



SAN DIEGO PEAKS CLUB

The Club for Adventure Hiking

Issue Number 20

July-August 1994

4th Year

Another newsletter so soon? Well, summer's here and, with people hot to trot, the upcoming agenda can provide some choice ideas for an outdoor vacation. In particular, look for the trip to Escalante Canyon (Utah) as well as Carl Johnson's itinerary.

We've gained more members. Welcome to David Black, husband of Laurie Jenkins; Witold Martynowicz, friend of Rheta Schoeneman; Paul Cohen, an anesthesiologist and saxophone player in the reggae band "The Shepherds"; Peter Ostapenko and Sarah Ball, both seasoned hikers.

HIKER OF THE MONTH

The HOTM award for August actually goes to two hikers, namely Edwin and Donna Gookin. Champions of the orienteering game, each has won individual national championships in their age groups. Currently Edwin is rated "gold", and Donna "silver" in national competitions. During July they will compete in several national meets in the Midwest. Recently as a team, Donna and Edwin took 3rd place in a twelve-hour orienteer (i.e., a ROGaine--not the hair product, although it was pretty hairy in itself). They scrambled throughout the Lagunas, despite the fact that Edwin had a partially torn Achilles tendon and was under orders not to run.

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TRAIL TREATS

- Δ **ANOTHER OOPS...** I forgot to give credit to my 10-yr. old step-daughter **Allegra Simmons** for the cover art on the last issue and this one. The picture is a copy of some needlepoint picture she did for me last Christmas.
- Δ Last issue I mentioned **Ol' Creosote** (aka **D.W. Tomer**) of the Desert Trails Association. Creosote, age 80, spends summers in Eureka. He plans to finish a series of guide books--he's completed three--for hiking the desert from Mexico to Canada. In the meantime, he'll mark the route on my topos. Paul Lipsohn, a hiker from LA who has walked the route, will serve as a guide for SDPCers. We'll start the path in the fall. (Where are we going to find all the time that is needed? So little time, so many hikes!) For those who are interested: D.W. Tomer, P.O. 5093, Eureka, CA 95502, (707) 444-9380.
- Δ **Richard Carey** presented an excellent slide show on Aconcagua, June 9, as announced in the last newsletter. He covered all facets of the climb. Thanks, Richard.
- Δ Shortly after starting the rigors of McKinley, **Cindy Outlaw** got homesick for her 2-year old daughter and decided to forgo the dangers of Denali.
- Δ **SDPC** is still off-line. We're having trouble with the software.
- Δ You think it's easy to lead new hikes? **Al Holden** made a checkout of the hike he led June 25 and discovered it was longer than he thought. After returning to the cars at 9:30 PM he realized the guidebooks had not included the mileage to and from the PCT. Instead of being 13 miles, the hike was 22 miles.
- Δ Speaking of **Al's** June 25th South Ridge trail hike, I found it one the better hikes I've done. We had 13 hikers (10 of them SDPC members) who maintained a steady pace from 9:30 AM to 6:00 PM on a red-hot day .
- Δ **Al** and **Ma Nature** have a thing going. On the days he leads, the weather is usually smog-free! No kidding. I grew up in LA and can say unequivocally that most of the perfect, smog-free days I've seen in 35 years underneath LA skies occurred when hiking with **Al Holden** (I only need two hands to count them.). No one brought a camera on the South Ridge hike figuring conditions would be too hazy. Instead we could see all the way to Catalina.
- Δ The **FRY / KOEGEL** trail, the Woodson trail that member **Mike Fry** has been working on for three years and 300 hours was dedicated by the Poway mayor on June 4. Norm Koegel started the trail six months before Mike started helping. The Koegel team soon tired of the efforts, but Mike stayed with it 'til the end. Mike still has some work to do on the trail as he swings around to the south side to complete the trail loop. If you are interested in helping, please call Mike at 566-3851.
- Δ A funny thing happened in the mails... Three people have reported "inserts" in their newsletters. My mother in Redding, CA , found a "traffic ticket payment" inserted into hers. Chris Landa and Terri Astle's also intercepted a couple of bill payments.

WEEKEND OUTINGS CALENDAR

These hikes are all moderate to strenuous. I have attempted to credit the organization responsible whether it be a SDPC, Sierra Club (SC), Walkabout, San Diego Orienteering (SDO), Coachella Valley Hiking Club (CVHC), San Diego Hiking Club (SDHC) or private activity.

- JULY 8-12** **MISION SAN PEDRO MARTIR**, Friday-Tuesday with Carl Johnson 448-8542. "A five-day backpack covering 10-15 miles daily on the plateau of Baja's Sierra San Pedro Martir to some of the prettiest, pine surrounded meadows you will ever see in these mountains. We will visit the isolated ruins of the Mission. Not too hot at 5000'. Need to be in excellent hiking condition."
- JULY 16** **PCT, IDYLLWILD**. Saturday. Chris Landa (274-5154). Chris will walk from Black Mtn to Humber Park, about 14.5 miles. It's Chris' favorite section of PCT. SC
- JULY 17** **ORIENTEER, Big Laguna**. S-1 and Noble Canyon trailhead. Sunday. Bill Gookin (578-9456). SDO
- JULY 22-24** **GRAYBACK BACKPACK**. Dennis Richards (462-3643). Hike into High Creek camp using the moonlight on Friday. On Saturday bag Old Grayback (aka San Gorgonio Mtn), Jepson, and Dobbs, returning cross-country to camp. Kick back the rest of the day because you don't have to leave until Sunday! SC
- JULY 26-29** **GRAYBACK BACKPACK**. Tuesday-Friday. Al Holden (273-2494). Four days and three nights. Hike in from Poopout Hill to High Meadow Springs to set up base camp, then bag the peaks on the following days. Private trip open to SDPC members.
- AUG 5-13** **HIGH SIERRA PEAKBAG EXPLORATORY**. Dennis Richards (462-3643) Rob Langsdorf. Join them for nine days as they venture deep inside Sequoia to visit the spectacularly scenic high country surrounding Nine Lake and Kaweah Basins. They will climb Mts. Kaweah, Triple Divide, and five others. Much of the route is over steep cross-country terrain with backpacks. Some Class 3 climbing possible. Call Dennis between 7-9 PM before July 8 for info. He has room for one more. SC
- AUG 11-21** **FLORENCE LAKE TO IONIAN BASIN** with Carol Murdock 463-1279. Ferry ride (\$10) across the lake and 3 days of cross country with a climb of Mt Goddard. This was to be a \$400 National SC trip, but has been changed to an "own expenses" chapter outing.
- AUG 13-20** **COPPER CANYON**. Carl Johnson (448-8542). "We will fly from Tijuana to Los Mochis and take the train into the mountains. Normally it is green, not too hot (5000' elevation), with lots of water and afternoon thunderstorms. 9 days, 8 nights, stops and side trips to rivers, waterfalls, pine forests, jungle, Tarahumara Indian caves and paintings, historical villages, missions, some hiking, and more. Hotels are all very good, with the hotel at Cerocahui charming and rustic and the Posada Barrancas Miradora, downright breathtaking. Cost: \$860 for almost everything. This is not a commercial tour but a small intimate adventure." SC.

WEEKEND OUTINGS CALENDAR continued

- AUG 20-28** **EVOLUTION BASIN PEAKBAG ODYSSEY.** Terry Flood (729-8221 evenings). "This will be a loop trip over 40 miles on our six moving days. The longest day will be eight miles, and there will be significant elevation gains and losses in this kind of terrain." Fee: \$405. SC National Outing
- AUG 27** **COWLES MTN,** North side loop. Saturday. Carl 448-8542. Plenty of boulder hopping and brush dodging. Starts 7:30 AM SC
- AUG 27-SEPT 4** **Week in Sierras with SD Hiking Club.** North Lake and South Lake. Enjoy seven days in the eastern Sierras along Bishop Creek with the new and improved SDHC. Tony Devine leads. Call Guy Harris for info 271-5089.
- SEPT 17-18** **7TH ANNUAL BORREGO SPRINGS MOONLIGHT MADNESS BICYCLE TOUR, FESTIVAL OF LIGHTS, and WATER BOTTLE FIGHT.** Terry Flood (729-8221). The title explains this cult trip.
- SEPT 17-18** **ORIENTEER, Palomar Mountain two-day.** Bill Gookin (578-9456) One of the best meets of the year. All levels, beginners through advanced can come. Starts 10 AM. SDO
- SEPT 24** **PALOMAR MTN, PAUMA CREEK,** Saturday. Carl 448-8542. Here's a chance to hike 5 miles of Pauma Creek's wild upper section on the southwestern slope of Palomar Mtn. Very strenuous hike in a steep canyon.
- SEPT 24- OCT 2** **ESCALANTE CANYON** with Carol Murdock 463-1279. Calf Creek to Harris Wash. Leisurely drive to Utah followed by 4 days of backpacking through history. Fall colors. SC
- OCT 8-10** **GRAND CANYON NORTH TO SOUTH RIM RUN** (or fast walk) Carl Johnson (448-8542). Fly to/from Las Vegas, drive to/from the Canyon, stay in motels. Cost: about \$150-200. Private

PARK LIZARDS 'COOL HEELS'

Anza-Borrego Desert State Park found relatively few takers yesterday, with many campers reluctant to brave the 100-plus heat.

"When lizards take refuge under a rock and roll over on their backs to cool the soles of their feet, it is getting warm," a park spokesman said. "But it's not hot until they blow on their feet.

"And the lizards are beginning to blow on their feet now," he said.

J.C. By Johnny Hart





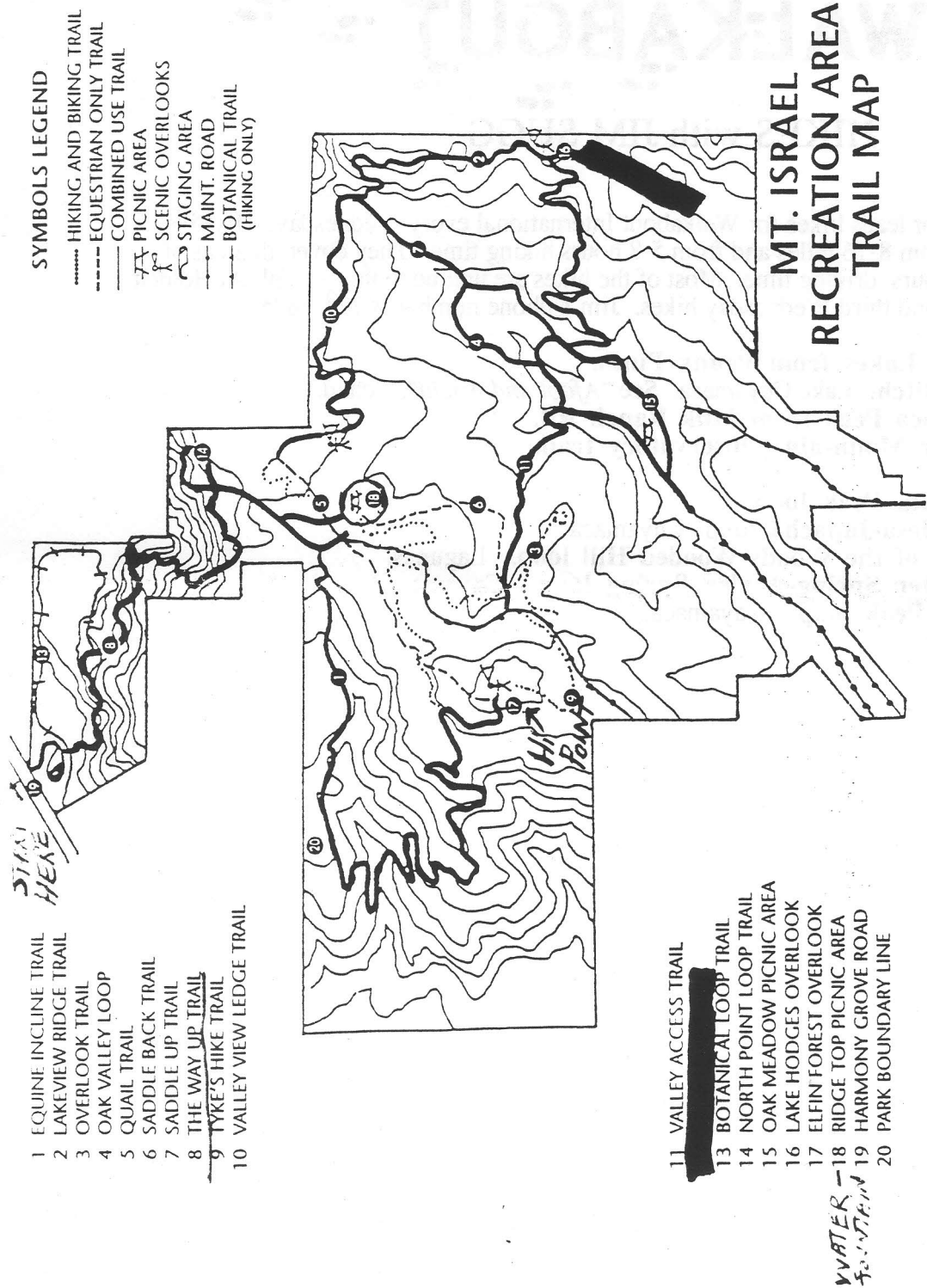
WEDNESDAY

WALKABOUT

HIKES with JIM SUGG

Jim arranges and/or leads hikes for Walkabout International every Wednesday. His hikes vary in length and time from 8-16 miles and from 5-8 hours hiking time. They cover all areas of the county within 1 1/2 hours driving time. Most of the hikes are unique to this group! Al Holden frequently leads the first and third Wednesday hikes. Jim's phone number is 224-7895.

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| JULY | 6 | Laguna Lakes from Penny Pines. |
| | 13 | Kelly Ditch. Lake Cuyamaca. See "<i>Afoot and Afield</i>", Schad. |
| | 20 | Cuyamaca Peak from Milk Ranch Rd. |
| | 27 | Palomar Mountain, Observatory trail. |
| AUG | 3 | Oakzanita Peak loop. |
| | 10 | West Mesa-Japacha loop. Cuyamaca. |
| | 17 | Water of the Woods-Wooded Hill loop. Lagunas. |
| | 24 | Coldwater Spring-Azalea Spring loop. Cuyamaca. |
| | 31 | Middle Peak loop. Cuyamaca. |



Mt Israel elevation 1346 feet

An enjoyable hike can be found on the outskirts of Escondido in an area known as Harmony Grove / Efrin Forest. The Mt Israel Recreation Area has been built by the Olivehain Municipal Water District to include water fountains at the picnic areas. Some of the rules and regulations are: (1) Park hours are from 8 AM to sunset. (2) Equestrian, hiking and bicycle use is limited to existing trails. (3) A free permit is required for a group of 8 or more hikers. (4) Dogs are permitted. The phone number for permits and further information is 753-6466, extension 146.

John Strauch, Sunny the dog, and I had a pleasant 4 hour hike as we enjoyed all three viewing areas set up by the Water District.

How to get there...

The Thomas Bros map location (1994 edition) is p. 1149, grid A&B 1. The easiest route description I can give is to take I-15 to 78. Go east on 78 to the first exit, Nordahl Rd. Turn left (south) on Nordahl Rd and stay on it as it becomes Citracado Pkwy, then Country Club Drive. Make a right at Harmony Grove Rd and continue to Mt Israel Rec Area, which will be on the left.

Gary Suttle's "California County Summits" is in the stores now and SDPC is listed. Last week I received a request from LA for the peaks list, so people are buying his book. If anyone is interested I have the Arizona Highpoints list. (I talked to mountain pioneer Barbara Lilley recently and she says that she and Gordon MacLeod are bagging the high point of all the mountain ranges in Nevada now that they're done with Arizona.)

Appendix 7. Lists of Peaks and Highpoints

The enjoyment of mountains often dovetails with the human love to collect things. Individuals and groups compile lists of peaks; these peaks beckon hikers to highpoints. The Sierra Club and other sponsors offer patches, pins, and emblems to those who reach specified peaks and/or complete a list.

- *Hundred Peaks Section (HPS)*, 272 peaks above 5000' in Southern California. Sierra Club, Angeles Chapter, c/o Bob Thompson, HPS Peak Guide Mailer, P.O. Box 633, Montrose, CA 91121.
- *Sierra Peaks Section (SPS)*, 247 peaks in the Sierra Nevada and 1 in Nevada. Sierra Club, Angeles Chapter, c/o Ron Jones, 119 N. Helen Drive, Fullerton CA 92635, (714) 773-5570.
- *Desert Peaks Section Peaks List (DPS)*, 97 peaks in the western states and in Mexico. Sierra Club, Angeles Chapter, c/o Ron Jones, 119 N. Helen Drive, Fullerton, CA 92635, (714) 773-5570.
- *Lower Peaks Committee List (LPC)*, 49 peaks below 5000' in Southern California. Sierra Club, Angeles Chapter, c/o Bob Wheatley, 1409 Skyline Drive, Fullerton, CA 92631, (714) 526-5997.
- *San Diego Peaks List*, 107 peaks within a few hours drive of San Diego. c/o Paul Freiman, 4868 Austin Drive, San Diego, CA 92115, (619) 583-0266.
- *Coastal Peaks List*, 296 peaks between California's Central Valley and the Pacific Ocean. Send SASE to Bill Hauser, 148 Westridge Drive, San Jose, CA 95117.
- *Peak and Gorge Qualifying List*, 238 peaks and 58 gorges within a day's drive of Sacramento. Sierra Club, Mother Lode Chapter, P.O. Box 1335, Sacramento, CA 95812.
- *Tahoe OGUL Qualifying Information*, 63 peaks in the Lake Tahoe area. Sierra Club, Mother Lode Chapter, P.O. Box 1335, Sacramento, CA 95812.
- *The Mazamas Peak List*, 16 major peaks in the Cascade Range. 919 N.W. 19th Street, Portland, OR 97209, (503) 227-2345.
- *Cascade Peaks*, 6 major peaks in Washington, 20 volcanic and 18 nonvolcanic peaks. The Mountaineers, 300 Third Ave. W., Seattle, WA 98119.
- *Colorado Rocky Mountains*, 53 peaks over 14,000'. The Colorado Mountain Club, 2530 W. Alameda Ave., Denver, CO 80219.
- *National Forest Highpoints*, 155 national-forest highpoints. Send \$1 for list to Roy Schweiker, 12 Chapel St., Concord, NH 03301.
- *The 50 State Highpoints*, Highpointers Club c/o Jack Longacre, P.O. Box 327, Mountain Home, AR 72653. Send \$5 for membership and a year's subscription to *Apex to Zenith*, a lively, information-packed quarterly newsletter.
- *State 2nd Highest Points*, send SASE to David W. Olson, 5967 S. Gallup #307, Littleton, CO 80120.

