



## Wild Recovery Hike & Meeting - December 9, 2017

Orchard Camp via Mt Wilson Trail | Host: Shelly W (626) 203-9207

Meet Mt. Wilson Trail Park, located at 189 E Mira Monte Ave, Sierra Madre, CA 91024 around 8:45 AM

Orchard Camp via Mt Wilson Trail is a 6.7 mile out-and-back trail in the San Gabriel Mountains. This hike is rated moderate for avid hikers. One website describes it as “intermediate plus” and another as PG-13—you’ve been warned!

**Distance:** 6.7 miles | Elevation change: 2181 feet

**Time** (including 1-hour meeting): 5 hours, +/-

**Directions:** From I-210, take the Baldwin Ave. exit, head north for 1.5 miles (through downtown) and turn right on Mira Monte.

**Park** along Mira Monte near the park.



Wild Recovery SoCal is a group of recovering addicts who meet on the second 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 and around Los Angeles.

### Hike Information:

- Gather in the park at 8:45 AM. We hit the trail at 9:00 AM sharp.
- The only toilets are at the start and end of this hike.
- Dogs are welcome, but 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.

### Come prepared with...

- *At least 2 liters of water*
- Sunscreen – even if it’s not hot
- Snacks for the trail & the rest stop
- Proper clothing and footwear: Layers that you can remove when you heat up from hiking and can put back on when we stop for the meeting; 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 about Wild Recovery SoCal, contact Pam at (818) 997-3822, ext 825

- Ask about joining our FB group!
- Save the date and stay tuned for details of our next hike: January 13, 2018!
- Check out our website: [wildrecoverysoocal.org](http://wildrecoverysoocal.org)