

Wild Recovery Hike & Meeting – August 12, 2017

Backbone Trail to Castro Peak in Malibu | Host: Matt D.

Meet at the lot--Kanan Dume Road at W Newton Canyon Rd, Malibu, CA 90265--at around 8:45 AM



Overview: For August, we will hike the Backbone Trail segment from Kanan Road to Latigo Road, and then loop towards Castro Peak, the fourth-highest peak in the Santa Monica Mountains. This diverse hike features beautifully wooded single-track (watch out for mountain bikers!), stony double-track, a couple of nice ocean views, & swaths of verdant flora.

Avid hikers rate this trail as intermediate, with multiple elevation changes and varying degrees of steepness.

Distance: Approximately 7 miles

Elevation gain: 1,493 feet

Time: +/- 5 hours including 1 hour meeting

Directions: From 101 freeway – exit Kanan Road, travel south for 7.9 miles. Parking lot is on the right just before the third tunnel. From PCH – take Kanan Road north for 4.4 miles. Parking lot is on the left right past the first tunnel.

Wild Recovery SoCal is a group of recovering addicts who meet on the 2nd Saturday of each month to share the message of recovery. Instead of meeting in the same room once a week, we meet monthly in beautiful settings in & around Los Angeles.



Hike Information:

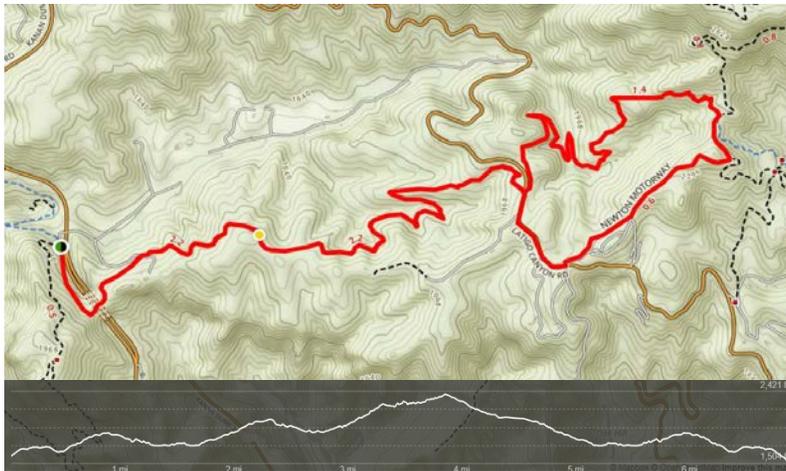
- Gather at the Kanan trailhead at 8:45 AM. We hit the trail at 9:00 AM sharp.
- There are restrooms at the parking lot.
- Dogs must be kept on-leash. Be sure to bring water for them and come prepared to pick up after them.
- This is a non-smoking trail, hike, and meeting.
- It is recommended to stay on the trail to avoid poison oak and the honey bees feasting on white sage.
- Expect high temperatures and varying amounts of shade.

Come prepared with...

- *At least* 2 liters of water
- Sunscreen – even if it's not hot
- Snacks
- Proper clothing and footwear: hiking boots or trail-running shoes are recommended; sneakers with some grip will do.

Consider:

- Bringing a friend
- Bringing a light weight item to sit on during the meeting
- Downloading AllTrails or another GPS app to your smartphone.



For more on Wild Recovery SoCal, contact Jenny or Pam at (818) 997 3822, ext. 825 or 826

- Ask about joining our FB group!
- Save the date and stay tuned for details of our next hike: September 10, 2017!
- Check out our website: wildrecoverysocal.com

