

## August 2011 Free Hikes, Activities & Volunteer Opportunities List

**For more information call (831) 659-6065**

(All events are contingent upon weather. Call for updates. Hike distances and elevation gain are approximate.)

DATE/TIME	EVENT	MEETING PLACE	LEADERS	SIGN-UP
Saturday, Aug. 6 10:00 AM	<b>Tremendous Trees of Mill Creek:</b> A leisurely 3-4 hour hike through towering redwoods and stately tan oaks. Stop for lunch on a sunny knoll with spectacular views of Palo Colorado Canyon and the Pacific Ocean. Elevation gain: 230 ft. Distance: 5.5 miles. Bring water, lunch, and hiking shoes with good traction.	Mill Creek Trailhead	Cath Farrant & Mary Dainton 372-7427	<a href="#">Click here to register</a> or Call Debbie Wyatt at 659-6065
Friday, Aug. 12 9:00 PM – 11:00 PM	<b>Perseid Meteor Shower:</b> The stage is set for a potentially spectacular show with the Perseids being one of the best meteor showers to observe. As Venus and Mars set in the west the sky will darken for the most dependable show of the year. Minors must be accompanied by an adult. Hot drinks and cookies provided. Rain, fog or cloud cover will cancel this event.	Garland Visitor Center	MPRPD and MIRA Staff and volunteers	<a href="#">Click here to register</a> or Call Debbie Wyatt at 659-6065
Saturday, Aug. 20 9:30 AM	<b>Garland's Lower Trails:</b> A 1-2 hour hike around some of our favorite lower-level trails, including Waterfall, Buckeye, Cliff, and Lupine. This hike is perfect for first-time visitors and frequent casual hikers alike. Elevation gain: 300-600 ft. Distance: 3 miles. Bring water, a snack, and hiking shoes with good traction.	Garland Visitor Center	Andy Weiss 236-7690  Gerrie Mejia 373-4543	<a href="#">Click here to register</a> or Call Debbie Wyatt at 659-6065
Sunday, Aug. 21 9:00 AM	<b>Vasquez Views:</b> If you want to feel on top of the world, meet at the East Garzas Rd. trailhead for a challenging 4-hour hike up the Veeder, East Ridge, Saddle, and Vasquez trails to Vasquez Knob, one of the highest points in Garland Park. Return along E. Ridge and Terrace trails. Elevation gain: 1,800 ft. Distance: 4.8 miles. Bring plenty of water, lunch, and hiking boots with good treads. <b>No sneakers allowed.</b>	East Garzas Trailhead	Gordon Williams 372-6374  Paulette Struckman 644-0426	<a href="#">Click here to register</a> or Call Debbie Wyatt at 659-6065
Sunday, Aug. 28 10:00 AM	<b>Garland's "Other" Side:</b> A vigorous 4-5 hour hike up the Gabilan, Spring, and Saddle trails to East Ridge. Follow the ridgeline to Veeder Pond, where you'll stop for lunch at one of the prettiest places in the park before descending via the Veeder Trail. Elevation gain: 1600 ft. Distance: 4 miles. Bring lunch, plenty of water, and hiking boots with good treads. <b>No sneakers allowed.</b>	East Garzas Rd. trailhead nearest to the Trail and Saddle Club	Michael Mitchell 625-9300  Laurie Benner 659-5351	<a href="#">Click here to register</a> or Call Debbie Wyatt at 659-6065