
M	Jan-15	Laurel Dell	Mara Vivat	Mt.Tam Photography	M	Mar-5	Bootjack	Robert Feist	Mt.Tam's Ecology
E	Jan-22	Rock Spring	Pat Ernsberger	Mushrooms	M	Mar-12	Hwy#1/MuirWdsRd.	Karen Ulring	Mt Tam History
M	Jan-29	Rock Spring	Robert Freinkel	Mt.Tam Ecology	M	Mar-19	Stinson Beach	Brendan Hickey	A Conservation Project
M	Feb-5	Rock Spring	Ernie Castiaux	A Conservation Proj.	M	Mar-26	Rock Spring	Robert Freinkel	Mt.Tam Rare Wildflowers
M	Feb-12	Dias Rdge	Franklin Young	Dairy Farming in Marin					

E Easy Sunday Hikes - 3.5 to 5 miles, slower paced hike. With less than a 1000' elevation gain. For those who want a more casual hike.

M Moderate Sunday Hikes - 7 to 9-1/2 mile, quicker paced hike. Over hilly, rocky terrain. With up to a 2,200' elevation gain.

*****FMT Annual New Years Day Hike;Pick an Easy or Moderate hike to East Peak Celebrate w/ beverages, a souvenir pin&desert.*****

NEW TRAILHEADS

#1. Intersection of W.Ridgecrest Blvd.& Bolinas Fairfax Rd. #6. Quarry Parking Lot - just East of & behind Mtn.Theater along E.Ridgecrest Blvd.

#19.E.Ridgecrest Blvd.&Upper Miller Tr. #4.Slide Ranch,Intersection of Highway 1 & Coast View Trail.

#5.Along E.Ridgecrest Blvd. Park near the Entrance to West Peak Air-Base. About 2.5 miles east of Mtn.Theater.

For a map of all FMT Trailheads, go to, friendsofmonttam.org, click, Hiking section tab. click-"Google Map of Trailheads", link, on right, mid-page.

ADVISORIES

If the Hike Leader is Sick (Plan B)	Due to illness of a Hike Leader, unpredictable weather, traffic conditions or not being able to find a replacement.- A Hike Leader may not be available. (But very rarely does this happen.). Just in case,hikers are advised to have a Plan B.
Hiking Footwear	Sneakers, Tennis Shoes, Sandals, Clogs and Running Shoes are definitely not recommended for Mt.Tam hiking.
Hiking Poles	Rubber Hiking Pole Tip Protectors(see REI)are highly recommended,due to a recent serious injury,caused by the carbide tip.
Map to Trailheads	Detailed Maps & Dirs. are listed in the Hiking section of, friendsofmonttam.org , under Hiking. click, "Google Map of Trailheads".
Detailed Hike Schedule Info-	There can be a last minute change to the schedule. (If the date is open a hike may be added.). Always check. Always check the FMT web site; friendsofmonttam.org . It is a very good idea to check the web site before the hike.
Hike Cancelled On a Rainy Day?	It is left to each hiker's preferences to hike in the rain. Driving to the Trailhead is hazardous in a winter storm. Many of the Hike Leaders have a long drive to Mt.Tam. Weather conditions can change at the last minute and vary from one part of the Bay Area to another. Some hike leaders and some hikers don't mind rainy conditions. It is left to individual preferences of each Hike Leader and each hiker to hike in the rain.



**FRIENDS OF
MT TAM**

We're a volunteer organization whose purpose is to help you explore and enjoy Mt. Tamalpais State Park by:

- Organizing hikes
- Sponsoring astronomy programs
- Staffing our Visitor Center
- Telling the story of the historic railroad at the Gravity Car Barn

Join Friends of Mt Tam today!

Sign up and pay at friendsofmonttam.org or mail this form with your check to:

**Friends of Mt Tam
PO Box 7064
Corte Madera CA 94976**

Membership questions:
friendsofmonttam.org

Membership application

- Benefits**
- 20% off our merchandise
 - Holiday party, picnic, annual meeting
 - *The Mountain Log* quarterly newsletter
 - Free Mt Tam parking when you volunteer 40+ hours in a year

- \$25 **Bootjack Buddy**
- \$50 **Pantoll Pal**
- \$100 **Dipsea Dude or Diva**
- \$500 **Steep Ravine Soul Mate**
- \$1,000 **Peak Patron**

Name _____

Address _____

City/zip _____

Day phone _____

Eve. phone _____

Email _____

Yes, please send my newsletter by email

I'd like to volunteer for:

- | | |
|---|---|
| <input type="checkbox"/> Visitor Center | <input type="checkbox"/> Board of directors |
| <input type="checkbox"/> Gravity Car Barn | <input type="checkbox"/> Special events |
| <input type="checkbox"/> Hike leader | <input type="checkbox"/> Trail maintenance |
| <input type="checkbox"/> Astronomy programs | <input type="checkbox"/> Publicity |

MTSP/FMT Hiking Program Trailheads

