

*Call of the Wild*

Adventure Travel for Women since 1978



**LOST COAST WEEKEND BACKPACK:  
SINKYONE STATE PARK  
August 14-17, 2008**

**Rating:** Moderate Backpacking

**Group Size Limit:** 15

**Cost:** \$450, Reservation Deposit \$150. Balance due 3 months before start date of trip.

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

We'll hike along a beautiful stretch of wilderness coastline in the Sinkyone Wilderness known as the Lost Coast in Northern California. This area is rich in history and abounds in wildlife: deer, osprey, pelicans, bald eagles, seals and sea lions. There's even a herd of Roosevelt elk that roam the area. We will backpack from Bear Harbor through stands of redwoods to Wheeler, an old abandoned logging town and camp near a black sand beach. Saturday the group will day hike along the coastal ridgeline to gain amazing views and relax on the beach for lunch.

**Pre-Trip Day, Thursday ~ Arrival in Garberville**

We will have an early morning start on Friday, so you may want to spend the night at a motel in Garberville or camp at Richardson Grove Campground south of Garberville on Highway 101 (shown on any California state map). It's about a 5-hour drive from the Bay Area to Garberville.

**Day 1, Friday ~ Bear Harbor Trailhead to Wheeler; 4.5 miles**

8 AM, meet in Garberville (see Directions section below) and caravan to the trailhead at Bear Harbor. Please arrive having already eaten breakfast (or bring along in the car) and with car gas tanks full. This will allow us an early start on the road. Along the way, we will stop at Needle Point, a century old cabin where you can take time to look at old pictures and read up on the history of the area. At historic Bear Harbor, which was the main shipping point in the area at the turn of the century, we'll organize our backpacks and then hike the 4 1/2 miles over the mountainous coastline through stands of redwoods and steep, open grasslands to Wheeler.

Wheeler has been called "the newest ghost town in the West." Established in 1950, Wheeler was a company logging town and lasted only 10 years. The town housed about 32 families who harvested the timber, worked in the sawmill, and trucked the cut lumber to Willits. The town had electricity, telephones and a water system; today only a few logging relics and the foundations of buildings are left. Wolf Creek runs through the deserted town, and domesticated plants grow wild in the lush habitat. One-eighth of a mile from the site is a lagoon and a black sand beach with high cliffs on either side frequented by harbor seals and sea birds; we often see deer

strolling on the beach in the evening. We'll make our camp near the beach, have a hearty delicious meal, and then enjoy an evening campfire. (*Dinner*)

### **Day 2, Saturday ~ Day Hike; 9 miles**

8:30 AM Breakfast. Today, take an optional day hike farther south on the Lost Coast trail to Little Jackass, a valley with a sea cove bordered by picturesque sea caves and the towering Anderson cliffs. This is a steep 9-mile round-trip hike, but you will carry only your light daypacks. Sea lions are often seen playing in the surf and sometimes come up on the beach to sleep in the sun. We'll spend some time relaxing and eating lunch on the black sand beach here before hiking back to our camp. Back in camp we'll enjoy another excellent dinner and campfire. (*Breakfast, Dinner*)

### **Day 3, Sunday ~ Backpack out and drive home; 4.5 miles**

8:00 AM Breakfast and an early start on trail back to our cars at Bear Harbor. Drive home. (*Breakfast*)

**Accommodations:** 2 nights camping

**Mileage:** 9 miles with backpacks. 9 miles optional day hike

**Elevation Changes:** Sea level to 1000'

**Topographical Maps:** Piercy (15 Minute) or Bear Harbor (7.5 Minute)

**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:**

- Accommodations on pre-trip night
- Transportation to and from trailhead
- Lunches and trail snacks
- Personal gear (see equipment list)
- Parking fees at trailhead
- 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.

### **DAILY MILEAGE AND ELEVATION**

Day 1 ~ 4.5 mile backpack, +1000 feet, -1000 feet

Day 2 ~ Optional 9 mile day hike, +1300 feet, - 1300 feet

Day 3 ~ 4.5 mile backpack, +1000 feet, -1000 feet

## **QUALIFICATIONS**

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We are rating this trip moderate, but beginners are welcome and it's an excellent trip for beginners. Please have hiking boots already broken in. 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!

## **HOW TO REGISTER**

*First*, call us 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.

*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](http://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](http://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](http://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.

## **ARRIVAL AND DEPARTURE PLANNING**

It's about a 4 1/2 or 5 hour drive north from the Bay Area to Garberville (located on Highway 101). We will have an early morning start on Friday, so you may want to spend Thursday night at a motel in Garberville or camp at Richardson Grove Campground. We will all meet up on Friday morning in Garberville to caravan to the trailhead together.

Richardson Grove Campground is 7 miles south of Garberville on Highway 101 (shown on any California state highway map). Call 707-247-3318 or visit [www.parks.ca.gov](http://www.parks.ca.gov)

There are several motels in Garberville, all located on the one main street heading through town.

Sherwood Forest Motel 707-923-2721

Lone Pine Motel 707-923-3520

Garberville Motel 707-923-2422

Best Western 707-923-2771

If you arrive early on Thursday, Calico Café is a good spot for dinner. They are located next to the 76 Station in Garberville (707-923-2253).

## **DIRECTIONS**

We will be meeting at the Sherwood Forest Motel parking lot at 8 AM on Friday. Please be prompt, having breakfast, full water bottles and a full tank of gas. Your guides will hand out maps to the trailhead, and you can follow the guide car as we caravan to the Bear Harbor trailhead.

Heading north on Highway 101, take the first exit for Garberville. Head straight through town on Redwood Drive, and after the intersection (it's a very small town) there's a Chevron station, a jewelry store and then the Sherwood Forest Motel (814 Redwood Dr.). Phone number for the motel is 707-923-2721.

## **WEATHER**

Come prepared for cool, possible foggy weather and bring plenty of warm clothes. If we have a good weather report you can leave extra clothes in the cars. Bring rain gear.

## **HEALTH CONSIDERATIONS**

**Ticks** are common to the Lost Coast at this time of year. Some ticks may carry Lyme Disease although it is rare to contract the disease if the tick is removed early. There are steps you can take to minimize tick bites: wear light colored clothing to spot ticks easier, wear long pants tucked into socks, and use an insect repellent with DEET. Please consider this as you pack for your trip.

**Poison Oak** is common to the Lost Coast at this time of year as well. Again, long pants will offer some protection from poison oak. You should also consider bringing Technu or Ivy Block lotions. These products help prevent poison oak rash. Technu is the best as it can be used BEFORE AND AFTER exposure to help wash off the poison oak oils. Ivy Block can only be used BEFORE exposure to help prevent rash.

## **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 and weights are good for your strength. You want especially to strengthen your quadriceps, also your 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. 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.

### **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 and 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.