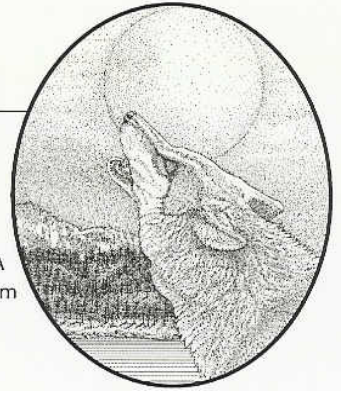


Call of the Wild

Adventure Travel for Women since 1978

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Big Sur Backpacking: Hot Springs in the Redwoods October 5-7, 2007

Rating: Moderate

Group Size Limit: 13

Cost: \$425/\$150 Deposit. Balance due 3 months before start date of trip.

Please note: Price subject to change until your deposit is received.

We'll camp in a redwood grove by the Big Sur River and then hike into Sykes camp for a luxurious soak in the hot springs. Beginners in good shape are welcome on this trip, but should be aware that the first two miles are steep.

We'll wrap up the weekend with lunch at Nepenthe, a restaurant with a colorful clientele and sweeping views of the Pacific Ocean. Before leaving for home you may want to stop at The Phoenix, a shop downstairs from Nepenthe with fine goods ranging from books to unusual and beautiful textiles, rugs, pottery, and jewelry, many crafted by local artisans.

Day 1, Friday ~ Arrival at Trailhead and 8 mile hike with backpacks

Please arrive at the trailhead no later than 9:30 AM. It's about a 3 hour drive from the Bay Area and could be longer if you're caught in traffic. If you wish to spend Thursday night in the Big Sur area, please see Accommodations section below.

At the trailhead, we'll organize packs and divide food and gear. Leave plenty of room in your packs for about 8-10 pounds of group equipment.

The 8-mile hike into Barlow flat will take about 4-5 hours. The first two miles of the trail are steep, but we'll take frequent rest stops and have lunch along the trail. When we arrive at our campsite we'll set up our camp, rest, watch the river...then have a delicious meal—you'll be ready for it! (*Dinner*)

Day 2, Saturday ~ Day hike to Sykes Hot Springs, 8 miles round trip

Wake up to a sumptuous breakfast and at a civilized hour. Who says you have to get up at the crack of dawn when you're camping? After breakfast we'll hike the 4 miles into Sykes Hot Springs (with daypacks only) and spend the afternoon soaking in the hot springs, swimming in the Big Sur River, and sunning on the rocks. We'll head back to camp in the afternoon and for those that are interested, walk upriver to a secluded gorge with a lovely swimming hole. Tonight, enjoy fine food and an evening around the campfire. (*Breakfast, Dinner*)

Day 3, Sunday ~ Hike out with backpacks, 8 miles; Lunch at Nepenthe

After an early breakfast, we break camp and walk back to the trailhead. The hike back will take much less time than coming in because it's downhill and we'll have lighter packs. When we arrive at the cars, we can clean up, change clothes and drive the 2 miles to Nepenthe for lunch before heading home. We should be back in the Bay Area about 7 or 8 PM. (*Breakfast*)

Mileage: 16 miles with backpacks, 8 mile day hike

Elevation Changes: 400'-1600'-400'

Topographical Maps: Big Sur, Ventana Cone 8 miles roundtrip hike Pfeiffer Point, Partington Ridge to hot springs (7 1/2 minute series)

Note: Itinerary subject to change at leader's discretion due to weather and other contingencies.

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food (provided meals are noted on itinerary)
- Tents and community camping equipment
- Camping fees and permits
- Go-Light backpacking and wilderness trip class

NOT INCLUDED:

- Transportation (some participants may be interested in carpooling--call us)
- Lunches and trail snacks
- Personal gear (see equipment list mailed in your registration packet)
- Optional tips for your guides

About tipping: People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$5-\$10 per day for each guide depending on the level of service and the number of guides assigned to the trip (people do not usually tip any guide interns.) If Carole Latimer is leading your trip she, as the owner of the business, does not accept tips, but our other guides do. They cook and serve your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you.

HOW TO REGISTER

First, call (510-849-9292) or fill out our quick reservation form on our website

<http://www.callwild.com/quickreserv.htm> We will hold your space for 7 days while you are completing the application process, making travel arrangements, and mailing your deposit check. Call us directly to use your MasterCard or Visa credit card.

Next, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at www.callwild.com/trip_application.htm After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

TRIP CANCELLATION INSURANCE

We strongly suggest that you take out trip cancellation insurance. Call of the Wild does not issue cash refunds, whatever circumstances may cause a cancellation. Depending on the time of your

cancellation, you may or may not be eligible for a credit for another trip; please read our refund and cancellation policy at www.callwild.com/jointrip.htm We also include a copy in our trip packets; or you may phone our office. You may be committed to going on your trip, but people have been forced to cancel due to circumstances beyond their control or because of a completely unexpected misfortune. To sign up for Travel Guard insurance call us for a brochure or visit www.callwild.com/travelguard.htm. For certain coverage, you must purchase insurance within 14 days of making your initial deposit with Call of the Wild.

Please Note: Call of the Wild provides Travel Guard insurance brochures and a link to their website for your convenience, but there are many other travel insurance companies. It is your responsibility to know the restrictions and provisions of your policy.

DRIVING DIRECTIONS

Our destination is the US Forest Service Station in Big Sur on Hwy 1. We'll meet at the Pine Ridge trailhead parking lot...this is the trail that leads to Barlow Flat, Sykes Camp, and the hot springs. Please be there no later than 9:30 AM. It's about a 4-hour drive to the trailhead from the Bay Area and will be even longer if you are caught in traffic. You might want to spend Thursday night in the Big Sur area to avoid such an early drive on Friday morning (see **Accommodations** section below).

For those coming from San Francisco, take Hwy 101 South. From the East Bay, take Hwy 880 South and change to Hwy 101 South at San Jose. Just below Prunedale on Hwy 101, take Hwy 156 West to Monterey. From Monterey take Hwy 1 South to Big Sur.

When you get into the Big Sur area you'll be out of sight of the ocean and driving through a green woodsy area. You'll be passing rustic inns and small stores. There will be a large sign that says PFEIFFER STATE PARK. A short distance past the sign (about 1/2 to 1 mile) there will be a sign on the left that says US Forest Service Big Sur Station. Turn left there into the parking lot. There is a small daily fee to park there, and you must leave cash or a check in an envelope or your car will be ticketed.

ACCOMMODATIONS

For those of you wishing to stay in the area on Thursday night to avoid such an early drive on Friday morning, you might try one of the many motels in either Carmel or Monterey, or you could camp at Pfeiffer State Park. For camping reservations go to <http://www.parks.ca.gov> or call 831-667-2315. You can also try the Big Sur Lodge at 800-424-4787 or 831-667-3100.

CONDITIONING

The best aerobic and strength conditioning for backpacking is backpacking! If possible, hike with your pack on steep, rocky trails. Start with a low weight of 15-20 lbs and gradually add weight. Of course, most of us can't hike on wilderness trails every day. So, the next best alternative is to spend time running and hiking on inclined trails with a daypack. If you can't get to a trail, Stairmasters, Nordic trainers and treadmills are good for your aerobic capacity; weights are good for your strength. You want especially to strengthen your quadriceps, back, and upper body. How many months ahead of your trip you start conditioning depends on your general level of fitness. Someone with a good level of fitness should begin conditioning at least 8 weeks before this trip.

SHARING TENTS / WILDERNESS CAMPING

Our tents are Sierra Designs Comets or Meteorlights, designed for 2-3 people. On backpacking trips, we have 2 or 3 people in each tent depending on the number of people in the group. On non-backpacking camping trips we have 2 people in a tent. If you prefer not to share a tent, you can bring your own *small* tent or rent one from us. However, if you choose this option, keep in mind that on a backpacking trip you will have to carry the weight of a whole tent rather than just your portion of a shared tent. Be sure to let us know if you will be bringing your own tent.

QUALIFICATIONS

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good physical condition, aerobically fit, and willing to undergo the potential hardships of outdoor living. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

ABOUT OUR GUIDES

Call of the Wild guides have extensive experience and bring proven leadership to your trip. We pride ourselves on giving women safe opportunities to venture out and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra mile to make you feel comfortable. They all share a love of the wilderness and an enjoyment of people's company. You may read more about our guides on our website:

<http://www.callwild.com/guides.htm>

ABOUT OUR FOOD

Our menu features hearty, healthy meals made with recipes from Carole Latimer's cookbook *Wilderness Cuisine*. You'll feast on dishes such as Pad Thai, Anasazi Stew, Truffled Porcini Potato Soup, and fresh-baked Coffee Cake. Our meals tend to be higher in carbohydrates and lower in fat for hiking trips, and we dehydrate some food in order to preserve freshness and decrease weight. Meals are often vegetarian, but we serve meat dishes as well. We avoid processed food, but you won't get a strict brown rice and wheat germ regime either, and we think there's nothing wrong with an occasional backslide to decadently rich food after a hard day on the trail.

Most people love our food and much care and effort goes into preparing your meals. However we are not able to accommodate each person's preferences. Often we are cooking in the wilderness and our menus are limited by weight, fuel, refrigeration, space, and so on. We cannot make separate meals or bring different provisions for individual diets and preferences. Therefore, if you have food allergies, if you are vegan, or if you don't eat certain foods we suggest that you call us. You can then plan your own food to supplement our menu.