

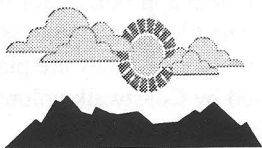
Hiking Horizons

"Taking you to new heights"

A Publication For Adventure Hikers of the San Diego Peaks Club

Vol 5, No 4 (Issue 28)

February-March 1996



Views from the Top

What a week for adventure hiking! Preceding Al's Monday hike to Blue Springs on the north side of Pinyon Mountain, Guy Harris camped in the area in time for a snowy white Christmas, and was forced to wait for Santa. John Strauch and Christina Wire, a few hundred feet away a couple days earlier, found the remains of a mountain lion. John pointed out its location on the map to Al and Al's group found it. Along with the perfect hike described in the headline article, I had an incredible adventure hiking week.

Al sez the tougher he makes the hikes the more people want to go with him. I thought Al led a harder hike than I usually do. Anyone who has gone on a Holden hike this year should be able to go one of my hikes. He has a terrific group.

Five peaks, Pyles Peak, Kwaay Paay, Perpendicular Bluff, Palm Mesa, and The Sirens have been added to the peaks list for a total of 117 peaks and benchmarks. **PYLES PEAK** is on the shoulder of Cowles Mountain, just above Golfcrest Dr and Mission Gorge Road.

Jerry Schad described **KWAAY PAAY** in his Roam-O-Rama Reader column, Dec. 21, 1995, p.73, and in his 2nd edition of Afoot and Afield. This 1194-foot peak is listed on the Mission Trails Regional Park maps and has one trailhead opposite the Old Mission Dam and another at the intersection of Bushy Hill Drive and Father Junipero Serra Trail. Elevation gain is 900 feet. I find hiking Kwaay Paay in virtual solitude favorable to hiking the Cowles Mountain freeway.

PERPENDICULAR BLUFF (elevation 1741 feet) is the majestic name of a benchmark on Yaqui Ridge, East of Yaqui Pass. One trailhead is at Yaqui Pass. Vicki and I hiked it December 26 and found the cholla very stimulating. Head off at a compass

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THE PERFECT HIKE

I'm in heaven. I have participated in the perfect hike. Let me tell you what we saw: dozens of morteros, dozens of shard pieces, three deer, cactus wren nests, petroglyphs, a fifty-foot waterfall, beautiful vistas, an oasis, and the perfect campsite!

Just 45 minutes into the walk we saw our first mortero. At two hours we were looking at the Recluse Springs ruins of Frank Nichols. Frank spent summers out here in the 1960's and 70's. His cement cabin was the victim of Hurricane Kathleen. Because of too much sand in the cement mixture, the shack melted in the heavy rainfall. Guy Harris, who leads for the San Diego Hiking Club, showed us a secret cave which had three sleeping bags, a sleeping pad, heavy rope, pots and pans, tennis shoes (size ten), coffee filters, batteries, matches, earplugs, a vest, playing cards, a CB radio, a shovel, soap, stove, coffee creamer, "Wet Ones", a bottle of 1989 Pepsi (yes, I can tell the vintage) and a 1989 dime.

There are springs along the route, so everyone hiked with a light pack. After lunch we found another heavily sharded area at the head of Pinto Canyon. Inching around a fifty-foot waterfall we entered Pinto Canyon. Seven lazy hours after we had started we fell upon that perfect campsite. Yes, the perfect campsite. It was nestled between an oasis, whose trickling water lulled us to sleep, and ancient petroglyphs, on perfectly flat soft, fluffy, sifted sand where you

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HIKER OF THE MONTH

Hiker of the Month for February is, humbly, **PAUL FREIMAN** for accepting the Presidency of the 200 member San Diego Orienteering Club. I would like to see more SDPC members get involved with orienteering. There is no better way to learn map reading skills.

The HOTM for March is **CAROL SNYDER** for finishing the Desert Peak Section list. This is a list of 97 high points in Mexico, California, Nevada, Arizona, and Utah.



TRAIL TALK

The San Diego Peaks Club is on the **INTERNET!** Check sites: http://io.datasys.swri.edu/PATC/email_tc.html or <http://io.datasys.swri.edu/Hclubs.html>

PAUL is writing a book on San Diego hiking! Suggestions welcome.

My email address is pfreiman@ucsd.edu

CAROL SNYDER had an amusing quotation on her list finish invitation, "Why do people climb mountains? The simplist, if not an evasive, answer is that most people don't." (Adapted from James Ramsey Ullman).

TERRI ASTLE, TERRI SUTOR AND CHRIS LANDA are adding on the mileage as they hike the Pacific Crest Trail. The two Terries have 1000 of the 2600 mile Mexico to Canada trek completed, and Chris is close behind with 737 miles. Chris has also been editing corrections in the route for Wilderness Press.

The **BBB+ (BITCHIN' BROAD BRIGADE)** has been formed by pioneering

members Terri Astle, Terri Sutor, Carol Murdock and Barbara Raab. To qualify you must be age 55+ and proud of it! Members must wear BBB+ T-shirts. (The "+" is for Chris Landa, who obviously doesn't fit the criteria, but was voted in as the token male so they could apply for federal funding). Applications for membership are being accepted by Odella at 571-0471.

COYOTE CANYON has been closed to cars, not hikers, from Middle Willows to Upper Willows, 3.1 miles. I understand mountain bikes will be allowed through, but not as an organized event (i.e., no more Klunker Klassic with 400 cyclists thundering down the tracks).

For those looking for the adventure of a lifetime, Coastwalk announces an unprecedented, **OREGON TO MEXICO, 1100 MILE LONG, 100 DAY, CALIFORNIA COASTAL TRAIL HIKE -1996**. This one time event will start on National Trails Day, June 1st, and will spotlight the Coastwalk dream of a completed California Coastal Trail. Coastwalk will be the first organized group ever to walk the entire length of the coastline. The 13 hikers will walk 10 to 15 miles a day, their gear hauled, camping arranged, and meals provided. There is limited space available

with priority given to those wishing to walk the entire distance. The cost per hiker will be \$3000 or \$30 a day.

In addition, Coastwalk will host it's 14th annual series of shorter coastal hiking and camping trips in the summer of 1996 featuring 4 to 6 day walks through California's most beautiful coastal sights and interesting seaside towns. Hikers will discover secrets that can be found only by walking in any of California's 15 unique coastal counties. These easy to moderate hikes are both appropriate for people new to hiking and long enough to satisfy the experienced hiker. They are planned and conducted by Coastwalk volunteers familiar with the local area.

Walkers will explore salt marshes, redwood forests, secluded beaches, coves, towns and villages, historic buildings, harbors, marine labs and more.

Coastwalkers will stay in such places as a Russian fort, a State or National Park, an aquarium, a nature preserve or a youth hostel. Experts on natural and human history will join the group to enrich the walks. The evening campfire will provide time for relaxation, informal talks, and entertainment. Camping gear is always shuttled from campsite to campsite and hearty dinners are provided by Coastwalk volunteer cooks.

Those wanting a more challenging trip can sign up for the eight day backpack trip that will explore the only extensive roadless coastal area in California, the legendary and rugged Lost Coast of Humboldt and Mendocino.

The basic cost for the Coastwalks and the Backpack is \$30.00 per day for adults, \$15.00 for students and \$12.00 for children 12 and under. Some counties have additional surcharges.

For a descriptive Brochure and registration form send a postcard or call: Coastwalk, 1389 Cooper Rd, Sebastopol, CA 95472

Phone or fax: 707-829-6689.
email: coastwalk@sonic.net, Coastwalk
web page: <http://coastwalk.org/>
~coastwalk
(Taken off the internet—PF)

Mark Adrian writes, "In the latest edition of Rock and Ice (Feb. 1996) I was intrigued by an interview with climbers Erhard Loretan (third climber in the world

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TRAIL TALK

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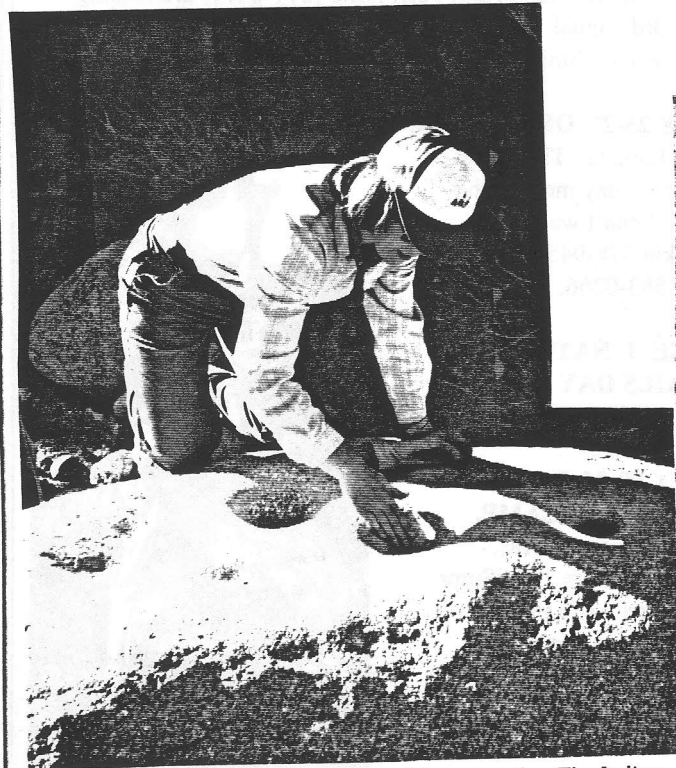
to reach the World's 14 8,000-meter peaks) and his frequent partner Jean Troillet. Beyond their astonishing climbing accomplishments, I was emotionally gratified to read their responses to the question :

'What makes you angry?

JT: The most horrible is what we do to the children of the world. Even here, we ask a lot of them. To be at the head of the class...sure it's important, but these kids don't let loose very much. Children are more and more caught up in the system, and they lack light. Money should only be something you earn to have a good time. That's why I only work as a guide when I feel like it. And I have the life that pleases me.

EL: You open the paper, you turn on the television, and there's plenty to get you mad. I wonder where we are headed. In the mountains, one can forget, one feels apart from the world. Perhaps it's self-centered, but if people were a bit more self-centered, maybe we would live a lot better. It's important to feel good about yourself in order to feel good about others. The mountains give me that equilibrium, and if I had to live my life over again, I would do exactly the same things.' "

Thanks to Chris Landa for the photo of Carol Murdock's hand, and to Christina Wire for the mountain lion skeleton photo. Many thanks to John Strauch, whose photos I frequently use, but forget to credit him.



Morteros and "core" rocks. The Indians would chip a piece off the core rock to make arrowheads.

VIEW continued from page 1

heading of 50°, climbing the 500 foot mountain in front of you and walk the ridge two miles to the benchmark. Estimated RT time is 3 hours. The other trailhead is 600 feet of gain and one mile to the peak. This starts on Highway 78 by Round Granite Hill, near the turnoff to Sunset Mountain. Park at Call Box 78-800. Estimated time is 1.5 hours. The cholla shouldn't cause any problems this way.

PALM MESA was written up in issue 16 (Jan-Feb '94) and issue 18 (Apr-May '94). It is located on the ridge line south of Indianhead.

THE SIRENS, elevation 4401, is at the edge of Hellhole Flat, south of benchmark Tuck.

Welcome new member Richard Whitcomb, who is working on the HPS list, and Paul Richter, who hikes with Al Holden's group.

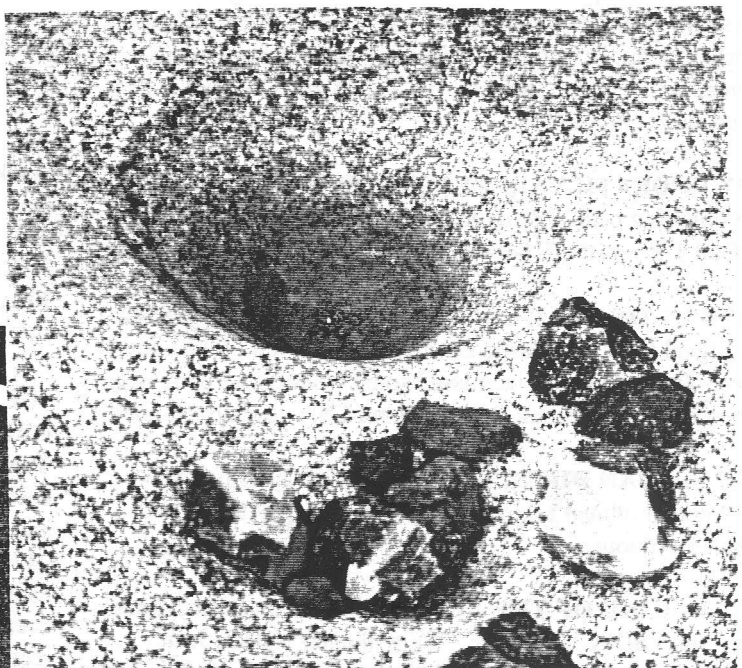
PERFECT HIKE continued from page 1

didn't need to worry about stickers grabbing naked toes. No bugs either.

The last activity for the day, finding benchmark "Jack", rewarded us with a lovely southeast view-Davies Valley to Laguna Salada to Mexico's La Rumerosa-and a northern view of the Salton Sea.

Sunday we headed up a ridge into another canyon for the return trip. This took us into Myer Valley, past cactus wren nests, a sighting of three deer, more morteros and the heaviest shard area I've ever seen. In total, a transcendent trip...

My thanks to SDPC stalwarts John Strauch, Beth Davis, Mary McLain, and Ranchita Ted.





WEEKEND OUTINGS



JAN 27-28 RETURN TO RED TOP AND SAWTOOTH MOUNTAINS. SDPC EXCLUSIVE. This is going to be a great trip and not too hard. Start at McCain Valley and descend the Pepperwood Trail (see Schad, p. 275) to Canebrake Wash. Walk across the wash and climb the saddle betwixt Red Top and Sawtooth. Set up camp. Bag Red Top and Sawtooth peaks if you wish. Sunday's hike journeys along the creek to Inner Pasture, then over to Moonlight Wash, and finally out to Agua Caliente Hot Springs where we can soak our cares away.... Paul 583-0266.

FEB 3 Sat. EL CAJON MOUNTAIN. Carl Johnson's annual pilgrimage 448-8542. SC.

FEB 10 Sat. ORIENTEERING. Mission Trails Park. Course Setters workshop. Bill Gookin 578-9456.

FEB 11 Sun. ORIENTEERING. Mission Trails Park. Variety-O. Call Paul 583-0266.

FEB 17 Sat. SUNSET CLIFFS SEA WALK. SDPC EXCLUSIVE! Experience a part of the San Diego coast that few have seen up close. Along the way we'll see tidepools, sea caves, arches, wildlife, and secluded beaches. The walk starts at the tidepool area below Cabrillo National Monument and ends at Ladera St., approximately 3.5 miles to the north. Possible only on very low tides (neap tides), the walk involves wading in shallow water (some swimming is often necessary) and walking/climbing on slippery rocks. Start time is 1 pm and takes about 3 hours. Swimmers only. Large surf cancels. Call Keith Conover at 274-5178 for more information.

FEB 17-19 DEATH VALLEY EXPLORATORY. The BBBs will be climbing peaks, going to the theater and having a good time. Call Terri Astle 571-0471.

FEB 17-19 KOFA CAR CAMP with Carl Johnson 448-8542. Climb Signal Peak and Castle Dome. If you haven't hiked in this area near Yuma then you've missed some wonderful hiking only three hours drive from San Diego. Sierra Club. Sign up quickly!

MAR 2 Sat. SAN DIEGO RIVER with Carl Johnson 448-8542. Another annual pilgrimage. See Schad, p.119. 11 hour dayhike. Strenuous.

MAR 2-3 HIKE OF THE YEAR. Valerie Jean to Rockhouse Canyon. Joint SDPC-DPS hike. We will enter Valerie Jean (Indio), walk Martinez Canyon, climb the Santa Rosa Ridge, and exit at Rockhouse Canyon following a 1904 map of Indian trails.

Strenuous. Paul 583-0266, 4,200 feet gain with packs, 21 miles.

MAR 9 Sat. CAROL SNYDER'S DPS LIST FINISH PARTY! Sombrero Peak in Anza-Borrego. Join the corks-a-poppin', champagne-a-flowin' celebration. Call Carol at 434-5715.

MAR 17 Sun. ORIENTEERING. Point Loma Training Event. Ruth Simons. Call Paul 583-0266.

MAR 30 Sat. COYOTE CANYON AREA. Tule Canyon-Nance Canyon-PCT loop. Paul 583-0266.

MAR 30-APR 6 COPPER CANYON with Carl and Nancy Johnson 448-8542. Join them as they visit the Tarahumaras in Mexico.

APR 20 Sat. ORIENTEERING. West Mesa of Cuyamaca. Call Jim Lingar 437-0329 or Paul 583-0266.

APR 20-21 JOHN MUIR CELEBRATION AND SOMBRERO PEAK CLIMB. Carol Murdock's annual event honoring the founder of the Sierra Club. McCain Valley. Last year it was snowed out! Call 463-1279. SC

APR 24-29 PCT, JAWBONE CANYON SOUTH TO TEHACHAPI. The BBBs are at it again. Odella 571-0471.

MAY 1 HAPPY 3RD ANNIVERSARY, MY LOVELY EDITOR! —PF

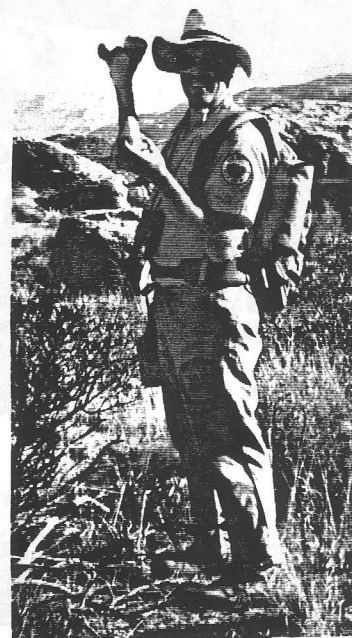
MAY 11-19 ESCALANTE CANYON. BBB members Carol Murdock (463-1279) and Terri Astle (571-0471) are leading their 3rd annual Utah adventure. This is an SC event so numbers are limited.

MAY 25-27 ORIENTEER. Pacific Crest O-Fest. Wooded Hill, Laguna. This is the big three day meet of the year. I can't wait! Bill Gookin 578-9456 or Paul 583-0266.

JUNE 1 NATIONAL TRAILS DAY AND MY 44TH BIRTHDAY!

JULY 20-25 ROCK CREEK CARCAMP.

Tom's Place, Sierras. BBB members Terri Sutor and Terri Astle (571-0471) are leading five days of dayhikes. This event was very well received last year.



"Dinosaur" bone found in Hellhole Flat

Al's Monday Madness

Al Holden has restarted his Monday hikes for the San Diego Sierra Club and has terrific hikes planned. In fact, I plan to take a few Mondays off work. Al's phone: 273-2494.

JAN 22 PYRAMID. See Schad, p. 224. This is an offshoot of Jerry's book hike. I estimate 8 hours RT, 2500-ft. gain/loss, 12 miles depending on the route Al takes. It takes about 2.5 hours to drive to the trailhead. Use the Thimble trailhead, described on page 214 of Afoot and Afield, not Verde Wash.

29 SAN YSIDRO PEAK AND HELLHOLE FLAT BENCHMARKS. Ranchita.

FEB 5 SUNSET MOUNTAIN

12 WHALE PEAK

19 no hike

26 MILE HIGH AND ROSA. Use the same trailhead as Pyramid (see above). About 11 hours.

MAR 4 COYOTE MOUNTAIN TRAVERSE. Hike the length of the mountain as you start from Alcoholic Pass and run the ridge to Pegleg Monument. (*Please note change in schedule.* Granite Mtn is now rescheduled for Apr 1.)

11 MYER CREEK TO PINTO CANYON. Al will hike half the trip I mentioned on the front page.

18 FLAT CAT CANYON TO THE SIRENS. Borrego Visitor Center area. Up 3600 feet to elevation 4401. See Schad, p. 198.

25 TULE MOUNTAIN AND GROAN. I was going to lead this overview of the Goat Canyon trestle but, as Al beat me to it, I'll go as a happy participant instead.

APR 1 GRANITE MOUNTAIN.

8 INDIAN CREEK CASCADES from Pine Valley. You won't find this written anywhere; it's a "Holden original."

15 STONEWALL-CUYAMACA PEAK-MIDDLE PEAK.

22 INDIAN HILL PETROGLYPHS WITH MOAN AND WINDY. Dos Cabezas.

29 LAGUNA TO CUYAMACA. Follow the Indian Creek trail. Side trips to Pine Mountain and Oakzanita Peak possible.

LETTERS TO PAUL

I have a comment on the "new peak a week" list that's prevailing. Since the SDPC list is "your" list, you have ultimate and complete control on what is added and/or subtracted — this is an objective statement. Not that this is a good or a bad policy, but it is surely not democratic like the Club's DPS section. So, when a new peak is added to the list, it might be prudent as a courtesy to SDPC members to have the "proposed" addition led as an exploratory hike to at least evaluate the peak's worthiness prior to its addition. I cite Pyles Peak and Kwaay Paay as two recent examples. It would be discouraging to see the SDPC list take on the same "flavor" as the Club's HPS list, with excessive "bumps" finding their way onto "your" list.

P.S. Does Hiking Horizons have a Letters to the Editor column? If not, maybe this post could be the first?—Mark Adrian

WEDNESDAY

WALKABOUT

HIKES with JIM SUGG

Jim leads hikes for Walkabout every Wednesday. His hikes vary in length from 10-14 miles and from 5-7 hours hiking time. They cover all areas of the county within 1 1/2 hours driving time. Many of the hikes are unique to this group! Al Holden frequently leads the first and third Wednesdays. Call 224-7895. Currently, every hike divides into an average and faster pace.

JAN 24 LONG VALLEY PEAK. Pine Valley.

31 MONUMENT PEAK LOOP. Lagunas.

FEB 7 SOMBRERO PEAK. McCain Valley, Cottonwood Campground. Al leads.

14 KITCHEN CREEK AND FALLS

21 MIDDLE PEAK AND SILL HILL. Cuyamaca. Al leads.

28 COOKIE CRUMB AND PINE RIDGE TRAILS. Cuyamaca.

MAR 6 PINE MOUNTAIN-Indian Creek Falls. New discovery. Al.

13 LOWER NOBLE CANYON LOOP

20 UPPER NOBLE CANYON LOOP with Sunset trail. Al.

27 NEW!! MINERS ROAD/PINE VALLEY CREEK LOOP.

Reply— Since the list was designed by Hannah North and Russ Weber in 1987 there have been six revisions: 3-91, 3-92, 8-93, 12-93, 4-94 and now 1-96. Interestingly, it was your suggestions of Kwaay paay and Perpendicular Bluff that inspired me to this current revision. While urban climbs are not as tough as desert hikes, it is important to have a balanced list. My resistance at adding the strenuous "Palm Mesa" until it was balanced out by a couple of easier peaks reflects this view. One of my goals is to enable a person to reach 100 peaks by not doing the hardest 17 on the list.

Kwaay paay was your suggestion, and now you bash it. It's a very nice peak that is becoming a favorite of mine. I have had very positive responses to Kwaay paay from other list finishers. Pyles Peak was suggested two years ago by Carol Murdock and others and turns a tiresome Cowles Mountain climb into an adventure. Perpendicular Bluff was suggested by you and is a hike I have wanted to pursue for years. We now have six people who have done "PB" and they all like it. Palm Mesa has been lead twice by the club; and, lastly, The Sirens has had very high praise from everyone who has been to it (Including you, Ranchita Ted, Mary McLain, Jerry Higgins and Lorin Mitts). Ted suggested it in the past and Jerry recently asked that it be considered.

Thanks for the email, Mark, and don't be shy about sending more letters.

SATURDAY WALKABOUT



HIKES with Wanda, Bill and Mac

Wanda Zack and Bill Babcock lead Saturday hikes for Walkabout. These have the same 0745 start time, from the same place, but are slightly shorter than the Wednesday hikes. Wanda's number is 292-9136. Bill's is 495-9141. Mac Downing is 276-8532.

- JAN 20 EL CAPITAN** with Bill Babcock. 9 miles.
27 MISSION TRAILS TO PADRE DAM. Tierrasanta. Mac Downing.
- FEB 3 MOUNT ISRAEL.** Efrin Forest. Bill Babcock.
10 NORTH SHORE LAKE HODGES. Wanda. 9.5 miles.
17 RAMONA LAKES. Mac Downing.
24 BELL BLUFF. Alpine. Bill. 9 miles.
- MAR 2 PINE RIDGE TRAIL.** Cuyamaca. Wanda.
9 HARPER CREEK. Cuyamaca. Wanda.
16 no hike
23 SANTA ROSA PLATEAU. Temecula. Wanda.
30 TORREY PINES BEACH WALK TO DEL MAR. Mac Downing.

The Happy Wanderers

Run or Speedwalk

Call for info-- Donna and Edwin Gookin 286-7958
 Gail and John Hanna 272-5141
 The *Happy Wanderers* run and speedwalk each **Tuesday or Wednesday** from 6-7 pm. Meet at 5:45.

Tues. **JAN 23** Tierrasanta by Evening. Tierrasanta Park and Rec Center, 11220 Clairemont Mesa Blvd., first parking lot.

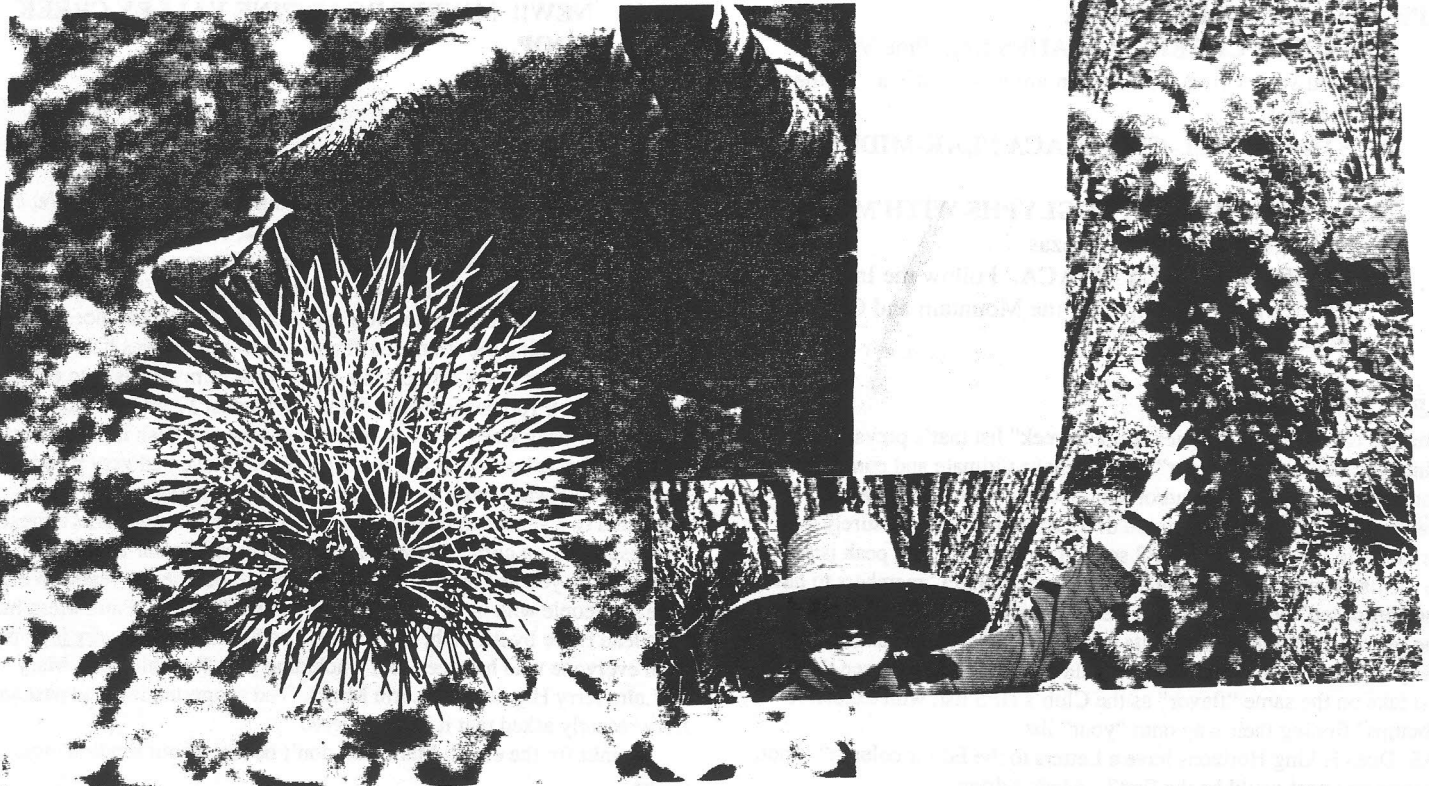
Wed. **JAN 31** Bay Park Run-around. Tecolote Rec. Center (go east from Morena on Tecolote).

Tues. **FEB 6** Loma Portal Exploration. Dusty Rhodes Park parking area, located on Nimitz between Sunset Cliffs Blvd. and W Pt. Loma. Blvd.

Wed **FEB 14** Valentine's Heartbeat Run. Eucalyptus County Park on Bancroft Dr. at Edgewood for a Mt. Helix tour.

Tues. **FEB 20** Crown Point Run-around. Fanuel St., Bayside Park. Located in PB, south off Grand St.

Wed **FEB 28** Balboa Park Bridges. Federal Bldg. on Presidents Way.



As Beth points out, Cactus Wren can live inside the thorny plant, but Carol Murdock doesn't have the same ability. (KIDS, Don't try this at home).

SAN DIEGUITO RIVER PARK SATURDAY HIKES

All hikes require a reservation. Call 235-5440 x5. Reservations should be made within 48 hours of activity. This is a partial list of events, edited for the Peaks Club.

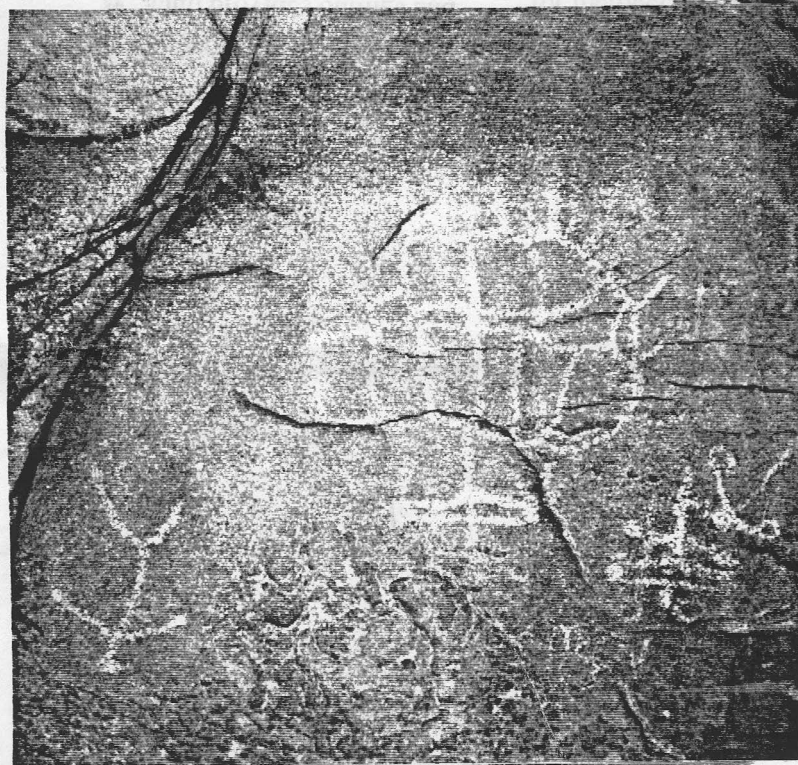
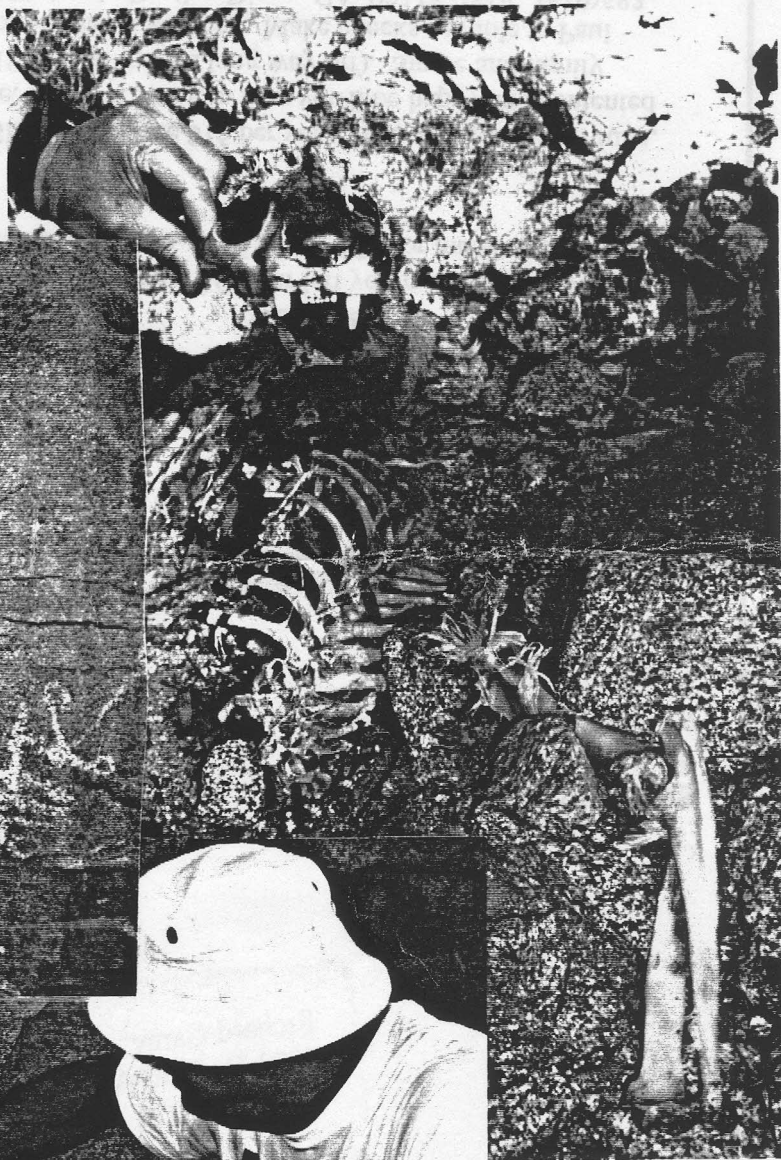
FEB 3 LAKE HODGES DAM. 8-11 am. Chris Khoury will lead you to the spectacular dam built in 1914. Learn about native plants and wildlife in the area. Meet at Del Dios Community Park, near the general store.

24 VOLCAN MOUNTAIN. 10 am-2 pm. Ina Kacani will lead. Space limited. 5 miles RT.

MAR 9 SAN PASQUAL SOUTH 1600' PEAK. 9 am-3 pm. 8 miles. Join Linda Shipman to learn about the area's Native Americans and their typical use of plants while enjoying the beautiful views of Black Mountain and Boden Canyon. Meet 5.3 miles east of the Wild Animal Park on the south side of the road.

16 VOLCAN MOUNTAIN. 10 am-2 pm. Mike Thacker will focus on the plant communities on this 5 mile RT hike to the peak. Call early, space limited.

Mountain Lion found by John Strauch and Christina Wire near Blue Spring, Pinyon Mountain around Christmas time. Petroglyphs found in Pinto Canyon.



JOHN FINDS THE SECRET CAVE AND ITS TREASURES.