INSIDE

Earthquake Trail
and other short walks
........ page 7

Longer Hikes
........ page 6

Fall Birdwatching
........ page 2

Naturalist Activities
........ page 4

Kid Stuff
........ page 3

Take a Class
........ page 8

Visitor Centers
and Exhibits
........ page 5

Where are the frogs?
........ page 8

When to see whales
........ page 5

Community Services
........ page 7

---

Restoration:
1. reinstatement in a former position.
2. restitution for loss, damage, etc.
3. a putting or bringing back into a former normal, or unimpaired state or condition.

Entrusted with preserving areas of cultural, historical or natural significance, the National Park Service tries to protect these areas from unnatural changes and restore what has been lost or damaged as accurately as possible.

But when is complete restoration achievable? And is it worth the time and expense? Research and careful planning is essential before removing what is damaged or does not belong. Cautious implementation can renew and revitalize what remains.

Over the years, the National Park Service has restored or is in the process of restoring many historic structures at Point Reyes. The Lighthouse has been restored, many buildings at the Pierce Dairy Ranch have been renovated to their 1880s look, and the Lifeboat Station at Chimney Rock as well as one of its motor lifeboats all have been skillfully restored.

As extensive as these projects were, they pale in comparison to the complexities of repairing native living systems.

Historically, herds of up to 2000 tule elk roamed the vast California perennial bunch grass plains now mostly consumed by urban growth and agricultural needs. However, since those vast unbroken plains no longer exist and natural predators have also disappeared, there was no way to return their habitat to its original form.

In 1978, the Park Service reintroduced about 10 tule elk to the Tomales Point area. The Point Reyes herd now numbers over 240.

When is complete restoration achievable?
And is it worth it?

National Park Service guidelines define "native" as that which existed before the coming of European man. The controversy over the eucalyptus tree is a good example of whether a species should be removed simply because it was brought in by man.

Many animals, however, have adapted to these "unnatural" changes in their habitats. Do we cut down non-native trees at the expense of the wildlife using them? Or is it even possible to totally eradicate this tree, now found over much of the state?

Other introduced, non-native plants often out-compete and overrun indigenous plants. These foreign species can be difficult, time-consuming and costly to control. The limited resources of the resource management team must be focused on those plants most easily controlled, most obnoxious or most recently encroaching.

Removal of plants like thistle, broom and capeweed is an on-going park project made possible by thousands of hours of volunteer help.

Restoration is a continual balancing act of ideals, realistic expectations and the passage of time. There is much to learn from examining the paths we have chosen and these lessons are invaluable in guiding where we step next and how large a footprint we leave behind.

Please let us know ...

- Delete my name from your list.
- New Address (at right).
- Add my name to your list.

Restoration at Pierce Ranch is an on-going project.

Photo by Margaret Pearson Pinkham

FORWARD INTO THE PAST

NATIONAL PARK SERVICE
POINT REYES NATIONAL SEASHORE
POINT REYES STATION, CA 94956

BULK RATE
U.S. POSTAGE
PAID
U.S. DEPARTMENT
OF THE INTERIOR
PERMIT NO. G83
Bird life abounds during fall migration

Whether it is a chance to add a new bird to your life list or just relax and enjoy the beauty of our feathered friends, Point Reyes National Seashore is one of the best spots in California -- over 430 species of birds have been identified here.

Some are year round residents, most are migrants who are here only seasonally as they pass through the area, and the rest are vagrants, which means they are outside of their normal range and probably lost. These vagrant birds can be the most unusual and exciting for the serious birdwatcher.

Many of these lost birds have been seen at Point Reyes only a few times, and occasionally a bird that has never been seen before in California or even the entire United States appears here for the first time. Due to its unique geography and climatic conditions, Point Reyes is well known as a vagrant trap, and the pelican and falcon were especially affected. Reproductive failure resulted from abnormally thin eggshells.

DDT in the United States was largely banned in 1972, and bird populations began to recover.

At Point Reyes National Seashore, the renewal of the brown pelican has been actively aided by the release and care of young peregrines near Tomales Point. In 1987, 1988, and 1990, six peregrines were released each year, and a majority of these birds reached independence.

The brown pelican is also thriving at Point Reyes: watch for groups flapping in formation along the shore or bombing the waters in search of fish.

Point Reyes is a permanent home to the threatened snowy plover and spotted owl. The plover's nests are simple depressions in the sand along the Great Beach (especially near Abbotts Lagoon) and along Limantour Spit. People, horses and dogs can unknowingly destroy these exposed nests. The raven, however, is its greatest predator.

Since Point Reyes does not exist in a protected bubble, its proximity to urban areas contributes to an abnormally abundant population of ravens.

What to do? In current decline along the California coast, the snowy plover population has not been monitored at Point Reyes since 1990. Wire fence exclosures have been successful in protecting plover nests near Monterey - implementation at Point Reyes is being considered.

It is thought that 10-12 pairs of spotted owls nest in the forests of Inverness Ridge, yet little is known of their specific location, breeding, success and local diet.

Indeed, a great deal of work remains to be done in the monitoring of threatened and endangered bird species at Point Reyes and elsewhere.

Our ability to change our attitude toward the earth. And it is just for such inspiration that Point Reyes National Seashore exists.

Welcome

Many projects at Point Reyes have been ones of restoration -- designating an area as wilderness, renovating an old barn, restoring a historic landmark or removing invasive alien plants.

Restoration, however, is hardly limited to places or things -- people, too, can be renovated, renewed, rejuvenated -- and many have done just that by visiting and enjoying this beautiful seashore.

I invite you to do the same -- come and restore yourself!

John L. Sansing
Superintendent

Some Point Reyes Restoration Projects

- 1972 Houses along Limantour Spit are removed. Natural grading to restore slope.
- 1978 About 10 tule elk are reintroduced to Tomales Point. Today there are over 240.
- 1982 Major restoration is completed on the Point Reyes Lighthouse.
- 1987 Peregrine falcons are released from Tomales Point and again in 1988, 1990.
- 1990 The Life Boat Station at Chimney Rock is renovated.
- 1991 Biologists burn an area above Pierce Ranch; rare wildflowers bloom in abundance the next spring.
- 1991 Over 10,000 broom plants removed from Divide Meadow.
- 1992 National Park Service carpenter restores the 36' motor lifeboat.
- 1992 With volunteer help, the roundhouse at Kule Loklo is completely rebuilt.
- 1993 Restoration of barns and other structures continues at the Pierce Ranch.
Kid Stuff

Connect-the-dots and color-in.

In the early fall, listen for the bugle of this big brown animal near Tomales Point.

Restoration Round-up

Match the words on the top with the descriptions below. Then look for these words in the square at the right. The words can be forwards, backwards, up, down or diagonal. Circle or blacken the words you find. The letters left over spell a secret message!

A. This dog-like animal seems to be making a comeback on its own.
B. A Park Service carpenter restored this 56 foot motorized craft.
C. These flying mammals will use old buildings to nest and roost.
D. A housing subdivision was planned for this long "spit" of sand dunes.
E. This marine mammal was recently taken off the endangered species list.
F. The place along Bear Valley Trail where 10,000 alien plants were removed.
G. This ranch by Tomales Bay is being restored to look like it did in the 1880s.
H. These sensitive areas are protected from cows with fences.
I. DDT (a pesticide) nearly made this bird extinct.
J. A park biologist is looking for this, along with frogs and toads.
K. Should the Park reintroduce this bear, now extinct in California?
L. Over 240 of these large, reintroduced animals roam near Tomales Point.
M. Ospreys like to make nests at the tops of these trees.
N. "Putting back into a former condition."
O. One of the alien (non-native) plants the park is trying to get rid of.

The secret message is Help us Restore Point Reyes: Kid Stuff – Make the elk

Scavenger Hunt

Look for these things that have been restored by the park or by themselves. They could be animals, buildings, trails or plants! What did you see in the park that is not on the list?

- Tule elk
- Elephant seals
- Historic Lighthouse
- Peregrine falcon
- Divide Meadow
- Bat
- Limantour Spit
- Osprey
- Fenced wetland
- Gray whale
- Coyote
- Lifeboat Station
- Mountain lion
- Pierce Dairy Ranch
- Brown Pelican
- 56' motor lifeboat
- Brushed trail
Naturalist Activities

September

Saturday, September 4
10:00am Kule Loklo Workday
11:00am Traces of the Past

Sunday, September 5
9:00am Sand Castle Contest
11:00am On Shaky Ground

Saturday, September 11
7:30pm Evening Lighthouse Tour
8:00pm Legends of the Night

Saturday, September 18
10:00am Birds of Bear Valley
11:00am Traces of the Past
7:00pm Transition into Night
8:00pm Legends of the Night

Sunday, September 19
2:00pm Encounters with an Owl

Saturday, September 25
10:00am Birds of Five Brooks
6:45pm Transition into Night
7:00pm Evening Lighthouse Tour

Sunday, September 26
2:45pm Open House at the Lifeboat Station

October

Saturday, October 2
9:00am Coastal Cleanup
Drakes Beach
10:00am Kule Loklo Workday
7:30pm Legends of the Night

Saturday, October 9
11:00am Traces of the Past
7:00pm Evening Lighthouse Tour

Saturday, October 16
8:00am All Day Bird Blitz
11:00am Traces of the Past
7:30pm Legends of the Night

Saturday, October 23
11:00am Traces of the Past

Saturday, October 30
10:00am Birds of Limantour Estero
6:00pm Transition into Night
6:30pm Evening Lighthouse Tour

Sunday, October 31
2:43pm Open House at the Lifeboat Station

November

Saturday, November 13
10:00am Birds of Five Brooks
11:00am Traces of the Past
3:30pm Tidepools of Chimney Rock
4:30pm Transition into Night
5:00pm Evening Lighthouse Tour

Saturday, November 20
11:00am Flocking to Limantour

Sunday, November 21
2:00pm Encounters with an Owl

Saturday, November 27
3:00pm Tidepools of Chimney Rock
5:00pm Evening Lighthouse Tour

Sunday, November 28
2:00pm Encounters with an Owl

December

Saturday, December 4
10:00am Birds of Limantour Estero
4:30pm Transition into Night

Thursday, December 9
7:00pm Holiday Open House
Bear Valley Visitor Center

Saturday, December 11
10:00am Birding Along Abbott's Lagoon
11:00am Traces of the Past
2:30pm Tidepools of Chimney Rock
4:30pm Transition into Night
5:00pm Evening Lighthouse Tour

Sunday, December 12
2:00pm Encounters with an Owl

Saturday, December 25
All Visitor Centers Closed

Sunday, December 26
2:30pm Tidepools of Chimney Rock

Exhibits

Kule Loklo
Kule Loklo, a Coast Miwok Cultural Exhibit, is located 1/4 mile from the Bear Valley Visitor Center. Exhibits along the trail provide information. Cultural demonstrations are often scheduled and bring to life the traditional ways of the Coast Miwok. Festivals are offered each year; ask at the Visitor Center for more information or arrangements for group programs.

Hours:
Open seven days a week
Sunrise to Sunset
Phone: (415) 669-1092

Earthquake Trail
Located near the Bear Valley Visitor Center, this 1/2 mile loop trail follows along the fracture zone of the San Andreas Fault. The self-guided walk includes pictures of the damage done by the 1906 San Francisco quake and a clear story on present day theories about earthquakes. Consult the Naturalist Activities schedule for guided programs on the weekends.

Hours:
Open seven days a week
Sunrise to Sunset
Phone: (415) 669-1092

Morgan Horse Ranch
This working horse ranch is one of the locations in the National Park Service where horses are trained for use by National Park Rangers. Self-guided exhibits, corrals and demonstrations are all a part of the ongoing interpretive program of the Ranch located behind the Bear Valley Visitor Center. Call the Ranch or the Visitor Center to schedule programs for groups.

Hours:
Open seven days a week
9:00 am to 4:30 pm
Phone: (415) 669-1763

Pierce Point Ranch
The renovated Pierce Ranch, established in 1855, is one of the oldest dairy ranches on the Point Reyes Peninsula. Today the ranches are under National Park Service management, dedicated to the preservation of the Park's cultural heritage. A short self-guided trail provides information about the historic structures as you wander through the ranch complex.

Hours:
Open seven days a week
Sunrise to Sunset
Phone: (415) 669-1534
Description of Activities

12th Annual Sandcastle Contest at Drakes Beach
Registration starts at 9:00 am

All Day Bird Blitz Join a naturalist for an all day bird watching excursion. We will meet at Five Brooks Pond at 8:00 am and visit other popular locations throughout the day. If you have any questions, call the Bear Valley Visitor Center.

Birding Along Abbotts Lagoon Join a naturalist on an easy three mile round trip hike to search for flocks of migrating shorebirds. Learn tips to help identify them and gain knowledge about their lives and journeys between north and south. Bring binoculars and a bird field guide. Meet at Abbotts Lagoon parking lot. 2 hours.

Birds of Bear Valley We will hike some of the loop trails in the vicinity of the Bear Valley Visitor Center in search of the residents and migrants of this region. Easy walking. Bring field guides and binoculars. Meet at the Bear Valley Visitor Center. 1 hour.

Birds of Five Brooks Pond A gentle walk along the half mile loop offers a unique opportunity to see some secretive waterfowl and forest-dwelling songbirds. Bring your binoculars and a field guide. Meet at the Five Brooks Trailhead. 1 hour.

Birds of Limantour Estero Join a naturalist for a look at the wetlands of Limantour, a haven for migrating shorebirds and waterfowl. Bring your binoculars and bird field guide. Meet at the Limantour parking lot. 2 hours.

Coastal Cleanup Be a part of the solution to ocean pollution! Help make the beaches of the Seashore cleaner and safer for everyone. Meet a ranger at the Drakes Beach parking lot with your work gloves. Call (415) 663-1092 for more information.

Encounters with an Owl The Seashore cares for a non-releasable western screech owl obtained from the Santa Rosa Bird Rescue Center. Join a ranger to learn about the amazing adaptations this winged hunter uses to catch its prey. Meet in the Bear Valley Visitor Center. ½ hour.

Evening Lighthouse Tour Experience the Point Reyes Lighthouse as many keepers have over the years. Dress warmly and bring a flashlight for a dusk lighting of the giant crystal lens. Call (415) 669-1594 the same day for reservations. Limited space on this popular program. 1 hour.

Flocking to Limantour Bring binoculars and wear shoes that can get muddy for this one hour hike through the wetlands of Limantour. Discover some of the wondrous adaptations of the plants which border the salt marsh and experience the variety of birds which feed in this rich environment. 1 hour.

Kule Loklo Workday You are invited to join other volunteers in the maintenance of the structures in this village which offers a glimpse of life in prehistoric California. Rain cancels. Meet at Kule Loklo in your work clothes and gloves at 10:00 am. Call (415) 663-1092 for information.

Legends of the Night Discover the autumn constellations and the ancient tales describing their origin. Dress warmly and bring a flashlight and a cushion or blanket to sit on. Meet at Kule Loklo. 1 hour.

On Shaky Ground Dare to walk the trace of the San Andreas Fault where in 1906 the earth’s crust separated and moved 16 feet apart! Meet a ranger at the Earthquake Trailhead for this half mile guided walk which includes a discussion on local geology and earthquake preparedness. 1 hour.

Traces of the Past: A Walk to Kule Loklo Join a ranger for a short walk to Kule Loklo, a recreation of a Coast Miwok village. Learn about the cultures of the Coast Miwok and others who have lived here before us. Meet at the trailhead to Kule Loklo. 1 hour.

Transition into Night Meet a naturalist in front of the Bear Valley Visitor Center to take a short hike to observe the retiring of the day animals and the emergence of the nocturnal animals. 1.5 hours.

Winter Whale Watching California gray whale migration End of December – Mid March

Visitor Centers

Lighthouse

Located on the rocky promontory of the Point Reyes Headlands, this visitor center has exhibits on whales, wildflowers, geology and lighthouses. It is a short 0.4 mile walk from the parking area. The lighthouse is 300 steps down from the visitor center, an excellent place for watching marine wildlife. The lighthouse stairs are open 10:00 am to 4:30 pm, weather permitting. Dress warmly as weather conditions are unpredictable. The Lighthouse itself is often closed during the noon hour.

Hours:
Open Thursday - Monday, 10:00 am to 5:00 pm
Closed Tuesday and Wednesday
Phone (415) 669-1594

Bear Valley

Housed in a barn-sized building, the Visitor Center provides an orientation to the natural and cultural history of Point Reyes National Seashore. A variety of exhibits provides an introduction to the plants, animals and people of this area. Reservations and permits for backpacking can be obtained here. A 20 minute orientation film, Something Special, and a dramatic slide program, The Enchanted Shore, are available for viewing upon request. This is a good place to begin your visit.

Hours:
Monday through Friday 9:00 am to 5:00 pm
Weekends and holidays 8:00 am to 5:00 pm
Phone (415) 663-1092

Ken Patrick

This visitor center is located at beautiful Drakes Beach. The facility has been expanded to provide additional space for viewing and exhibitry focusing on 16th century exploration and the marine environment. A salt water aquarium has been installed and is home to plant and animal life from the Bay. A minke whale skeleton can be viewed up close. This facility offers an eel’s eye view of life beyond the surf. Rangers are on hand to answer your questions.

Hours:
Weekends and holidays 10:00 am to 5:00 pm
Closed for lunch Noon-12:30 pm
Phone (415) 669-1250
What You Need to Know

**Hiking**

Three short signed informative trails traverse the Bear Valley area: the Earthquake Trail, the Woodpecker Trail and the trail to the Kule Loklo Coast Miwok Cultural Exhibit. Each trail is less than one mile round trip.

For longer hikes, keep these suggestions in mind:
- Stay on trails to avoid poison oak, stinging nettles and ticks. Do not shortcut switchbacks, this causes erosion and damages trails.
- Stay away from cliff edges. Loose soil can give way suddenly, sending you crashing to the rocks below.
- Dress appropriately. Wear layered clothing and be prepared for wind, rain, fog or sunshine (any time of year).
- Carry water and some food for longer hikes. Dehydration is a common cause of exhaustion, fatigue and headaches. Do not drink from streams: the protozoan Giardia lamblia may be present and can cause severe illness. Drinking water is available only at visitor centers and campgrounds.
- If horses need to pass you on the trail, step to the uphill side, stand quietly and do not touch the animals.
- There are no lifeguards on duty at any of the beaches at Point Reyes National Seashore. Rip currents exist along North and South Beaches, and sneaker waves can knock you down without notice. Average water temperature is 55 degrees.

**DOGS**

Pets are wonderful creatures that give much comfort to humankind, however, a national park is not the best place for them. Dogs can transmit diseases to the wild animals here, their scent left behind can disturb natural territories and other visitors may not want to be disturbed by someone else's pooch. If you must bring a pet, please observe the following regulations:
- Pets are allowed at: Kehoe Beach, Limantour Beach (south only), Palomarin Beach and North and South Beaches. They are allowed in parking lots and the Bear Valley picnic area. Pets must be on a leash no longer than six feet long at all times.
- Pets are allowed on some trails in the Golden Gate National Recreation Area adjacent to Point Reyes National Seashore. Stop by a visitor center to pick up a free flyer on pet regulations here and in nearby parks.
- Owners not adhering to these regulations will be cited.

**Bicycling**

Over 35 miles of trails are open to bicycles at Point Reyes National Seashore, and over 10 miles more in the adjacent Golden Gate National Recreation Area. Stop by a visitor center to pick up a free trail map which defines these areas. Safety, courtesy and respect for the wilderness are key points to remember while bicycling on trails at Point Reyes.
- When on a bicycle trail, travel no faster than 15 miles per hour and slow down around blind curves. Equestrians and pedestrians have the right of way.
- Bicycles are not allowed off-trail or in designated wilderness areas, nor can they be walked or carried while on pedestrian trails.
- Bicycles are not allowed on the Earthquake Trail, the Woodpecker Trail or the Kule Loklo Cultural Exhibit.
- Cyclists found not adhering to these rules will be cited and their equipment possibly confiscated.

<table>
<thead>
<tr>
<th>Selected Point Reyes Trails</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starting Point</strong></td>
</tr>
<tr>
<td>Bear Valley Trailhead</td>
</tr>
<tr>
<td>Bear Valley Trailhead</td>
</tr>
<tr>
<td>Palomarin Trailhead</td>
</tr>
<tr>
<td>Coast Trailhead</td>
</tr>
<tr>
<td>Tomales Point Trailhead (Pierce Dairy Ranch)</td>
</tr>
<tr>
<td>McClures Beach Trailhead</td>
</tr>
<tr>
<td>Kehoe Beach Trailhead</td>
</tr>
<tr>
<td>Abbotts Lagoon Trailhead (first half mile)</td>
</tr>
<tr>
<td>Estero Trailhead (first mile)</td>
</tr>
</tbody>
</table>

**Camping Nearby**

There are no facilities at Point Reyes National Seashore for car or RV camping. Overnight parking is allowed only at established trailheads for users of our wilderness campgrounds. Pick up a complete list of campgrounds at any visitor center.
- Olema Ranch Campground (415) 663-9001. One mile from the visitor center, north of Olema on Highway 1. Private RV (with full hook-ups) and tent campground.

**Backpacking**

Point Reyes National Seashore operates four hike-in wilderness campgrounds on a free permit system. Reservations are recommended and can be made up to eight weeks ahead by calling the Bear Valley Visitor Center at (415) 663-1092, Monday through Friday, 9:00 am to noon. Permits must be picked up at this visitor center before starting your trip.
- Each campground has pit toilets and drinking water. Do not drink from streams or lakes.
- Each campsite has a picnic table, charcoal brazier and a food storage locker.
- Wood fires are allowed on beaches below the high tide mark with driftwood only. Wood fires are not allowed in the campsites or anywhere else. Use charcoal in the grills or use a backpacking stove to cook.
- Store food securely from animals in the food storage lockers. Dispose of scraps in waste containers or carry out. Wash dishes away from water spigots.
- Quiet time is after sunset. Please respect your neighbor's wilderness enjoyment.
- Stay within the designated site. Camping out of bounds is illegal and only destroys the wilderness you have come to enjoy.

Over 20,000 visitors camp at Point Reyes National Seashore each year. We hope that your visit here is a safe and memorable one.
Community Services

Information Centers
- Bear Valley Visitor Center 663-1092
- Bear Valley Recorded Weather, Whale, and Info. 663-9029
- Ken Patrick Visitor Center 669-1250
- Lighthouse Visitor Center 669-1534
- Morgan Horse Ranch 663-1785
- Tomales Bay State Park 663-1140

Stables
- Five Brooks Stables 663-1570
- The Inn at Point Reyes Ranch 663-1382

Bike Rentals
- Trailhead Rental 663-1958

Coin Laundry
- Olema Ranch Campground 663-8001

Post Offices
- Olema 663-1761
- Point Reyes Station 663-1495
- Inverness 669-1875

Whale Watching Boat Trips
- Oceanic Society Expeditions 474-3385

Education Centers
- Point Reyes Field Seminars 663-1200
- Point Reyes Bird Observatory 868-1221
- Marine Mammal Center 259-7325
- Marin Wildlife Center 454-6961

Telephone Device for the Deaf
- Bear Valley Visitor Center 663-1092
- Administration Building 663-8522

Medical Services
- West Marin Medical Center 663-1082
- Point Reyes Clinic 663-8666

Service Stations
- INVERNESS
  - Drake Highway Garage 669-1017
  - Point Reyes Station 663-1177
  - Bud's Auto Service 663-1227
  - Cheda Chevrolet 488-8987
  - Olema Ranch Campground 663-8001

- OLEMA
  - Golden Gate National Recreation Area 351-1540
  - Mount Tamalpais State Park 399-2070

- Campgrounds
  - Point Reyes National Seashore 663-1092
  - Olema Ranch Campground 663-8001
  - Samuel P. Taylor State Park 488-8987
  - Golden Gate National Recreation Area 351-1540
  - Mount Tamalpais State Park 399-2070

- Lodging
  - Bed and Breakfast Cottages of Point Reyes 663-9445
  - Coastal Lodging of West Marin 663-1351
  - Inns of Point Reyes 663-1420
  - Point Reyes Youth Hostel 663-8111
  - Seashore Bed and Breakfasts 663-9273
  - West Marin Chamber of Commerce 663-9252
  - West Marin Network 663-8543

Churches
- Sacred Heart (Catholic, Roman) 663-1139
- St. Columba's Episcopal Church 663-1089
- St. Eugene's Hermitage (Orthodox) 669-1705
- Point Reyes Presbyterian 663-1349
- Marin Coast Baptist Chapel 663-8815

EMERGENCY
9-1-1

Restaurants and Delicatessens
- INVERNESS
  - Drakes Beach Cafe 669-1297
  - Barnaby's 669-1114
  - Gray Whale 669-1344
  - Inverness Inn 669-1109
  - Mankas's Restaurant 669-1034
  - Perry's Deli 663-1491
  - Vladimir's 669-1021
  - Mike's Cafe 663-1536
  - Station House Cafe 663-1515
  - Taqueira La Quinta 663-8868
  - OLEMA
    - Olema Farm House 663-1294
    - Olema Inn 663-8559
  - MARSHALL
    - Tony's Seafood 663-1107
    - Nick's Cove 663-1003

Bakeries
- Bovine Bakery 663-9429
- Knave of Hearts 663-1236
- Bolinas Bakery 868-0211

Oyster Companies
- Hog Island Oyster Company 663-9218
- Johnson's Oyster Farm 663-1149
- Tomales Bay Oyster Company 663-1242

General Stores
- INVERNESS
  - Inverness Store 669-1041
  - Inverness Park Groceries 663-1491
  - Ed's Superette 663-1459
  - Palace Market 663-1016
  - OLEMA
    - Olema Store 663-1479

Self-guided interpretive trails:
- Woodpecker Trail 0.7 miles loop
- Earthquake Trail 0.6 miles loop
- To Kule Loklo 0.5 miles one way

Piles allowed in parking and picnic areas only and must be on a leash at all times.
Looking for Frogs

It is a muddy proposition, but biologists are searching high and low for frogs and toads in many of California's National Parks. Where to find these amphibians? Water is a key ingredient. Armed with dip nets (something like giant aquarium nets) and a seine net which is capable of capturing hundreds of tadpoles at a time, they creep through streams and meadows, and wade in ponds in search of signs of amphibian life.

They look for frog eggs attached to rocks and vegetation, straining the water for frog tadpoles or larvae, which are often resting on the bottom of a pond, or hiding in aquatic vegetation. Scanning the banks of ponds and streams, adults are commonly basking only a frog's leap away from water.

Shining flashlights to detect the eye shine of frogs, they also survey at night. And they listen. During the breeding season, the chorus of some species of male frogs can be deafening!

On the coast, in Point Reyes National Seashore and Redwood National Park, preliminary results of these amphibian surveys are hopeful, pointing to healthy populations of native true frogs (foothill yellow-legged and red-legged frogs), as well as Pacific treefrogs and western toads.

The picture is grim in the Sierra Nevada. While Pacific treefrogs and western toads are present, not a single population of red-legged or foothill yellow-legged frogs has been located after several months of searching.

Biologists in the Sierra Nevada surveying for frogs at higher elevations, in the backcountry of Yosemite and Sequoia National Parks, hope they will meet with more success in finding healthy frog populations.

Amphibian loss spurs studies

Frogs are disappearing and its starting to make headlines. A worldwide disappearance of some species of frogs and salamanders has inspired numerous research projects and international conferences with hopes of revealing why amphibian populations are declining.

Some biologists believe this decline may be an indication of the ill health of the environment. While people breathe with lungs on the inside of their bodies, most frogs and salamanders exchange gases primarily through the moist skin which covers them. Therefore, amphibians directly exposed to acid rain, pesticide pollution or increases in ultraviolet radiation may be particularly susceptible to these substances on their skin.

Other factors may be responsible -- loss of habitat to real estate development and agriculture, introduction of non-native predatory fish and natural causes like drought. It is not surprising that amphibians are disappearing when they lose habitat, however, it is very alarming that they are disappearing from natural habitat that is minimally impacted directly by humans.

Recent frog surveys in the Sierra Nevada in Yosemite, Sequoia, and Kings Canyon National Parks reveal that there has been a dramatic decrease in the numbers of frogs in the past 50-70 years.

Unfortunately, little historical data exists on amphibian populations, and biologists are faced with the problem of not knowing how fast, and to what extent they are missing. They are basically starting from scratch in some areas when trying to understand and measure this loss.

The National Park Service is addressing this very large problem through a research project directed by Dr. Gary Fellers at Point Reyes National Seashore. Biologists are currently gathering information in nine National Parks including Point Reyes National Seashore, Sequoia, Kings Canyon, Lassen and Redwood National Parks.

The focus of the project will turn to conservation issues once biologists have a better understanding of the health and location of amphibian populations.

Long-term monitoring projects to survey the health of existing populations will be developed, as well as plans to reestablish frogs where they once existed.

This experimental plan is a step towards the restoration of amphibian life which once flourished not too long ago.