

J. Nichols

President's Message

by Linda Hanes

Early spring, and my mind is looking forward to this summer's Coastwalks and back to how I spent last summer, walking the entire coastline with the CTE 03 group.

When I think about last summer, I remember all the wonderful people who spent time helping us: feeding us, hosting us, leading us, or telling us about their piece of the coast and their trails.

I remember one afternoon in Orange County, when we were met at the boundary of San Clemente by a large group of people who walked with us down the San Clemente beach. Among them were San Clemente City Council members and the City Manager. Stephanie Dorey, then mayor of San Clemente, was part of that group; not only was she very knowledgeable and friendly, but she took the whole group to her house (just across the railroad track from the ocean) where we were royally treated to food and drink. That was one of the special days; there were others. We were overwhelmed by the care we received, and the support for completion of the trail. San Clemente will have a nice trail running beside their railroad track, very near the beach. They're determined people.

There are lots of determined people up and down the coast who want to see hiking trails, get down to the ocean and sometimes see relatively undisturbed habitat. Whenever I get discouraged, I think of the wonderful people we met last summer, who cherish their coast and care for it. Bit by bit, coastal access is being assured for those who come after us. May the vision endure.

The Sand Dollar

by Emily DeFalla

In memory of Valerie Hurst

Coastwalk recently received a \$2100 bequest from the estate of Valerie Hurst, who made a point of listing Coastwalk as a recipient in her will. Valerie last walked with Coastwalk in 1992, but kept her membership current until her death in 2003. For her participation, caring and generosity, we keep her in our memory.

Help Make the Coast Accessible for your Heirs

Could there be a more meaningful legacy? You can help protect the coast for future generations by including Coastwalk in your future financial planning. Have you thought about...

continued on page 6

SUMMER COASTWALK

Don't miss coming on one of our 23 great summer walks. We have many old favorites and some new ones. You can strap on a backpack and discover the Lost Coast, spend Thanksgiving at Asilomar and venture out on Coastal Trail explorations, walk the warm beaches of southern California or the windblown bluffs in the north state, camp on a ship or in a fort, or a state park. The coast is beautiful and the diversity staggering. Please check online at www.coastwalk.org for a complete schedule and availability.

2004 Coastwalk Board

Coastwalk continues to grow in our 21st year. This year our board will be overseeing some major changes. The basic "restructuring of Coastwalk" is an effort aimed at improving efficiency, service to our volunteers and walkers, and completing the CCT (see p.3 for more on restructuring). Our board members enthusiastically volunteer in every organizational aspect from finances to walks. They represent the heart of Coastwalk, our hundreds of volunteers.

Linda Hanes, President – Sonoma County
Diana Savage, Vice President – Orange Co.
Gregory Fearon, Treasurer/Secretary – Sonoma County

Stan Bluhm – Los Angeles County
Jon Breyfogle – Sonoma County
Debra Byrd – San Diego County
Bob Cowell – Tuolumne County
Emily DeFalla – San Francisco
Fran Gibson – San Francisco
Nancy Graves – San Luis Obispo County
Sarah Gurney – Sonoma County
Joy Neri – Los Angeles County
Don Nierlich – Los Angeles County
Bill Ratterman – Calaveras County
Gillian Parker – Sonoma County
Mel Savage – Orange County
Katie Seward – Del Norte County
Patrick Ward – Nevada County

New Board Members

Fran Gibson

Fran has been a volunteer with the San Francisco Bay walk for seven years, and acted as liaison to the Coastal Trail Expedition as they walked through San Francisco. She has worked in the field of health advocacy and is currently a medical writer. She brings management, advocacy, planning and press relation skill to the Board.

Gregory Fearon

Coastwalk's Treasurer/Secretary says he owes the coast more than he can ever repay. "My mother and I lived in La Jolla a few blocks from the beach, and she would lie on the beach with her friends while I wandered out into the shorebreak. I learned how supportive the

ocean and those around it could be, and I grew to love the environment. In my early teens, I traveled the entire Southern California coast in search of good waves and surfing competitions. At my high school, I organized the nation's first school surf team. It led later to a life of school and community organizing, and a career in public service." Fearon, now an administrator for the Marin County Health and Human Services, also participated in some early Coastwalk activities. "Bill Kortum was responsible for my first job out of college, and I've been following him ever since. It doesn't take much for me to agree to get out to the coast, and it's an added benefit if I'm getting to pay back what it has given to me."

Farewell to Carl May

Longtime Coastwalk Board member and activist Carl May is taking leave from the board after many years of service. His steadfast work has included organizing and leading San Mateo Coastwalk and the Lost Coast Backpack, operation of the Coastwalk Store, and service as chair of the Nominating and Maree Fink Award committees, as well as regular attendance at board meetings. Carl is not disappearing, however. He plans to finish his current commitments for 2004 by leading the backpack and running the store.

Coastwalk Advisory Board

We appreciate our knowledgeable Advisory Board members. The Coastwalk Board wants to encourage strong partnerships with the advisory members and a continuing involvement. We plan to develop a contact person from the Coastwalk Board for each advisory member and ask them to make observations, provide suggestions, and give advice on a wide range of subjects, from new summer walks to coastal development issues.

Bill and Lucy Kortum – Sonoma County
Milt McAuley – Los Angeles County
Maree Fink – Sonoma County
Tim Reed – Alameda County
Tom and Vivian McFarling – Sonoma County
Steve Jones d.a. – Sonoma County
Wallace J Nichols – Santa Cruz County
Susana Nierlich – Los Angeles County



Who We Are and What We're About

The Coastwalk Mission

- Complete the California Coastal Trail (CCT)—a continuous trail along the entire California coastline,
- Protect the scenic and natural environment of the coast while providing public access,
- Educate the public about the CCT and coastal protection and,
- Coordinate with government, community and trail organizations to promote the CCT, protect public access and encourage coastal protection.

STAFF

Richard Nichols, Executive Director
Helen Shane, Administrator
Anne Peterson, Coord. for Volunteers and Summer Walks

The Newsletter is designed to bring to Coastwalk members and friends news of our activities and issues that affect the coast of California and our mission.

Newsletter contributors, editors and photographers: Richard Nichols, Linda Hanes, J Nichols, Anne Peterson, Don Nierlich, Helen Shane, Nancy Graves, Stan Bluhm, Emily DeFalla

Layout and Design: Joanne Klein, Graphic Visions

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www.coastwalk.org
californiacoastaltrail.info

Expedition DVD Party

Do you wish you had walked those 1196 miles with the Coastal Trail Expedition last summer? Come join us for the premier of the CTE03 DVD release, hear some of the "Walk Stars" tall and short stories, preview the DVD (maybe buy one), while sipping a glass of wine. When? Wednesday, March 31 beginning at 7 p.m., at the Sebastopol Veteran's Auditorium at 282 S High St, one block off Main St. or Hwy 12. \$20 donation (707) 829-0325

A HUGE Thanks to our Donors and All who Support Coastwalk

In December last year we sent a letter asking for contributions to either our general operations fund or to our newly established Coastal Trail Fund, a fund set up specifically to help Coastwalk complete the CCT. We are happy to announce that the 150 people listed below responded, contributing \$7000.00. Thank you for supporting the Coastwalk mission of protecting the coast and building the CCT.

Of course many other people have contributed to Coastwalk with their time, membership dues, donations, or coming on a walk. As you can tell by reading the Executive Director's report, we are a growing organization. We, as a non-profit functioning for the good of the people of California and the health of the environment, need to raise money. We depend on your generosity. Contributing to Coastwalk by way of a bequest, dues, donation, or buying a book or a T-shirt, is really helping yourself. So, thanks to those listed below, and thanks to those who have given or will give in other ways.



J. Nichols

From the Executive Director

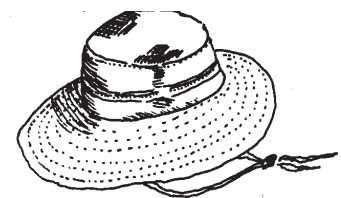
by Richard Nichols

In the life of any healthy organization, a certain amount of growth and change is bound to happen. Coastwalk is no different. After years of slowly and consciously building up the organization with more summer walks, day hikes, a set of CCT guidebooks, reports, grants, volunteer manuals, newsletters, fundraising, membership program, CCT development, a CCT report, outreach and more, we've reached a point where a small dedicated staff and a host of volunteers cannot keep up with the demands of running the organization. We've reached a stage demanding more staff and a move to larger quarters.

The first major change will be a move from our beloved but cramped offices in downtown Sebastopol (after 3 years here and 10 years at a home office) to larger space, still in Sebastopol. This is a costly but necessary move if we are to keep up with demands of our hardworking non-profit.

Secondly, the board has approved the creation of several new staff positions. The half time Editor will be in charge of newsletters, design, and web content. The half time Trail Steward will help Coastwalk develop a strong stewardship group in each county whose goal will be to steward the CCT towards completion. We also plan to hire a full time Operations Manager to help us with day-to-day operations, managing the staff and working with the fundraising efforts. The Executive Director will concentrate on outreach, political action, CCT development and overseeing the mission and direction of the organization. Our other positions, Administrative Assistant, and Volunteer Coordinator, both half time, will remain. Coastwalk will continue diligently to bring the very best service to the coast and the people who care about it.

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|-----------------------|-----------------------|----------------------|------------------------|
| EILEEN AVIS ADEE | ROLFE ERICKSON | ROSALIE LAMBERT | MICHELE POLLOCK |
| GERROLD ADLER | JOHN A ESTES | PATRICIA LEAHY | JEAN RABOVSKY |
| ALEXANDRA ADVOCATE | MARK EVANOFF | JACK and MARSHA | JAMES READ |
| BOB ALPERN | ROBERT EVANS | LEUTZA | BERTHA REILLY |
| MAIA AMOS | ELAINE FELDE | BARBARA and NORMA | AUDREY RINKER |
| CRAIG ANDERSON | SUE FERRO | MANSON and | MARLINA RINZEN |
| WILLIAM ANDERSON | DENA FISHER | GOERLITZ | BOB RUTEMOELLER |
| TOM and MARY | NANCY H FLICK | GALUST MARDIRUSSIAN | ELOISE RYAN |
| ANDRUSKY | ANNE FLOCK | SANDRA MARTENSEN | PAUL and PAT SCHOCH |
| EUGENE F and PATRICIA | STUART FLOYD | JEANETTE MARTIN | BARBARA SCHUTZ |
| V ANGELL | BOB FRUEHSAMER | ADELIN MCCONNELL | DAVID and Yael |
| KATHY AUSTIN | PEGGY GERICK | PATRICK and LORNA | SCHWARTZ-SCHY |
| BEVERLEY BACKSTROM | NEVA and CHARLES | MCLAUGHLIN | JACK and LACRETA SCOTT |
| MARY BAKER | GLENN | LEENA MERRITT | MARSHALL SEGAL |
| JANICE BAXTER | ADRIENNE and BRUCE | AUDREY MERTZ | JAMES SHANKWILER |
| GERRIE BEARG | GLENN | NANCY METRICK | BETTY SHARPS |
| SUSAN BEER | BETTE GOLDENRING | PATRICK and THEO | LAURA STANLEY |
| CHRISTINE WOODS | DAN and JOAN | MICHAELS | YVONNE STEVENS |
| BERTKO | GORFAIN | JO ANN MICHETTI | JANANN STRAND |
| ROBERT BOCK | DAN and JOAN GORFAIN | PATRICIA L MILANO | NORMA SURMON |
| JANE B BOYD | GERRY GROVES | JOHN and SIGLINDE | ALICIA SWEENEY |
| WENDY BREWER LAMA | PAUL GRUNLAND | MITCHELL | JANE TALBERT |
| JON BREYFOGLE | SYDNEY HAMMILL | HOWARD MOES | RUTH and RICHARD |
| MARY HELEN BRISCOE | GAIL HANNA | PATRICIA MORAN | THOMAS |
| JOANNE BROADBENT | JACK HEINTZ | JIM MORELAND | NANCY THOMAS |
| ZELDA BRONSTEIN | VIRGINIA HIGBEE | ANN MORRISON | EDWARD E VAILL |
| VICTORIA BROWN | SUE HOUGHTON | DAVID and CAROLINE | CARMELA VIGNOCCHI |
| DOUG BUCKMASTER | EMILE and LINDA HOULE | MOYER | ANN WADSWORTH |
| LAURILYN BURSON | NORM HOWARD | PAULA MUEDA | LIUZZA |
| DENNIS BUTKOWSKI | JANET and DEWAYNE | A MURRAY | HILARY WALLING |
| TONI CANNIZZARO | HOWELL | PATRICIA MURRAY | CATHERINE WALTERS |
| JOY and E.A. CHASE | HEATHER HYDE | ELLEN FITZGERALD | PATRICK J WARD |
| DOROTHY COE | PATSY JACKSON | MURTHA | ISABEL SEWELL WEBSTER |
| BARBARA CONRAD | NORMA JELLISON | JOSEPHINE NATTKEMPER | JOHN and HEIDE |
| DAVID CONTRERAS | JOAN and BARRY | RICHARD NEIDORF | WEINSTEIN and |
| LINDA COOK | JERNEGAN and CARR | NANCY NENOW | STEWART |
| MARY JANE and DON | JIMMY H AND JULIA | RICHARD AND BRENDA | PAT and GUY WIGGINS |
| DEAN | ANNE JOHNSON | NICHOLS | and CONNER |
| DELTA GEOMATICS | ALLEN JONES | CHERYL PAULUS | VICKI WILDERMAN |
| BILL DENNEEN | ANNE and DANIELLE | SUSAN PEARSON | SIMONE and CREIGHTON |
| JANE DONNELLY | JORGENS | NANCY PEASE | WILSON and BELL |
| BRENDA and AL | RICHARD KATZOFF | PAT PELLEJ | LAURIE WINKLER |
| DUCHARME | DIANE KELLER-BATTER | VALERIE PHILLIPS | RON and JEAN WISE |
| MARY ANNDUNIGAN | NANCY KREINBERG | LOIS PIPER | CINDY WYELS |
| JOHN EDKARA | DAVID LAKES | MARTHA PLATT | JANET YELLAND |
| | | | LOUISE YOUNG |



Coastal Trail News



Spring 2004

A Compendium of California Coastal Trail Activities

Assembled by Richard Nichols

Coastwalk and other organizations have been busy working on the Coastal Trail up and down the state. Work is getting done despite state budget worries because much of the funding comes from bonds passed by the voters in 2000 and 2002

Del Norte County

A local committee determined the design for a CT section at Point St. George just west of Crescent City. The Board of Supervisors approved the project. It is expected to be implemented in the near future.

Humboldt County

Coastwalk met with Redwood National and State Park staff to hear about plans to restore Orick Beach dunes, install a trail off the highway, and ban overnight camping. Also in the works is a pedestrian path from the end of Orick Beach to Humboldt Lagoons State Park, which will eliminate the need to walk on Highway One for one mile.

Mendocino County

The entire 2-mile length of the Fort Bragg coastline is for sale by Georgia Pacific as they have closed the 100-year old lumber mill. Local residents and the City will be involved in long range planning for the property. Coastwalk representatives and other local groups and residents are, even in the early conceptual stage, calling for full public shoreline access along a coastal greenway.

At Whiskey Shoals, near Point Arena, Coastwalk friend Friends of Schooner Gulch has appealed to the Coastal Commission. They request that any building permits include as a condition, that the public access trail, part of the CCT, be designated as a floating easement so the trail will move as the bluff erodes. The Commission will hear the appeal in mid March.

Sonoma County

Coastwalk has been assisting State Parks in scoping out possible CCT alignment in several park units. New trails will fill gaps, while other trails will be repaired. The Coastal Conservancy will consider a grant of \$522,000 for phase one construction and

phase two studies. Trail work will take place at Salt Point State Park and Fort Ross Historic Park in phase one.

In Bodega Bay, studies are almost complete, and plans will be drawn soon, to complete a bike/pedestrian path through the village, to alleviate the dangerous narrow road condition that locals and visitors alike suffer. Plans include connecting this section to CCT bike and beach routes both north and south. In addition, Sonoma County Parks is finishing a trail at the Bodega Harbor subdivision, called Shorttail Gulch, which will create a connection to the CCT.

Marin/San Francisco

At Point Reyes National Seashore, an update of the general plan for the park is underway. Coastwalk is asking that a CCT route the entire length of the park be part of the update, so that as funds become available, the CCT can be completed from Tomales Point to Bolinas.

The Golden Gate National Parks Conservancy is in the beginning stages of the Trails Forever program. The aim of the effort is both to improve trails and build new ones in the Golden Gate National Recreational Area, which spans Marin, San Francisco and San Mateo counties. The Coastal Trail is one of the centerpieces of the plan.

Monterey County

A taskforce of local officials, led by congressman Sam Farr, is working on the Monterey Bay Scenic Trail, which will highlight the sanctuary and connect Santa Cruz and Monterey.

San Luis Obispo County

The SLO CCT Committee continues to follow the Hearst Ranch deal closely, monitor the nuclear plant, attend workshops and comment on the county update of the Park & Recreation Plan, and participate in County Trail Committee meetings. The group is also organizing a group for mapping the CCT and organizing this summer's SLO Coastwalk.

Los Angeles

See the report printed in this edition of the CCT News.

Good News from Los Angeles Harbor!

by Stan Bluhm

The California Coastal Trail received a significant boost on Friday February 20th when ground was broken for the initial segment of the San Pedro Promenade. Years of planning and consensus building preceded this groundbreaking ceremony, launching a project that will meet the desire of local residents for re-connection and public access to their waterfront in San Pedro, and will be an attraction for visitors to the Port of Los Angeles. The Promenade will include a broad pedestrian walkway along the waterfront, with public plazas, playgrounds, open space, seating and viewing areas, all covering a total of up to 400 acres.

When completed, the San Pedro Promenade will include an eight-mile segment of the CCT, stretching from the Vincent Thomas Bridge to the foot of the breakwater at Cabrillo Beach. This first phase will include a mile-long segment of the CCT in front of the cruise ship terminal at the north end of San Pedro.

At the groundbreaking ceremony, Los Angeles mayor James Hahn and LA City Councilwoman Janice Hahn, both residents of San Pedro (which is part of the City of Los Angeles) spoke of the benefits of this project. Last summer, Janice Hahn came out to greet the Coastwalk CTE 03 hikers in San Pedro, presented them with certificates of recognition for their efforts, and read to them the resolution passed by the LA City Council stating official support for the CCT.

The Los Angeles Harbor/Watts Economic Development Corporation has been a strong force in driving this project, performing some of their work under a planning grant from the Coastal Conservancy. This project is concrete evidence of the widespread support for improvements in the harbor, and we have every expectation that such support will continue as the promenade is extended along the entire length of San Pedro.

Other developments in the Los Angeles and Long Beach Harbor area are being considered and evaluated now, particularly around the West Basin and along the Wilmington waterfront. In each case, environmental reviews are being conducted. This presents an opportunity for concerned citizens and organizations such as Coastwalk to express their views and to ensure that public access and recreational uses are considered.

Even in a highly industrialized area like this busy harbor, it is possible to include provisions for public access and recreation, with amenities to provide an interesting and enjoyable experience for residents and visitors. There is a strong movement in the harbor area, with a commitment by the Port of Los Angeles, to improve and protect the environment, and to balance business needs with community needs. It is incumbent on each of us to participate in this process.



TIDES AND TRAILS

Recognition for Coastwalkers

Vie and George Obern are longtime Santa Barbara trail and Californio history (yes, that's the word) experts. They've been Coastwalk volunteers since the early 90's. Now they have been honored by the Santa Barbara County Board of supervisors by having 7 miles of trail along several creeks named the Vie and George Obern Trail. Congratulations to George and Vie for this well deserved honor.

Coastwalk Covered By Huell Howser

Huell Howser, the producer of the popular California Gold series on PBS, featured Coastwalk and the CCT Expedition under the California's Golden Coast series. Featured are interviews with Coastwalk President Linda Hanes, Executive Director Richard Nichols and members of the Expedition, on location at Salt Point State Park and Torrey Pines State Beach. Watch for it on your local station. To purchase this video, please call 800-266-5727.

Point St. George

Over 300 acres of fantastic coastal bluffs near Crescent City was saved from development in 2002. Now the county has approved a plan for a 1-mile long Coastal Trail link. A locally appointed committee designed the trail. A key component is habitat restoration and protection with minimal development, comprising a foot trail overlooking the shore, a small parking area and toilet.



DAYHIKES

Marin

May 1 and 2 The Bucklin Trail at Point Reyes National Seashore will get a spring cleaning from volunteers on Saturday. A work party sponsored by Coastwalk will focus on removing brush, repairing erosion and fire damage. Participants should meet at 9 a.m. at the "red barn" near the Bear Valley Visitor Center at Olema. Volunteers should bring water and a lunch. Work gloves and work shirts will be provided, as well as tools. Showers available after work on Saturday; bring a towel and fresh clothes. Sunday, May 2, 2004, work at Tomales Bay State Park from 9:30 to 3:30. Bring lunch and water. Work either day or both days. For more information and to RSVP, call Lou Wilkinson at (415) 332-0206. e-mail: louwilkinson@hotmail.com

Coastwalk, in conjunction with the California Alpine Club in Mill Valley is offering the following two hikes this summer.

Sunday, July 4 Leader: Paul McKown 7 mi, 500 ft. elev. chg. Panoramic Ridge loop: Meet at the CA Alpine Lodge/Mountain Home Inn at 10:00 am and proceed south above Cascade Canyon to the top of the Dipsea steps. Detour into Stoelte Grove in Homestead Valley for lunch, then on around above Muir Woods and return to the Alpine Lodge. Cool redwood groves and open coastal views.

Sunday, August 29 Leader: Paul McKown 8 mi, 600 ft. elev. chg. SE Mt. Tamalpias/railroad grade loop: Meet at the CA Alpine Lodge/Mountain

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The Sand Dollar... continued from page 1

A Bequest in Your Will or Trust

You can include a specific amount, a specific property, or a percentage of your estate in your will or trust. You maintain control of your estate during your life, and avoid estate taxes on the gift you make.

Beneficiary Designation with IRAs or Retirement Plans

This can be one of the most tax-wise methods of making a gift to a non-profit. Many people don't realize that with these assets, on top of any estate tax there is also income tax! This often makes non-profits the best choice for charitable gifts. Simply fill out a new beneficiary designation form to name Coastwalk to receive part or all of what remains in the plan after the death of the plan participant, and then select less tax-vulnerable assets for heirs.

Beneficiary Designation of Life Insurance Policies

You can designate Coastwalk to receive some or all of the proceeds of a life



Linda Hanes

insurance policy. Fill out a new beneficiary designation form provided by the insurance company, naming Coastwalk for the chosen percentage or amount. This will eliminate any possible estate taxes on that asset.

Lifetime Gift of Appreciated Stock or Real Estate

If you have stock or real estate that you have owned for at least one year, you can avoid paying tax on all of the capital gains and receive an immediate income tax deduction. This will avoid any estate tax on that asset as well.

Charitable Remainder Trusts

You can also leave a legacy for the coast by setting up a Charitable Remainder Trust. It will allow you to convert highly appreciated assets like investment real estate or mutual funds into tax sheltered income. You get a lifetime income; bypass capital gains tax on the sale of the property, and avoid estate taxes. After your death, the remainder in the trust goes to Coastwalk.

If you have already included Coastwalk in your will or other estate plan please tell us so that we can thank you personally.

If you have any questions or would like to discuss the different ways of making a planned gift to Coastwalk, please call Emily De Falla, Chairperson of the Finance and Development Committee at 415 861-1625.

The information contained herein is not intended to be legal or tax advice. The reader should consult a qualified legal or tax profession for advice appropriate to his or her specific situation.

Your Year-Round Coastwalk Store

Coastwalk's shirts, books, and other items are available by mail order as well as on the hikes. (Please allow one month for delivery.) The Coastwalk logo appears on all items we offer, and shirts have a map of California with coastal counties emphasized on the back. T-shirts, both short-and long-sleeved, are Hanes

Beefy-T; and sweatshirts are comfortable 50-50. Our hiking guides to the California Coastal Trail are coauthored by Coastwalk's Executive Director, Richard Nichols, and hiking guide writer Bob Lorentzen and copublished by Coastwalk and Bored Feet Publications. **Questions?** e-mail: store@coastwalk.org

Item	Size(circle)	Quantity	Price	Total
Hiking the Calif. Coastal Trail, Vol. One, Oregon to Monterey , 2nd Edition	n/a		\$19.50	
Hiking the California Coastal Trail, Vol. Two, Monterey to Mexico	n/a		\$19.00	
Short-sleeved T-shirt (Circle one) Ash, Aquamarine	S, M, L, XL		\$14.00	
Youth short-sleeved T-shirts (Circle one) Teal, Purple	M, L		\$14.00	
Long-sleeved T-shirt Deep forest green	S, M, L, XL		\$20.00	
Hooded Pullover Sweatshirt (with pouch) (Circle one) Navy blue, Deep forest green	M, L, XL		\$31.00	
Hooded Front-Zipper Sweatshirt (with pockets) Ash	M, L, XL		\$36.00	
Baseball Cap (embroidered) Spruce Green	n/a		\$12.00	
Visor Blue	n/a		\$6.00	
Bandanna Blue	n/a		\$6.00	
Coastwalk Pin (Oval, 1 1/4", metal w/color fill)	n/a		\$4.00	
Coastwalk Patch (Oval 3 1/2")	n/a		\$2.00	

Mailing Address:

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (_____) _____



SUBTOTAL	
CA Sales Tax (7.25%)	
Shipping	
TOTAL	

Shipping Charges:

Book & Shirts: \$3.85 for 1st; \$1.00 for ea. additional
 Sweatshirts: \$4.55 for 1st; \$1.50 for ea. additional
 Caps & Visors: \$3.85 for one to four
 Other Items: \$1.00 for 1st; \$.50 for ea. additional

Thank you! **Make checks payable to Coastwalk.** (Do not send cash)
 Send to: The Coastwalk Store, P.O. Box 490, Moss Beach, CA 94038

HIKES... *continued from page 5*

Home Inn at 10:00 am. Follow the old railroad grade gravity car route to the east past the double bow knot to the upper end of Blithdale Canyon. Descend the canyon and intersect the original railroad grade from Mill Valley for the return to the Alpine Lodge. Redwood forest and spectacular S.F. Bay and southern Marin views. Parking available in Tamalpais State Park lot on Panoramic Hwy. across from Mountain Home Inn, also a G.G. Transit bus stop. Hikes will start from the CA Alpine Lodge on Panoramic Hwy. and proceed north 300 yds. to the G.G. Transit bus stop to meet other hikers. Bring lunch, liquids and appropriate clothing. Can be cool if foggy. Rain cancels. Call Paul with questions : 415 383-2774.

Los Angeles

Saturday, April 10 10:30 am - Corral Canyon Loop Trail Malibu/Corral Canyon Park. Leisurely-paced 2.5-mile hike on the newly constructed trail around lower Corral Canyon with beautiful views of the ocean and coastline. The trail is smooth and fairly wide, but the first mile will be uphill. Hike should take approximately 1-1/2 to 2 hours. Meet at parking area next to Malibu Seafood Fresh Fish Market and Patio Café on PCH, 2-miles north of Malibu Canyon Road and 4 miles south of Kanan-Dume Road. Bathroom/water available. Option for lunch at the Café after hike.

Saturday, May 22 8:30 am - Nicholas Flat. Malibu/Leo Carrillo S.P. Join us for an easy 4-5 mile, 500 feet of gain, hike in the area of Nicholas Flats. We will enjoy scrambling on the rocks near the pond, viewing the huge oak trees, admiring the ocean view and maybe see some late-season wildflowers. Wear boots, bring a snack and at least one quart of water. Suitable for beginners. From Pacific Coast Highway go uphill on Decker Canyon Road (between Zuma Beach and Leo

Carrillo State Beach). Watch closely at 2 miles for Decker School Road, which angles off to the left. Follow to end (a couple of miles) and park along the road. Meet at entrance gate to park. Marcia Harris (mrharris@earthlink.net).

Saturday, June 12 9:00 am - La Jolla Valley Loop Trail - S.M. Mtns/Pt. Mugu S.P. The trail is one of the loveliest in the Santa Monicas as it winds up La Jolla Canyon from the trailhead, goes past a little pond and then on through La Jolla Valley with its great vistas. We will lunch at an overlook above Point Mugu with a view beyond to the Channel Islands (on a clear day). 7 miles, easy-moderate; 4 hours. Meet at the Ray Miller Trailhead on Pacific Coast Highway (on the land side) adjacent to Thornehill Broome State Beach, 22 miles north of Malibu before one reaches Point Mugu. For information call: Don Nierlich (310) 394-2799.

San Francisco County

Sunday, March 28 9:00 am-4:00 pm - Angel Island Wildflower Walk. Please join us for our popular annual Angel Island Wildflower Walk. Come experience one of the area's best-kept secrets, hidden in plain sight in the middle of San Francisco Bay. This all day hike takes us through each of the Island's five microclimates, and up to the very top of the Island. Dave Schmidt, a California native wild flower enthusiast, will help us find the rare Chocolate Lily, the glamorous Star Lily, the pretty pink Checkerbloom, and many others. The hike is moderate, about 5-6 miles, with gradual uphill walking and a few short steep sections. To reserve a place and receive a flyer, send email with name(s), address, phone, email, and ages of children in your party to Edefalla@aol.com, or send a fax with that information to (415) 480-1699. To receive flyer by mail, call (415) 861-1625, and leave above information slowly and clearly. Reservations are required.

Sonoma

Saturday May 8 For this informal hike we will meet at the Shell Beach parking lot at 8:30 am and carpool to Pomo Camp. The walk will follow the Pomo Trail to the flanks of Red Hill through beautiful redwood groves and Bishop fir forests. We'll detour off the trail and across the Sonoma County Land Trust's recently acquired Sequera Ranch to Red Hill's summit for lunch and, weather permitting, views of the coast from Point Reyes to Fort Ross. The hike will end at the Shell Beach parking lot. This is a moderate hike with an elevation gain and loss of about 1000 feet but we'll take it slow. For information contact Jon Breyfogle 707-795-7713 or surveyor@sonic.net.



CALENDAR

Volunteer Workshops

April 17-18 San Luis Obispo

May 22-23 Mackerricher State Park (Fort Bragg)

Created for both new and experienced volunteers, our Coastwalk workshops have been re-designed to be fast-paced and fun. We will begin Saturday afternoon, enjoy dinner and camp out, and conclude by lunch on Sunday. During the workshop, we'll show you how to plan and conduct our walks and give you time to meet other volunteers from around the state. If you would like to join us, contact apeterson@coastwalk.org.

April 17 - Coastwalk Board of Directors meeting, Grover Beach

June 5 - National Trail Day, see the American Hiking Society webpage for events near you.

May 1 thru November 26 - 23 great Coastwalks in all 15 coastal counties. Go to www.coastwalk.org for information.

COASTWALK MEMBERSHIP FORM

Help Coastwalk by becoming a member or renewing your membership and supporting three Coastwalk goals: protecting our fragile coastline, working towards a California Coastal Trail from Oregon to Mexico, and helping promote these goals through yearly exploration of the coast.

Name _____ Date _____

Address _____ City/State/Zip _____

County _____ Telephone _____ e-mail _____

Check enclosed; or Charge: MC, Visa, Discover # _____ Exp. Date _____

Membership Category:

- | | |
|---|--|
| <input type="checkbox"/> Individual \$25 | <input type="checkbox"/> Student/Senior/ |
| <input type="checkbox"/> Family \$45 | <input type="checkbox"/> Low Income \$15 |
| <input type="checkbox"/> Sponsor \$100/up | <input type="checkbox"/> Lifetime \$300 |

I would like to become a Coastwalk volunteer

Coastwalk is a non-profit organization.

Make check payable to: Coastwalk

7207 Bodega Avenue, Sebastopol, CA 95472

nl 04



Richard Nichols



Jon Breyfogle



J Nichols



7207 Bodega Avenue
Sebastopol, CA 95472

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Buy the 2004 CCT TIDELOG and Support Coastwalk!

Order your 2004 CCT TIDELOG for the Northern California edition directly from Wyn Hoag at WildNature Photography and Coastwalk gets 40% of the proceeds! If this flies, next year we'll have a southern California one! Call 800-868-2887 or email wyn@wildnaturephotography.com. Special price \$15 +2.50 shipping

HAVE SHOW, WILL TRAVEL

Are you looking for an interesting and informative program for your local trail group, service organization or group of Coastwalk friends? Linda Hanes and Jon Breyfogle have developed a slide show presentation about last summer's 1200-mile walk down the California Coastal Trail. The program is an hour or shorter, including introduction and questions. Linda or Jon will travel within the greater SF Bay area/Sacramento region to present this show. Another Expedition member can show it in the south. Free, though any donations would go to the Coastal Trail Fund. If you'd like more information, contact the Coastwalk office.

A WAY TO HELP COASTWALK

Help us distribute the Coastwalk brochure. Call 800-550-6854, or email hshane@coastwalk.org to let us know how many you would like, and give your address. You can give them to friends, church members, clubs, outdoor stores, and libraries.

FEATURED ON THE COASTWALK WEBSITES

www.coastwalk.org features the summer walks brochure, dayhikes, how to donate or become a member online, online store, and much more. www.californiacoastaltrail.info features the journal reports on the Coastal Trail Expedition, featured hikes with a map, with many exciting features still in development.

COASTWALK JOBS

Would you like to work for Coastwalk?
Positions Available:
Operations Manager, Trail Steward.
Contact Coastwalk for a job description or check online at www.coastwalk.org or email rnichols@coastwalk.org