



PARKNEWS

▪ THE QUARTERLY MAGAZINE OF THE NATIONAL PARKS AT THE GOLDEN GATE ▪

At the Seaside

Enticing it is; “pacific,” it’s not. The ocean is powerfully attractive, particularly during the warm summer months. Ranger Will Elder considers the places in the park where the continent and the sea meet, and provides valuable information on ways to have a safe seaside experience.

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Students on Milagra Ridge

For a number of Oceana High School students, the end of the school day signals the beginning of hands-on learning about conservation and stewardship. Sue Gardner, director of the Parks Associations’ Site Stewardship program, examines a program designed and run by the National Park Service in cooperation with the school as part of the National Park Labs.

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Wild Encounters

Just minutes from downtown San Francisco is a piece of California coastal wilderness that is home to mountain lions, bobcats, coyotes, and many smaller creatures. Biological science technician Karen Raimondo tells us where — and what — the wild things are.

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Hiking in the Headlands

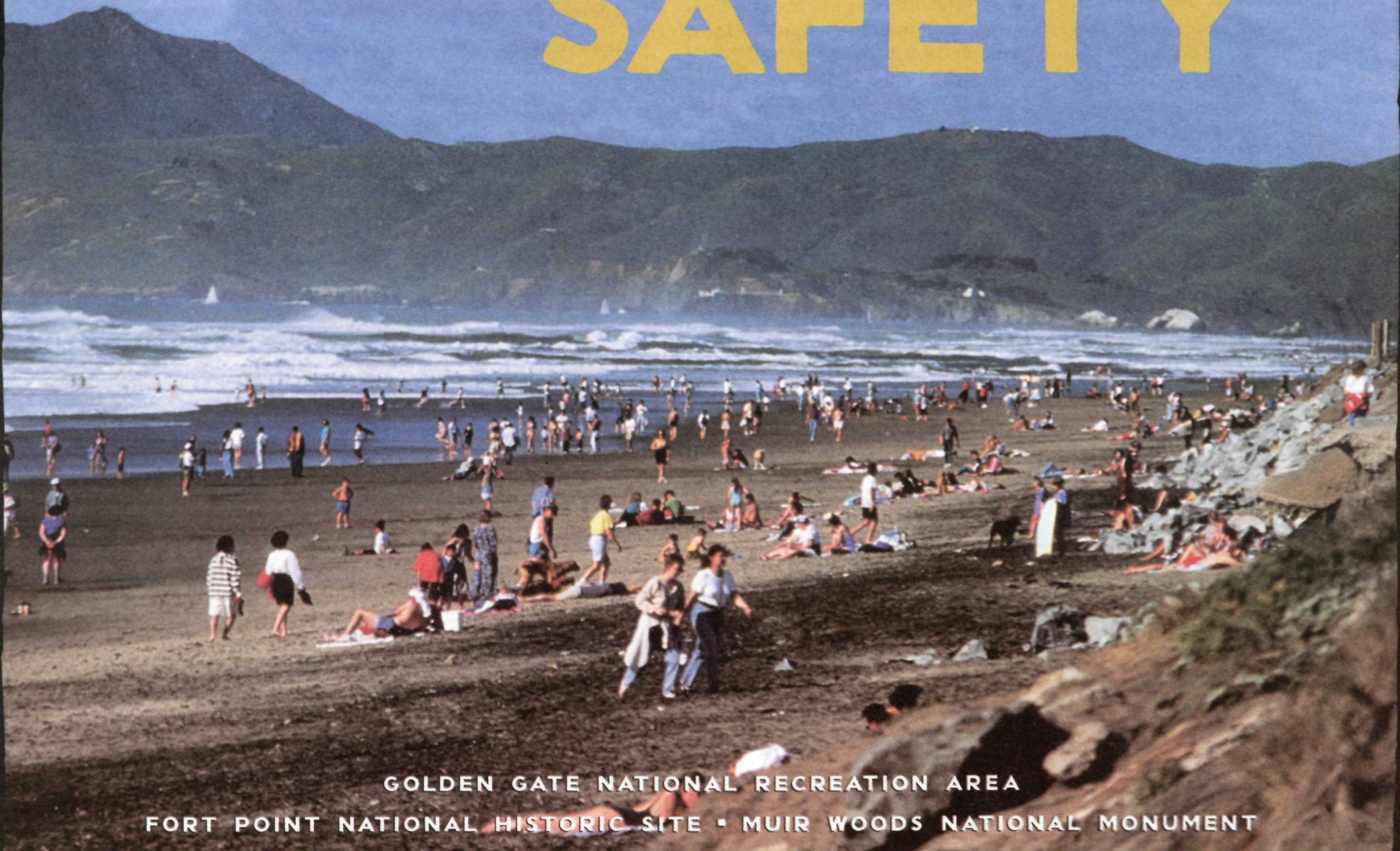
Bored? Kids going wild? Take yourselves to the Marin Headlands and work off some of that energy! Park ranger and media specialist Brett Bankie, no stranger to GGNRA’s hiking trails, describes two you’ll enjoy.

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An Issue of SAFETY



GOLDEN GATE NATIONAL RECREATION AREA
FORT POINT NATIONAL HISTORIC SITE ▪ MUIR WOODS NATIONAL MONUMENT

PARKNEWS

■ BEHIND THE SCENES ■

Golden Gate National Recreation Area consists of over 76,000 acres of land, and protects more than 1,250 historic structures, 27 rare and endangered species, and many small "islands" of threatened habitat. NPS staff, volunteers, and partners work hard to take care of the park's treasures for the 20 million people who visit each year, and for future generations.

THE GOLDEN GATE NATIONAL PARKS

SAFETY FIRST!

GENERAL TIPS

- Read and obey all park signs.
- Keep pets on-leash or under strict voice control. Know where your pet is at all times.
- Remember that alcohol and outdoor activities do not mix.
- Know the location of public telephones—dial 911 in case of emergency.

SWIMMING, WADING, BEACHCOMBING, AND FISHING

- Swim only at designated swimming areas when lifeguards are present. Stinson Beach is the only designated swimming beach in the park and lifeguards are present from May to October.
- Beware of "sneaker waves" and quick-moving tides.
- Know the tide schedule—don't let a high tide trap you.
- Do not dive into unknown water or shallow breaking waves.
- Do not bring glass to the beach.
- Respect other beachgoers.

HIKING

- Stay away from cliffs and steep edges.
- Plan your hike: wear appropriate clothing and take food, water, sunscreen, and maps.
- Hike with a friend or group, or let someone know your route.
- Hike during daylight hours.

ON AND OFF-ROAD BIKING

- Wear a helmet and obey traffic regulations.
- Ride at a safe speed. Remember that trail conditions may warrant a slower pace.
- Yield to equestrians and hikers.

WILDLIFE ENCOUNTERS

- Remain calm—do not run!
- Pick up small children and pets immediately.
- Maintain eye contact and back away slowly.
- If approached, wave your arms, speak loudly, or yell.
- If attacked, fight back aggressively.



Note from the Superintendent

YOUR SAFETY IS OUR MAJOR CONCERN

The weather is warmer and if you're like me, your thoughts have turned to summer vacation. For many of you, that will include a trip to a national park, such as the Golden Gate National Recreation Area.

While enjoying the beauty of nature on a warm, sunny weekend we can become overwhelmed by the park's special places and forget about safety. But, accidents happen — even in national parks and even on beautiful days. Remember, it only takes one accident to turn a fun-filled day into a tragic event.

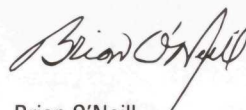
The staff at Golden Gate NRA is proactive when it comes to visitor safety. Our education efforts, which go on year-round, are concentrated during the peak visitation months of summer and fall. We take a multi-faceted approach to alert all visitors to potential safety hazards in the park.

Our multi-lingual, color brochure on water safety at Ocean Beach is widely distributed. (Since many of our visitors do not speak English as their first language, materials are provided in multiple languages.) Our staff is at the beach on warm days to make sure that you and other visitors are aware of safety issues. In particular, we would like visitors to remember that Stinson Beach is the only beach with lifeguards in Golden Gate NRA, and therefore the only beach where we recommend you swim.

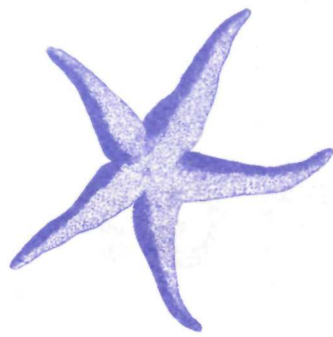
As in previous years, our protection staff conducts joint rescue training demonstrations with the San Francisco Fire Department and the United States Coast Guard. These exercises — which include practicing rescues with swimmers, boogie boarders, inflatable boats, Coast Guard vessels, and helicopters — are also held to demonstrate how to react and what to expect in the event that you encounter a dangerous situation in the water. Additionally, the protection staff will continue to present water safety slide shows at local schools and neighborhood association meetings, and to consult with outside experts in the field of water safety.

Safety does not only apply to those enjoying our beaches, but also to those who come to the park to hike. The coastal cliffs are constantly eroding. When hiking, stay away from cliff edges as they can give away underneath your feet. We are also on the lookout for the safety of your canine companions. If you enjoy the park with your dogs, please remember that they, too, can tumble down a crumbling cliff face or get swept up in heavy surf. To prevent such a tragedy, please walk your dog on a leash or under strict voice control where allowed.

To help you remember these safety tips, we are including a list to cut out and hang on your refrigerator or put in your hiking pack. We want your next visit here — or to any national park — to be an enjoyable and safe one.


Brian O'Neill
Superintendent

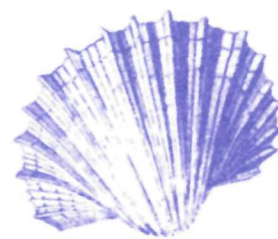




AT THE SEASIDE

A SAFE DAY AT THE BEACH

■ WILL ELDER, PARK RANGER, PRESIDIO OF SAN FRANCISCO ■



Dangerous rip currents, such as these along Ocean Beach, cannot be easily seen from shore.

As the summer sun warms up the days, Golden Gate National Parks' beaches are among the Bay Area's most popular destinations. From Thornton, Ocean, and Baker beaches on the San Francisco peninsula to Rodeo, Muir, and Stinson beaches in Marin County, there are plenty of places for fun in the California sun (or fog).

Though the beach is a great place for rest and recreation, it can be also hazardous for you, your family, even your dog—sneaker waves, rip currents, and hazardous cliffs are on the list of potential dangers for beach-goers. However, by following a few simple rules and exercising basic caution, you can enjoy all of the parks' beaches and keep yourself and your loved ones out of trouble.

WATER HAZARDS

Foremost, be aware of your surroundings and know your limits, whether you're playing in or near the water, swimming, surfing, or board-sailing. Never turn your back on the water; unusually large "sneaker" waves can sweep you off your feet and out to sea without warning. Sneaker waves, which can be as much as four times as high as an average wave, form when two or more

wave trains align in length and duration and merge. Unlike the breaker pattern, sneaker waves are completely unpredictable.

Many beaches have dangerous rip currents—fast-moving currents created by water rushing back to sea after piling up behind a shallow underwater bar—and shorebreak. The latter term refers to waves that break directly on steeply sloping beaches, such as Ocean Beach. Being caught in shorebreak can lead to neck and spinal injuries. Swimmers or waders knocked down by shorebreak can be quickly swept offshore and into the rip current; at that point, survival in the ocean's cold water is measured in minutes. The strongest of swimmers have drowned in rip currents along our coast because the very cold water quickly leads to numbness, confusion, loss of body control, and, finally, unconsciousness and death.

People unfamiliar with the conditions at Ocean Beach can get into trouble by emulating surfers. As Naomi Shibata, an Ocean Beach surfer, notes "Surfers stand on the beach for a long time to scope out the easiest way out. Usually this is the rip current. Casual visitors to Ocean Beach see surfers entering there and paddling out, and they do the same thing. This is the worst possible place for a casual swimmer to be."

Even experienced surfers find Ocean Beach's dangerous conditions challenging. Mike Paquet, an advocate for the group San Francisco Surf Riders, notes that "Ocean Beach has a hard break, and it is hard for a surfer

to be successful. Someone experienced in surfing here rarely gets into something they can't get out of, but freak accidents do occur."

AT THE WATER'S EDGE

The rocky Bay Area coastline is an interesting place to explore tidepools and to fish from, but it also has its safety hazards: the incoming tide, which can cut you off from the beach or bluff access; slips and falls; and again, sneaker waves. Ranger Jay Eickenhorst suggests that "If you are caught by a wave on the rocks, cling to the rock like a starfish. Hold on for dear life, which it just might be. The most pacific of oceans can quickly become a ruthless killer." Even if you're only wading at the water's edge, be aware that an undertow can be strong enough to sweep you or your child out to sea.

The cliffs that rise above the beach are also tempting places to explore. The rock here is often unstable and can give way underneath your feet, however. People who have fallen from or become stranded on the cliff face are the most common cause of emergency rescue operations. And humans are not the only ones rescued by park rangers. According to Ranger Kevin Turner, "Rangers routinely risk their lives rescuing dogs caught in the surf or stranded on the bluffs. [For the most part], it is an unnecessary risk of life and limb, one that could be simply avoided by people controlling their pets."

The beach is a great place to get some exercise with your dog, and off-leash (under voice control) dog walking is permitted at many of the parks' beaches. However, when walking your dog, manage it closely for its own protection and to avoid disturbing or endangering others. Also, respect others enjoying the beach by picking up your dog's litter and by being aware that not everyone is comfortable with dogs—many children, and some adults, find them frightening. Respect the beach habitat as well by not collecting rocks, shells, seaweed, or driftwood. These are sources of shelter and food for marine life and birds.

Always pick up after yourself and leave the beach a healthy and safe environment for its inhabitants and visitors.

A DAY AT THE SEASIDE

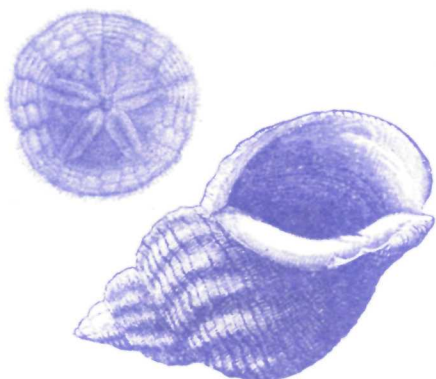
Now that you know how to be safe at the beach, go have some fun. There are lots of possibilities. We recommend that you swim only at Stinson Beach, where there are lifeguards on duty during the summer months. But you can picnic, walk on the sand, build sand castles, watch surfers or board-sailors, play Frisbee or volleyball, read, rest, or birdwatch on any of the park's beaches. Or maybe you're more into activities like dog walking, jogging, fishing, boogie-boarding, or surfing. Regardless of what you do, be conscious of your surroundings, know your limits, and have a fun and safe day at the beach. ♥

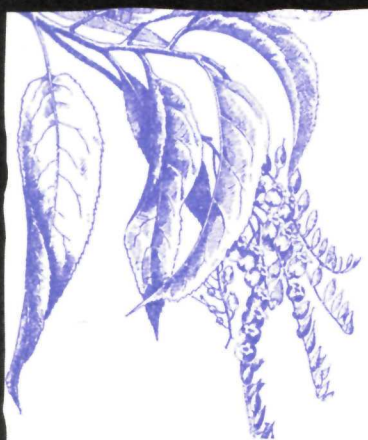
— BEACH SAFETY TIPS —

- Watch your children at all times and keep them within easy reach.
- Be aware of the changing tides and weather conditions.
- Watch for unexpectedly large waves.
- Keep an eye out for floating logs and other debris.
- Report dead seals, turtles, and whales to a ranger; do not touch dead animals, as they can carry disease.
- Watch for quarantine postings at collecting sites for mussels and other shellfish; quarantines are often in effect from March through October.

— BEACH FIRES —

- Bonfires are allowed on Muir Beach and on Ocean Beach between Lincoln Way and Sloat Boulevard.
- At Muir Beach, fires must be below the high-tide line.
- Fires in these areas should not exceed three feet in diameter.
- Burning wood with paint, nails, or staples is a safety hazard and is prohibited.
- All fires must be extinguished with water, not covered with sand—buried fires smolder under the sand and can burn dogs' paws and barefoot beach walkers.





STUDENTS ON MILAGRA RIDGE

NATIONAL PARK LABS

■ SUE GARDNER, DIRECTOR, SITE STEWARDSHIP PROGRAM ■



Student intern Alicia Sandoval explains the habitat restoration process to fellow students.

Brrrrring! The school bell rings, marking the end of another day of classes at Oceana High School. Students clamor in the hallways as they prepare for after-school activities and adventures. On this particular day, a number of students make their way to the rear of the high school, where they will participate in an exciting new partnership with the National Park Service aimed at restoring habitat for endangered butterflies.

PARTNERSHIP IN ACTION

Students helped develop the *National Park Labs* program at Milagra Ridge, an NPS-owned site adjoining school property. Several years ago, Golden Gate National Recreation Area and Oceana High School staff collaborated on a study to test the feasibility of developing an education partnership. Milagra Ridge is home to two species of endangered butterflies, and a

large community-based restoration program assists in efforts to ensure the butterflies' continued survival. Those involved in conceptualizing ways the school could participate in the restoration efforts included teachers, students, parents, administrators, and National Park Service and Golden Gate National Parks Association staff. Lively discussions not only produced a plan of action but also excitement about the potential of our collective efforts.

NATIONAL PARK LABS

Supported by a generous grant from Toyota USA Foundation, *National Park Labs* offers students several rewarding avenues of participation. Oceana High School staff and students have remodeled and expanded two small greenhouses behind the school. Students working at this small nursery complex propagate native host plants for the endangered butterflies; these plants are then introduced at the ridge site by students participating in regular workday events hosted by the Parks Association's Site Stewardship staff.

I think that the mission blue butterfly will succeed in becoming more populated if we keep working together to restore its habitat.

—Stephanie Durkin,
Oceana High School intern

Students earn community service credits for their work. This year, more than 4,000 plants were grown and outplanted.

CLASSROOM COMPONENT

Implementation of the partnership also involved the development of an environmental science class, in which classroom studies are linked with the curricula through hands-on activities at the ridge site. Each semester, participating students assist in restoration efforts and learn skills, including monitoring, seed collection, outplanting, and non-native plant removal during the course of four field sessions.

INTERNS

Students also enjoy the opportunity to intern with the National Park Service, which allows them to apply what they learn and gain valuable job-related skills. These paid internships have been structured to provide four to eight students with a six-month opportunity to help manage the plant nursery and lead outreach and restoration activities on the ridge. The hope is that these students will continue in the field of ecology, and perhaps even apply for internships and positions within the National Park Service or a related agency. Already, one of

the students from the newly designed ecology course has joined Americorps and is working to expand the outreach of National Park Service programs to underserved populations in the Bay Area. With increased support from both parents and teachers, Oceana teachers and park service staff hope to provide increasing numbers of students with the opportunity to participate in the project, and the opportunity to protect and enhance habitat for endangered species.

We are leaving our internship with a better understanding of restoration as well as how to organize twenty students, and have a greater respect for the environment.

— Alicia Sandoval and Brian Donovan,
Oceana High School interns

The National Park Service wishes to thank Toyota USA Foundation for donating more than \$1 million to make *National Park Labs* possible at Golden Gate National Recreation Area and four other parks across the country.

We also wish to acknowledge the important role played by the National Park Foundation in working with Toyota USA Foundation to establish and guide this generous grant. ♥

IF YOU ENJOY THE PARKS—JOIN US!

More than ever before, the Parks need the support of people like you. By joining the Association—the parks' non-profit partner—you'll be a part of our efforts to preserve the national parks at the Golden Gate.

As a member, you will help restore native habitats, maintain miles of trails, preserve historic landmarks and develop park education programs for young people.

JOIN THE PARKS ASSOCIATION AND YOU'LL RECEIVE:

- *Gateways*, a quarterly newsletter filled with park news and tips on special places
- *ParkEvents* calendar delivered to your home
- Invitations to members-only walks, talks and excursions
- Discounts at park bookstores
- Free use of the Alcatraz and Fort Point audio tours
- At \$35 Park Partner level or above, two membership cards plus a special gift

Yes, I would like to join the Parks Association. Enclosed is my membership contribution of:

- ☐ \$25 Park Friend — Receive a Golden Gate National Parks pin.
- ☐ \$35 Park Partner — Receive a Golden Gate National Parks t-shirt. ☐ M ☐ L ☐ XL.
- ☐ \$50 Park Sponsor — Receive a Golden Gate National Parks tote bag.
- ☐ \$100 Park Steward — Receive a Golden Gate National Parks poster.

Donations are tax-deductible. For information on senior memberships, or to join by phone, call the Parks Association at (415) 561-3000.

Name

Address

City State Zip

Day Phone () Total amount enclosed \$

Make check or money order payable to Golden Gate National Parks Association
Charge to: ☐ Visa ☐ Mastercard

Signature

Account number Expiration date

Please mail this coupon to:

Golden Gate National Parks Assoc., Fort Mason, Building 201, San Francisco, CA 94123

THE GOLDEN GATE NATIONAL PARKS ASSOCIATION—OUR MISSION

For over a decade, the Golden Gate National Parks Association has worked hand-in-hand with the National Park Service to preserve and enhance the Golden Gate National Parks.

Whether enlisting volunteers to restore native habitats, revitalizing park sites, publishing educational materials, rehabilitating historic landmarks or helping school children visit this vast outdoor classroom, the Association lends its support.

Since its inception in 1981, the Association has provided the National Park Service with nearly \$20 million in aid. A nonprofit organization, the Association's funding sources include contributions from over 10,000 individual members, foundations and corporations, as well as income earned from book publishing and audio tours.



PARK EVENTS

■ THE QUARTERLY CALENDAR OF PROGRAMS IN THE NATIONAL PARKS AT THE GOLDEN GATE ■

ENJOY THE
NATIONAL PARKS
AT THE
GOLDEN GATE
WITH THIS
CALENDAR
IN HAND AND
A SENSE OF
EXPLORATION
IN MIND.

ALCATRAZ

Join ranger-led programs, use self-guiding brochures, and take an audio tour of the cellhouse to learn about this historic island. A captioned video program of Alcatraz history is shown every 30 minutes in the museum. Transcripts of the cellhouse audio tour are available for hearing-impaired visitors. Phone 705-1042, 9 a.m. to 4 p.m., for program information. Daily ferry service from Pier 41, Fisherman's Wharf. (The cellhouse audio tour can be purchased with ferry tickets.) Phone 705-5555 for boat schedules and reservations. ♿

We Hold the Rock

In 1969, a group of Native Americans began a highly publicized 19-month occupation of Alcatraz Island, marking the beginning of the modern civil rights movement by America's indigenous people. This powerful permanent exhibit interweaves photographs, Native American music, historic video clips, and contemporary interviews with former occupiers.

Daily

Ranger-led programs are offered daily. Ask at the dock-level ranger station for times, locations, and topics. Following are some examples.

Fortress Alcatraz

Explore the island's rich military tradition and learn about this 19th-century fort.

Alcatraz Is Indian Land

Find out about the 19-month (1969-1971) Native American occupation of Alcatraz.

The Natural Side of the Rock

Discover the island's unique ecosystem, a place where natural and cultural history meet.

Escapes

Learn if anyone ever really escaped from Alcatraz.

U. S. Penitentiary, Alcatraz

Delve into the truth about the prison whose name has become synonymous with "hard time."

The Battle of '46

Hear about the 1946 escape attempt that left three inmates dead after a two-day siege.

FORT POINT

Fort Point is open every day, 10 a.m. to 5 p.m. Phone 556-1693. ♿

Daily

The Fort Point staff offers a variety of programs. A schedule of these programs is posted at the entrance to the fort.

Return to the Past at Fort Point

Learn about a day in the life of a soldier stationed at Fort Point during the Civil War. Rent an award-winning audio tour to guide you around the casemates, through the quarters, and into the past.

Available 10:30 a.m. through 4 p.m., \$2.50/adults; \$1/children. Phone 673-5642 for information on group rates and reservations.

Fort Point, Guardian of the Golden Gate

View the award-winning 17-minute video program about the history of Fort Point, from 1776 through World War II. Shown throughout the day in the theater. ♿

Cannon Drill

Learn how soldiers were taught to load and fire a Napoleon 12-pounder cannon during a Civil War artillery drill. ♿

Building the Golden Gate Bridge

View the construction of this national civil engineering landmark in a videotape made by Bethlehem Steel Company. ♿ CC

MARIN HEADLANDS

The Marin Headlands Visitor Center invites you to begin your exploration of the park here—plan your outing or relax afterward. Our award-winning exhibits will introduce you to the park's stories.

Open daily, 9:30 a.m. to 4:30 p.m. Phone 331-1540; TTY, 331-6453. ♿

Historic Nike Missile Site

Explore a restored anti-aircraft missile site full of memories of the Cold War.

Open the first Sunday of each month. Phone ahead for times: 331-1540 or 331-1453. Visit our web site at <http://www.nikemissile.org>

Point Bonita Lighthouse

Open Hours

Visit an historic lighthouse and awaken your senses at the edge of the sea! The half-mile trail winds through a tunnel (steep in places) and across a suspension bridge. Bring a warm jacket and wear sturdy shoes.

12:30 to 3:30 p.m., every Saturday, Sunday, and Monday. Meet the docents at the Point Bonita Lighthouse. For more information, phone 331-1540.

MUIR WOODS

Regularly scheduled fifteen-minute introductions to Muir Woods and the coast redwood, the tallest tree species in the world, as well as longer redwood ecology programs, are offered daily as staffing allows.

Youth Discovery Packs are available for free checkout at the visitor center.

The Muir Woods Visitor Center is open daily 9 a.m. to 6 p.m. Muir Woods hours of operation are from 8 a.m. to sunset. There is a \$2 per-person entrance fee to Muir Woods for those 17 years of age or older. ♿

Call the Muir Woods Hotline, 388-2595, for seasonal information and special programs.

Muir Beach and Muir Beach Overlook are open from 9 a.m. to one hour after sunset.

PACIFIC SHORE

The Cliff House Visitor Center, one flight of steps down from Point Lobos Avenue, is open daily, 10 a.m. to 5 p.m. Phone 556-8642 for reservations and information on programs listed in this calendar.

The Fort Funston Visitor Center is open weekends, 12 noon to 4 p.m. Phone 239-2366. ♿

A multi-agency visitor center, located in the Pacifica Chamber of Commerce office at Rockaway Beach, is open seven days a week, 9 a.m. to 5 p.m. Monday through Friday, and 10 a.m. to 4:30 p.m. Saturday and Sunday. The visitor center offers exhibits and information on recreational activities throughout the Pacifica area. Phone (650) 355-4122 for directions and more information. ♿

Adopt-A-Beach Clean-up Day

Bring friends and family to pitch in and help clean up Ocean Beach in conjunction with the San Francisco Chapter of the Surf Riders. Bring gloves; trash bags are provided.

10 a.m. to 12 noon. (Please note: start times may be different each month, as they are set to coincide with low tide.) Volunteers meet on Ocean Beach at different locations one day each month. Look for the Surf Riders flag. Call Clay at 665-4155 for information and locations.

PRESIDIO

The William Penn Mott, Jr. Visitor Center is open daily, 9 a.m. to 5 p.m., in Building 102 on the west side of Montgomery Street, Main Post parade ground. A 15-minute slide show outlining the post's growth through the Ohlone, Spanish, Mexican, and American periods is shown week-ends at 2 p.m. For information, phone 561-4323; TTY users, phone 561-4314. ♿

The Last Gun

How could a 50-ton gun "disappear"? See demonstrations of this last operational gun of its kind; photos of the 1904 Endicott system battery in action are displayed in an underground cartridge room.

10 a.m. to 2 p.m., first weekend of each month. Located at Battery Chamberlin, at the north end of the Baker Beach parking lot. Rain cancels. Phone 561-4323. ♿

STINSON BEACH

The beach is open daily for picnics and recreational activities, 9 a.m. to shortly after sunset. Lifeguards are on duty between 11 a.m. and 5 p.m. during the summer months. The parking lot is closed when full. For the hours of operation and the latest traffic, road, and weather conditions, phone 868-1922.



PARK EVENTS

■ THE QUARTERLY CALENDAR OF PROGRAMS IN THE NATIONAL PARKS AT THE GOLDEN GATE ■ JUNE/JULY/AUGUST 1999 ■

JUNE

Thursday

June 3

PRESIDIO

Late Night at Letterman

Take a stroll around the Letterman Complex and learn about its history and the role it will play in the future.

6 to 7:30 p.m. Meet Ranger Marcus Combs at the corner of Lincoln and Presidio boulevards. Phone 561-4323 for more information and directions.

Saturday

June 5

FORT FUNSTON

Super Swallows

Observe and learn about the threatened bank swallow, a migratory bird that nests in the sandy cliffs above the Pacific Ocean near Fort Funston. This is a 1.5 mile, strenuous hike through the Fort Funston sand dunes; bring water and binoculars.

1:30 to 3:30 p.m. Meet at the small parking lot at the intersection of John Muir Drive and Skyline Boulevard. Reservations required. Phone 556-8642 for information and directions.

FORT POINT

Pier Crabbing

Learn about equipment, bait, regulations, and other important aspects of crabbing in the bay. Dress warmly for this by-the-water adventure.

10 a.m. to 12 noon. Meet the ranger at the Fort Point fishing pier. Bait fee, \$1.50. Reservations required; phone 556-1693.

PRESIDIO

Multiculturalism: Myth and Magic

Retrace the steps of those who lived in the Presidio as you walk from the site of the original Presidio to the shore. We will consider diversity of lifestyles and how they contribute to modern culture.

1 to 3 p.m. Meet docent Carol Thenot at the flagpole on the Main Post near the corner of Arguello Boulevard and Moraga Avenue. Reservations required; phone 561-4323.

Sunday

June 6

MARIN HEADLANDS

Nike Missile Site Open House

Imagine serving as a soldier while you explore an anti-aircraft missile site. Volunteers interpret the era and explain the restoration of a former missile base in a national park.

12:30 to 3:30 p.m. Meet park staff and the restoration crew at Nike Site SF-88 on Field Road. Phone 331-1540 or 331-1453. ☺ except underground.

PHLEGER ESTATE, WOODSIDE

Crossing the Greenbelt

Join a ranger-led hike in redwood forests and mixed evergreen woodlands. The hike begins at Huddart County Park and goes through the Phleger Estate, the Golden Gate National Recreation Area's newest and southernmost property. This is a somewhat strenuous, 7-mile hike. Bring lunch and water and wear sturdy hiking shoes.

10:30 a.m. to 3:30 p.m. Meet the ranger at Huddart County Park located off Kings Mountain Road in Woodside. (Huddart County Park charges a \$4 entrance fee.) Limited to 25; reservations required. Phone 556-8642.

PRESIDIO

Letterman Legacy

Learn about Letterman Hospital's history and the plans for its future while walking through the historical buildings.

2 to 3 p.m. Meet Ranger Marcus Combs at the corner of Lincoln and Presidio boulevards. Phone 561-4323.



Tuesday

June 8

PRESIDIO

National Cemetery Walk

The San Francisco National Cemetery is the final resting place of many famous and interesting people: pre-Civil War soldiers, a Union spy, an Indian scout, Buffalo Soldiers, and 35 Medal of Honor recipients. This is a 1-mile walk with a steep uphill climb. Dress warmly.

10 a.m. to 12 noon. Meet docent Galen Dillman at the cemetery entrance gate, Lincoln Boulevard near Sheridan Avenue. Phone 561-4323.

Wednesday

June 9

MARIN HEADLANDS

Green Thumb Day

Take a tour of the Marin Headlands Nursery and join our merry crew of volunteers as we start our seasonal transplanting in earnest.

1 to 3:30 p.m. Meet at the Marin Headlands Native Plant Nursery; phone Tom Elliott at 332-5193 for directions and more information.

Saturday

June 12

FORT POINT

Coastal Defense Walk

Explore the abandoned fortifications that once guarded the entrance to San Francisco Bay on this moderate 2-mile hike from Fort Point to Baker Beach.

2 to 4 p.m. Rain cancels. Reservations required; phone 556-1693.

PRESIDIO

Crissy Field Aviation Walk

Explore the Crissy Field area and learn about its role in early aviation history on this easy 1-mile walk.

10 a.m. to 12 noon. Meet docent Don Gray in front of Stilwell Hall on Mason Street near Crissy Field Avenue. Reservations required; phone 561-4323.

Women of the Presidio

Stroll the historic Presidio and learn the stories of its women: Ohlone, Spanish, Mexican, and American. This is an easy 1-mile walk along a slight grade.

10:30 a.m. to 12 noon. Meet docent Madeline Muldoon at the William Penn Mott, Jr. Visitor Center on Montgomery Street, Main Post. Reservations required; phone 561-4323.

Sunday

June 13

MARIN HEADLANDS

Beginning Birding

During this relaxed birding adventure, you'll find out how to focus those binoculars and how bird guides can help make you an instant expert. We'll explore the lagoon and watch overhead for our favorite feathered residents. Age 8 and up. Rain cancels.

9:30 to 11:30 a.m. Meet birding enthusiast Jane Haley at the Marin Headlands Visitor Center. Reservations required; phone 331-1540.

PRESIDIO

From Rubble to Renaissance

San Francisco recovered from the 1906 earthquake and fire in time to dazzle the world with its 1915 Panama-Pacific International Exposition. This 3-mile, moderate round-trip hike crosses the old fairgrounds and goes through the Palace of Fine Arts.

10 a.m. to 12:30 p.m. Meet docent Rick Spear in front of the old post hospital, Funston Avenue at Lincoln Boulevard, Main Post. Phone 561-4323.

Monday

June 14

PRESIDIO

Flags Over the Presidio

Discover the symbols and meanings behind the flags that have flown over this site.

2 to 3 p.m. Meet Ranger Marcus Combs at the William Penn Mott, Jr. Visitor Center on Montgomery Street, Main Post. Phone 561-4323.

Saturday

June 19

CLIFF HOUSE

A Whale of a Tale

Bring the kids and join a storytelling ranger for tales of whales and mysteries of the ocean deep as we explore all about flippers, flukes, and fins. Appropriate for ages 6 to 12.

2 to 3 p.m. Meet at the Cliff House Visitor Center. Reservations suggested; phone 556-8642.

FORT POINT

Fort Point Photo Walk

Join former professional photographer and current NPS ranger Craig Glassner for a stroll around Fort Point National Historic Site—discover the best spots to photograph the fort and the Golden Gate Bridge. Whether you use a 35mm SLR or a simple point-and-shoot camera, you'll learn new tricks for getting the best photographs.

10 a.m. to 12 noon. Rain cancels. Limited to 15 photographers, reservations required. Phone 556-0505.

Pier Crabbing

See Saturday, June 5

LANDS END

Shipwrecks at the Golden Gate

Learn about the many ships that have perished along the rocky cliffs of the Golden Gate. Join us for a moderately strenuous 1-hour, 3/4-mile hike along Land's End to view the remains of a few of these ships.

10:30 a.m. to 11:30 a.m. Meet at the USS San Francisco Memorial parking lot on El Camino del Mar, just north of 48th and Point Lobos avenues. Rain cancels. Reservations suggested; phone 556-8642.

City Star Party

Join the San Francisco Amateur Astronomers and use telescopes to watch and learn about the wonders of the night sky. Ask about your favorite constellation or astronomical phenomenon. Dress warmly and bring a flashlight.

8 to 9:30 p.m. Meet at the USS San Francisco Memorial parking lot on El Camino del Mar, just north of 48th and Point Lobos avenues. Lecture only if skies are overcast; rain cancels. Phone 566-2357 for specific program information and current weather conditions.

MARIN HEADLANDS

Udderly Butter: Portuguese

Visit old ranch sites, hear stories, and make butter. The Portuguese, who came here after the Gold Rush, stayed and established dairies in these valleys. Many of their colorful traditions continue to this day. Fun for all ages.

10 a.m. to 12 noon. Meet Ranger Gail Lester at the Tennessee Valley parking lot, end of Tennessee Valley Road. Bring a small jar. Reservations required; phone 331-1540. ☺

PRESIDIO

Pedaling the Presidio

Cycle through time. Spin your pedals and explore history and scenery on this 6-mile, moderately strenuous bicycle ride through the Presidio. Helmet required.

10 a.m. to 12 noon. Meet Ranger James Osborne at the flagpole near Moraga Avenue at Arguello Boulevard, Main Post. Phone 561-4323.

Horseshoes and Carrots

Horses in the Presidio? Tour the historic stables and meet the mounted Park Police's four-legged friends. Great activity for children. Bring a carrot if you'd like to give the horses a treat.

1 to 2:30 p.m. Meet Ranger Lisa Hillstrom at the William Penn Mott, Jr. Visitor Center, Montgomery Street, Main Post. Note: the program ends at stables. Reservations required; phone 561-4323.

SUTRO HEIGHTS

Strolling at Suto's

Share in the legacy of Adolph Suto, one of San Francisco's grandest entrepreneurs. We'll walk the trails of Suto Heights Park, once Suto's home and Victorian garden by the sea, and then explore the ruins of Suto Baths, which at one time housed the largest indoor saltwater swimming pools of their time.

12 noon to 1:30 p.m. Meet at the Lion's Gate, 48th and Point Lobos avenues. Rain cancels. Reservations suggested; phone 556-8642.

Sunday

June 20

MARIN HEADLANDS

Discovering Together

We'll take an easy walk along a one-quarter-mile-long trail to study small children in their homes. Parents will help children use simple tools to expand their sensory perception. For children ages 3 to 6 and their parents. Dress in layers, bring water and a snack.

10 a.m. to 12 noon. Meet Ranger Cathy Petrick at the Marin Headlands Visitor Center. Reservations required; phone 331-1540.

MILAGRA RIDGE, PACIFICA

Flutter, Butter, Butterflies

What is the life of a butterfly like? Come to Milagra Ridge to learn about the Mission Blue butterfly, why it has become an endangered species, and what you can do to help. Appropriate for children ages 9 to 12. Dress in layers and wear tennis shoes or hiking boots.

1 to 2:30 p.m. Meet park intern Laura White at the Milagra Ridge gate, north end of College Avenue in Pacifica. Rain cancels. Phone 556-8642 for directions.

OCEAN BEACH

Adopt-A-Beach Clean-up Day

Bring friends and family to pitch in and help clean up Ocean Beach with the San Francisco Chapter of the Surf Riders. Bring gloves; trash bags are provided.

10 a.m. to 12 noon. Volunteers meet on Ocean Beach at different locations each month. Look for the Surf Riders flag. Phone Clay at 665-4155 for information and locations.

PRESIDIO

Main Post Walk

Explore the heart of the Presidio and appreciate its many architectural styles while learning about this former army post's past and plans for its future.

10 to 11:30 a.m. Meet the walk leader at the flagpole near Arguello Boulevard and Moraga Avenue. Phone 561-4323.

Through the Forest

Beetles and birds, flowers and fun—you never know what you'll find on a nature trail. This 1-mile moderate walk is designed for children ages 4 to 10. Wear walking shoes and bring an adult.

12:30 to 1:30 p.m. Meet Ranger Janice Cooper at Inspiration Point. Phone 561-4323.

Monday

June 21

MUIR BEACH

Summer Solstice Event

Celebrate the longest day of the year at the Muir Beach dunes on the continent's edge. Enjoy stories, singing, and the setting sun.

7 to 9 p.m. Dress warmly. Bring something to sit on and a mug for hot drinks. Phone 388-2596 for more information.

Tuesday

June 22

PRESIDIO

National Cemetery Walk

See Tuesday, June 8

Saturday

June 26

MARIN HEADLANDS

Headlands Handlebars Sampler

On this guided ride past historic gun batteries, a turn-of-the-century army post, and a jaunt up the Bobcat

Trail, you will sample the landscape of Rodeo Valley. This mostly flat, 5-mile off- and on-road tour will weave together moods and scenes of the Headlands.

10 to 11:30 a.m. Meet biking enthusiast Scott Fujawa at the Marin Headlands Visitor Center. Bring your bicycle, helmet, water, and snack. Reservations required; phone 331-1540.

OCEAN BEACH

Discovery Walk

The beach is littered with treasures—feathers, shells, polished glass, fossils, crab skeletons, leathery bullwhip kelp, and much more. You might see a dozen or more species of birds in the air or feeding along the shore. What will you discover when you take a walk along the beach? Appropriate for ages 6 to 9.

1 to 2 p.m. Meet park intern Miesha Bell on Ocean Beach at stairwell #28, located at the intersection of the Great Highway and Lincoln Boulevard. Dress in layers and wear closed-toed shoes. Rain cancels. Phone 556-8642 for directions.

PRESIDIO

The Presidio Rocks

Learn what underlies the Presidio. Explore the 160 million years of geologic and natural history that culminated in the Presidio landscape you see today on this 3-mile, moderately strenuous walk. Wear comfortable walking shoes and a coat.

9 a.m. to 12 noon. Meet Ranger Will Elder at the William Penn Mott, Jr. Visitor Center on Montgomery Street, Main Post. Reservations required; phone 561-4323.

Sunday

June 27

MARIN HEADLANDS

Watercoloring with Crayons, Seeing Seeds in Stars

Have you ever seen a star in a eucalyptus seed or fireworks in a flower? On this fun afternoon of the unexpected, we'll take a stroll to find images that we can easily capture using some amazing crayons. For the curious, age 8 and up. If it rains, we'll forego the walk, but still paint.

1 to 3:30 p.m. Meet professional art teacher Vesta Kirby at the Marin Headlands Visitor Center. Bring \$2 materials fee and a willing spirit. Reservations required; phone 331-1540.

POINT BONITA

Full Moon at Point Bonita

We know the moon is up there, even in the summer fog—maybe we'll get lucky and see it! The half-mile trail is steep in places. Bundle up, bring a flashlight, hot drink, camera, and mittens.

7:30 to 9:30 p.m. Meet the lighthouse intern and docents at the Point Bonita trailhead on Field Road. Reservations are required and will be taken starting May 26; phone 331-1540.

Monday

June 28

MARIN HEADLANDS

Full Moon at Point Bonita

7:30 to 9:30 p.m. See Sunday, June 27



JULY

Saturday

July 3

FORT FUNSTON

Super Swallows

See Saturday, June 5

FORT POINT

Pier Crabbing

See Saturday, June 5

PRESIDIO

Multiculturalism: Myth and Magic

See Saturday, June 5

Sunday

July 4

MARIN HEADLANDS

Nike Missile Site Open House

See Sunday, June 6

Tuesday

July 6

PRESIDIO

National Cemetery Walk

See Tuesday, June 8

Saturday

July 10

FORT FUNSTON

Tending the "Peace Patch":

Mindfulness Practice in Service

Join us as we use our work—restoring dune habitat—as an opportunity for mindfulness practice, touching the earth with conscious awareness and attention. Bring a sack lunch and water.

10 a.m. to 2:30 p.m. Heavy rain cancels. Phone Karen at 346-3923 for reservations, meeting locations, and itinerary.

MARIN HEADLANDS

Headlands Handlebars Sampler

See Saturday, June 26; led by Richard Miller

PRESIDIO

Bay Trail Walk

Walk a moderate 2-mile segment of the 400-mile-long trail being established along the San Francisco Bay shoreline and witness the current transformation of the historic Presidio waterfront. Co-sponsored by the Bay Trail Project. Wear comfortable shoes.

10 a.m. to 12 noon. Meet Ranger Margaret Styles at the Presidio sign at Marina entrance to Crissy Field. Reservations recommended; phone 561-4323.

Crissy Field Aviation Walk

See Saturday, June 12

Architecture and Cultural Landscape Walk

Examine the historic buildings and landscape of the Presidio and see how the post has developed since 1776. Bring your camera—many styles of architecture will be seen on this easy 1-mile walk.

1 to 3:30 p.m. Meet docent Nora Klebow at the William Penn Mott, Jr. Visitor Center on Montgomery Street, Main Post. Phone 561-4323.

Sunday

July 11

PHLEGER ESTATE, WOODSIDE

Crossing the Greenbelt

See Sunday, June 6

Wednesday

July 14

MARIN HEADLANDS

Seed Hunt

Join us as we roam the golden hills and hunt for the Headlands' ripening wild seeds.

9:30 a.m. to 12:30 p.m. Meet at the Marin Headlands Native Plant Nursery; phone Tom Elliott at 332-5193 for directions and more information.

Saturday

July 17

FORT POINT

Pier Crabbing

See Saturday, June 5

LANDS END

Shipwrecks at the Golden Gate

See Saturday, June 19

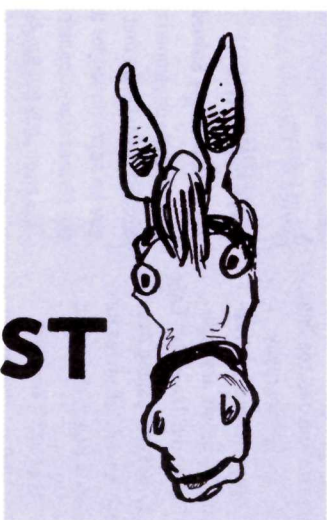
City Star Party

8 to 9:30 p.m. See Saturday, June 19

PRESIDIO

<

AUGUST



Sunday

August 1

MARIN HEADLANDS

Nike Missile Site Open House

See Sunday, June 6

PHLEGER ESTATE, WOODSIDE

Crossing the Greenbelt

See Sunday, June 6

Saturday

August 7

PRESIDIO

Multiculturalism: Myth and Magic

See Saturday, June 5

Sunday

August 8

MILAGRA RIDGE, PACIFICA

Flutter, Butter, Butterflies

See Sunday, June 20

Tuesday

August 10

PRESIDIO

National Cemetery Walk

See Tuesday, June 8

Wednesday

August 11

MARIN HEADLANDS

Tending the Plants

Help us tend our maturing native plants as we enter the home stretch of the summer propagation rush.

1 to 3:30 p.m. Meet at the Marin Headlands Native Plant Nursery; phone Tom Elliott at 332-5193 for directions and more information.

Saturday

August 14

FORT FUNSTON

Tending the "Peace Patch":

Mindfulness Practice in Service

See Saturday, July 10

FORT POINT

Pier Crabbing

See Saturday, June 5

LANDS END

Shipwrecks at the Golden Gate

See Saturday, June 19

MARIN HEADLANDS

Headlands Handlebars Sampler

See Saturday, June 26; led by Richard Miller

PRESIDIO

Crissy Field Aviation Walk

See Saturday, June 12

Pedaling the Presidio

See Saturday, June 19

SUTRO HEIGHTS

Strolling at Suto's

See Saturday, June 19

Sunday

August 15

MARIN HEADLANDS

Beginning Birding

See Sunday, June 13

OCEAN BEACH

Adopt-A-Beach Clean-up Day

See Sunday, June 20

PRESIDIO

Great Scott!

Explore Fort Winfield Scott, the post-within-a-post once described as "the most beautifully located army post in the country," on an easy 1-mile walk. Dress in layers.

10 to 11:30 a.m. Meet Ranger Janice Cooper in front of the Log Cabin on Storey Avenue. Phone 561-4323 for more information and directions.

Saturday

August 21

FORT POINT

Coastal Defense Walk

See Saturday, June 12

LANDS END

City Star Party

7:30 to 9 p.m. See Saturday, June 19

PRESIDIO

Women of the Presidio

See Saturday, June 12

From Rubble to Renaissance

1 to 3:30 p.m. See Sunday, June 13

SWEENEY RIDGE

Sweet Sweeney Saturday

See Saturday, July 31

Sunday

August 22

OCEAN BEACH

Discovery Walk

See Sunday, June 26

Tuesday

August 24

PRESIDIO

National Cemetery Walk

See Tuesday, June 8

Wednesday

August 25

MARIN HEADLANDS

Full Moon at Point Bonita

7 to 9 p.m. See

Sunday, June 27

Thursday

August 26

PRESIDIO

Presidio Nightlife

Ever wonder what happens on the Presidio as day meets night? Hike a 2-mile moderate trail to witness this magical transformation. Wear warm clothes and sturdy shoes. Flashlights will not be used.

7 to 9 p.m. Meet Ranger Margaret Styles at the William Penn Mott, Jr. Visitor Center on Montgomery Street, Main Post. Reservations required, and space is limited; phone 561-4323.

Saturday

August 28

FORT POINT

Pier Crabbing

See Saturday, June 5

OCEAN BEACH

Plight of the Plover

See Saturday, July 24

PRESIDIO

Buildings, Bones, and Bottles

Discover the Presidio's rich prehistoric and historic archeological record and learn of past cultures and lives on this moderately easy 2-mile walk. Wear comfortable walking shoes and bring a coat.

10 a.m. to 12 noon. Meet Ranger Will Elder at the William Penn Mott, Jr. Visitor Center on Montgomery Street, Main Post. Reservations recommended; phone 561-4323.

SUTRO DISTRICT

CQ—Calling All Radiomen and Women: A Century of Radio

On August 23, 1899, the lightship *San Francisco* transmitted the anxiously awaited news to the Cliff House that the troopship *Sherman* was sighted returning home from the Spanish-American War. Join the California Historical Radio Society, the Perham Foundation, the U. S. Coast Guard, and the National Park Service a century later as we commemorate what was possibly the first use of wireless

(radio) in America. Learn more about this historic event and the Spanish-American War, radio's early days, and maritime communications, and then witness an example of ship-to-shore wireless communication on early radio equipment. Bring a portable radio and hear real "spark" signals.

11 a.m. to 12 noon. Meet on the patio outside the Cliff House Visitor Center. Reservations suggested; phone 556-8462.

Sutro Century Walk

End the century—the nineteenth century, that is—with a half-mile walk of the Sutro Historic District. Learn more about how this area appeared in 1899 as we stroll past the Cliff House, the ruins of Sutro Bath, Sutro Heights, and follow the old Sutro railroad bed to Lands End and the location of an historic maritime signal station.

1:30 to 2:30 p.m. Meet at the Cliff House Visitor Center. Reservations suggested; phone 556-8642.

Sunday

August 29

MARIN HEADLANDS

Discovering Together

See Sunday, June 20

Scrub to Beach Exploration Hike

While exploring some Headlands habitats, we'll rove the lagoon, valley, and beach seeking out what's uniquely Headlands. The fresh ocean air is calling—dress in layers and bring a buddy and a water bottle on this refreshing 3.5-mile hike.

12:30 to 3 p.m. Meet eco-explorer Katrina Wagner at the Marin Headlands Visitor Center. Rain cancels. Reservations required; phone 331-1540.

ParkEvents Vol. 11 No. 3 June/July/August 1999

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WILD ENCOUNTERS

IN THE FIELD

■ KAREN RAIMONDO, BIOLOGICAL SCIENCE TECHNICIAN ■



TOM GALLAGHER

One of the unique aspects of living in the Bay Area is the close proximity of our homes to open space and national parks. A short drive from San Francisco takes you to an old-growth redwood forest, a wetland, or coastal scrub hills. One of Golden Gate National Recreation Area's many exceptional characteristics is its great abundance and diversity of flora and fauna. On any given day, a lucky hiker might catch a glimpse of a small carnivore or a rare butterfly on a walk through park lands.

However, this closeness to our natural environment can actually threaten wildlife (and ourselves) if we are not aware of our actions and of the responsibilities we have to our wild neighbors. As summer approaches, many of us will head to the mountains and coast to enjoy the outdoors. Following are some tips for hikers that will help to insure that visits in wildlife habitat are as enjoyable for the critters as they are for the humans.

WILD NEIGHBORS

The largest mammal known to roam through areas of Marin County is the mountain lion (also known as cougar or puma). This beautiful large cat is nocturnal, generally elusive, and feeds mostly on deer. It can be recognized by its long tail and uniform sandy-tan color. If you encounter a mountain lion while hiking, do not run. Make loud noises and raise your arms to appear bigger;

mountain lions can be scared away. If you see a mountain lion in the park, please report your sighting immediately at a park visitor center; the staff will relay the information to a park biologist.

Coyotes are re-populating north and south of the Golden Gate after an absence of thirty years. Now common residents of the area, they eat rabbits, mice, birds, and occasionally deer. Coyotes are usually wary of humans and will avoid people whenever possible. If you see a coyote, do not advance toward it—calmly leave the area. If an interaction turns aggressive—the animal will lower its head, show its teeth, and growl—do not turn your back and do

not run. In the rare situation a mountain lion or coyote attacks, always fight back.

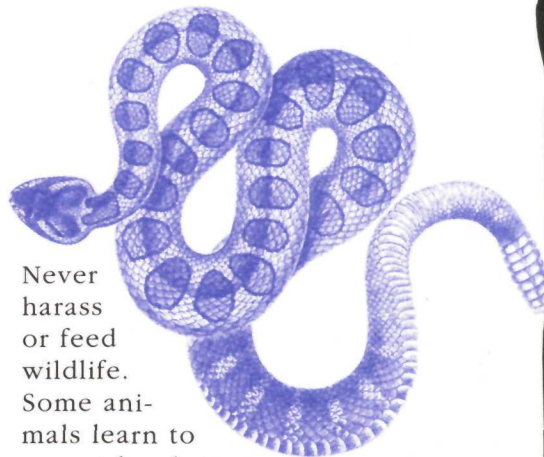
Other mammals one might encounter in and around Golden Gate park lands are bobcat and gray fox (the most widespread fox in California). Bobcats are substantially smaller than cougars (their average weight is twenty pounds), spotted, with short tails and tufted ears. This cat can live in almost any terrain, and feeds on what is locally available (daily specials in the Bay Area include mice and voles). Squeezed into protected areas such as the park, where food and cover are more readily available, bobcats, gray foxes, and other carnivores are increasingly coming into contact with humans. If you meet a bobcat or gray fox on a hike, there is a good chance it will run away. If it remains, do not approach and do not go off-trail to follow it.

A common evening rendezvous may be with a raccoon, skunk, opossum, or deer. A good rule of thumb with any wildlife encounter is to keep distant. Wild animals are exciting to see, but they are still wild and therefore unpredictable. Even deer have been known to attack.

Rattlesnakes can also be found within the park, the only poisonous snake in residence. Quickly back away from any snake you see. If a rattlesnake shakes its tail, RUN!



RICHARD FREEMAN



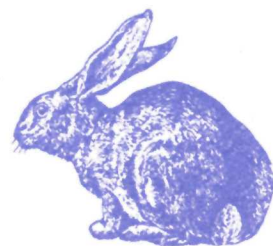
Never harass or feed wildlife.

Some animals learn to accept handouts and become aggressive when the anticipated treat is not forthcoming. Others become lazy and don't hunt or graze. Animals that lose their fear of humans often meet with an untimely demise, more easily killed by other animals or by walking onto a dangerous roadway.

Though you *can* have positive encounters with some of these curious animals—many have become used to seeing people on trails and there is the possibility that they will sit and watch you as you stand and watch them—in general it's better to avoid them. Human contact with wild creatures (mammals, birds, reptiles, amphibians) can cause the animals undue stress, inhibit their hunting and feeding activities, and ultimately result in an inability to reproduce. This is also an important reason to adhere to dog leash laws, and why dogs are not allowed on all of the trails; a bobcat-dog chase can be extremely detrimental to the bobcat—and your dog.

THE WILDLIFE NEXT DOOR

Golden Gate National Recreation Area, a crown jewel of the national park system, is home to countless living things, from a plethora of plant species to insects, salamanders, frogs, newts, toads, lizards, snakes, shrews, bats, rabbits, rodents, deer, and carnivores that are part of the ecosystem. Remember to respect wildlife and help keep them wild. Their survival depends in large part on us—our responsibilities are to peacefully appreciate, co-exist with, and protect the wild ones. ♥





HIKING IN THE HEADLANDS

TIPS AND TRAILS

■ BRETT BANKIE, PARK RANGER/MEDIA SPECIALIST ■



Hikers on the challenging Miwok-Bobcat trails are rewarded by views of the Golden Gate and Lands End from Wolf Ridge.

"I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in."

— John Muir

The Marin Headlands are a composite of rolling hills, rocky ridges, sheer coastal cliffs, beaches, and wetlands. Home to many native animals and plants, this quiet nature preserve provides an open space, room to refresh and renew ourselves and get in touch with nature.

The headlands offer a variety of outdoor experiences. Here, warm, sandy beaches are comfortable places to sit and listen to the waves as they dash against the beach; to watch the surf as it booms against the headlands' rocky edges; and to walk slowly, looking at the tiny details of nature — pieces of seashell, feathers, driftwood. Higher up, the shores of Rodeo Pond and Lagoon are good places to watch the waterbirds' antics. And higher still, trails that wind through the headlands' golden grasslands take the hiker from the routine of everyday life to the relaxation of glorious views and healthy activity.



LET'S GO HIKING!

To many people, summer means sunshine and being outdoors.

One of the easiest and most pleasant ways to get outdoors, to get some fresh air

and exercise, is to go for a walk or a longer hike. Hiking can be easy or strenuous, depending on your ability and energy level.

Wear good hiking shoes or boots and carry a backpack with plenty of water, food, and sun protection (such as hats, long sleeve shirts, long pants, and sun screen). Consider how far you want to walk, how much time you want to take, and what time of day best suits you.

Even on days when the weather is sunny and very hot inland, you can encounter fog and cold winds at the coast. Your trip may begin in an area where the temperature is pushing 100°, but when you get to the headlands, the Pacific Ocean winds can cool it down to half that. Dress in layers, or take along a jacket or sweater and wind-breaker (and hat and gloves if you chill easily). If you plan to stop for any length of time to eat lunch, watch wildlife or the scenery, or just rest, take along a blanket to wrap around you, just in case.

If children accompany you, there are a few more things to consider. Think about how far or how long your child will want — or be able — to walk; don't hike too far, as the idea is to enjoy what you are doing along the way. Take energizing snacks, and, if your child needs to rest after lunch, include a lightweight blanket in your backpack so he or she can curl up for a cozy fresh-air nap.

Some children take an active interest in exploring the little things in nature and will stop and look at every plant, bug, rock, and flower. Be patient, walk slowly, and encourage their interest in nature and being outdoors. Other children, experiencing the exhilaration of open space, will run down the trail ahead of you. Alternate walking quickly with helping the child slow down and look at what he or she might otherwise miss. It's also possible that your child may not find nature as interesting as you hoped; be prepared for that by taking along a favorite toy or two for rest-stop play. And finally, don't worry about reaching a destination (unless you and your child have decided on one beforehand); just enjoy the experience!

AN EASY WALK WITH CHILDREN

"We need the tonic of wildness.... We need to witness our own limits transgressed."

— Henry David Thoreau

The half-mile walk along Rodeo Lagoon, which courses past willows and cattails, can be an opportunity to see some interesting wildlife. The lagoon attracts foxes and raccoons, herons and kingfishers hunt here, and ducks and coots paddle in the open water. Start at the long warehouse (Building #1111) near the bridge at the east end of the lagoon. Follow the edge of the lagoon westward, near the road, until you reach the ocean. On the way, you'll cross a wooden bridge — look down into the water and see if you can spot any fish. The small tidewater goby (an endangered species) lives here. At the beach you can watch the waves, play in the sand, build a sandcastle, fly a kite, burrow in the sand, or get out of the wind behind a driftwood log. You will find restrooms at the large parking lot across the road.

The half-mile walk back to the starting point will give you a different view of the lagoon and its abundant bird and animal population. A note to those who like to include the family dog on their outings: dogs are allowed on-leash, but do

not let your dog scare the wildlife, or others who are also enjoying the area.

A CHALLENGING HIKE

For a strenuous 6.8 mile loop hike, try the Miwok-Bobcat Trail loop around Gerbode Valley (several trails combine and split near the top, and the route can be confusing — be sure to take along a well-marked map). This loop takes approximately three to four hours to hike; there are no restrooms along the way.

Bicyclists: a portion of the Miwok Trail (known as the "Miwok Steeps") is precipitous and bicycles are not allowed. However, by taking the Marincello and Old Springs trails, you can complete this route in about 8.8 miles.

Equestrians: horses are allowed on the entire route.

Backpackers: this is the route to Hawk Backpack Site.

The first mile is easy: start at the long warehouse (Building #1111) near the lagoon bridge and follow the Miwok Trail a half-mile east until it meets the Bobcat Trail. Once on the Bobcat Trail, you ascend 850 feet; at the top, you're treated to several beautiful views as you walk along the ridgeline. Looking south over Gerbode Valley and across the Golden Gate, you can see the western portion of San Francisco, Lands End, and Ocean Beach. To the southeast, toward downtown San Francisco, you will see the tops of the two towers of the Golden Gate Bridge peeking up over the hills nearby. To the northeast, beautiful Sausalito and East Bay vistas come into view. And to the north, you will see Mill Valley, Mount Tamalpais, and Tennessee Valley.

Miwok Trail	
Bobcat Trail	0.9 km
Rodeo Valley Trail	1.5
Wolf Ridge Trail	2.5
Chaparral Trail	2.5
Bobcat Trail	4.2
Tennessee Valley	6.0

Hiking into the backcountry of the Marin Headlands takes you into a small coastal wilderness. If you're fortunate, you may see coyote, bobcat, deer, fox, or possibly (but rarely) a mountain lion. This hike to the ridgetop, its starting point just minutes from San Francisco, is a real getaway from cars and crowds and buildings.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

— John Muir

For more information, call the Marin Headlands NPS Visitor Center at (415) 331-1540, or stop by the visitor center before starting your hike and pick up a free pad map with trail locations marked. You can also purchase the Marin Headlands Map and Guide to Sites, Trails, and Wildlife and other useful guides here. ♥

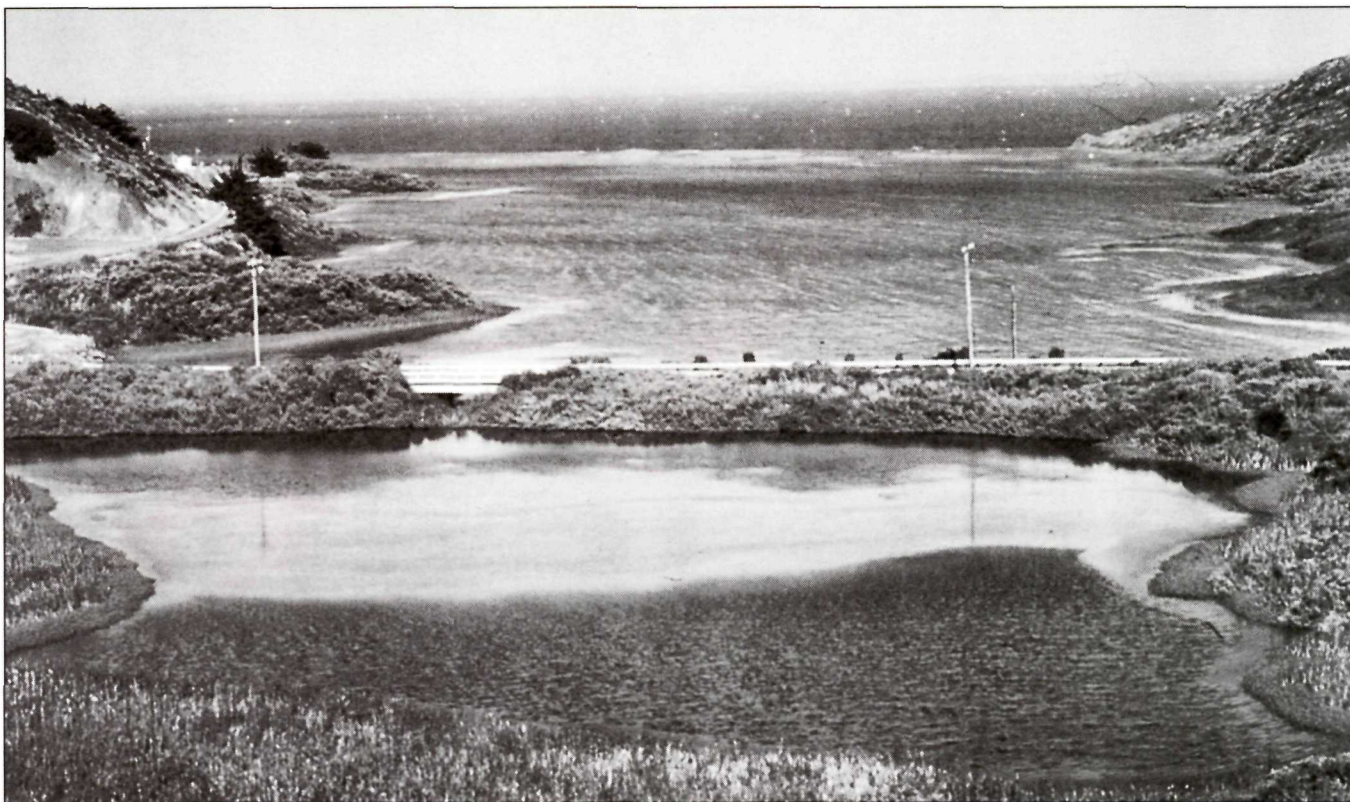
HIKING TIPS

BEFORE YOU GO:

- Tell someone the route you're planning to take (and then be sure to follow it!), or hike with a friend or group.
- Carry plenty of drinking water and some snacks.
- Wear sturdy, well-fitting shoes or boots.
- Carry a first aid kit and sunscreen.
- Wear or carry a couple of layers of clothing to accommodate the extremes of temperatures that you're likely to encounter. Though you may be tempted to leave heavier clothing in your car, remember that conditions can be very windy and cool on the ridgetop.
- Lock your vehicle and don't leave valuables in it.
- Know the location of public telephones—dial 911 in case of emergency.

ONCE ON THE TRAIL:

- Stay away from cliffs and steep edges.
- To reduce the likelihood of contacting ticks and poison oak, stay on the trails. Check your clothing and body for ticks after the hike.



An easy hike for children follows the northern edge of Rodeo Lagoon and ends at the beach.

- If you encounter a mountain lion, coyote, or bobcat, pick up small children and pets, stand your ground, remain as calm as possible, maintain eye contact, and back away slowly. If the animal approaches you, wave your arms and yell. If attacked, fight back aggressively.

TRAIL REGULATIONS AND ETIQUETTE

HIKERS

- Stay on designated trails at all times.
- Don't take shortcuts down switchbacks.
- Horses have the right-of-way on their assigned trails.
- Don't take anything from the park — nature is protected here.

BIKERS

- Observe the 15 mph speed limit on all trails.
- Slow to 5 mph and stay on the trail when passing hikers.
- Yield the right-of-way to horses.

HORSEBACK RIDERS

- Maintain a slow, safe speed.
- Slow to a walk and stay on the trail when passing others.
- Communicate with other trail users and let them know when it is safe to pass.

DOG WALKERS

- In on-leash areas, use a leash no longer than six feet.
- Clean up after your dog.
- Be thoughtful of the safety and comfort of others by closely managing your pet.

TICKS AND LYME DISEASE

Lyme disease is an illness caused by a bacteria that is transmitted by deer tick bites. Ticks live in grassy, shrubby habitats, lawns, and gardens, and vary from a small dot to a matchhead in size. Not all ticks are infected with the bacteria. Research suggests that ticks must be attached to their host for more than 24 hours before they can transmit the infection, which makes quick detection and removal of the tick important. Symptoms range from a rash or lesion to severe arthritic pain, headaches, neck pain, lethargy, and memory and cardiac problems. Timely treatment with antibiotics can cure the disease or lessen the severity of its symptoms. The easiest removal method is to grasp the tick with fine tweezers, as close as possible



to the surface of the skin, and gently pull it straight out. You may want to save the tick for testing later. Do not use heat, mineral oil, or petroleum jelly to remove the tick. If you're concerned, see your doctor and tell him that a tick bit you, and that you want a blood test to see if you have been exposed to Lyme disease.

Several precautions can minimize your chances of being bitten by a tick:

- Tuck your pant legs into your socks and tuck your shirt into your pants. Deer ticks hop a ride on your feet or legs and climb up. This precaution will keep them on the outside of your clothes, where they can be seen and picked off.
- Wear light-colored clothing. Dark ticks can most easily be seen against a light background.
- Inspect your clothes for ticks frequently as you hike. Have a companion inspect you, especially your back.
- Use insect repellents. Applications to shoes, socks, cuffs, and pant legs are most effective against deer ticks.
- Inspect your head and body thoroughly when you get home. Have a companion check your back, or use a mirror.





THE NATIONAL PARKS AT THE GOLDEN GATE

Including
**GOLDEN GATE NATIONAL RECREATION AREA
FORT POINT NATIONAL HISTORIC SITE
MUIR WOODS NATIONAL MONUMENT**

GOLDEN GATE NATIONAL RECREATION AREA (GGNRA)

This 76,000 acre National Park is located where the Pacific Ocean meets San Francisco Bay. Centered around the Golden Gate, the park offers a spectacular blend of natural beauty, historic features, open space, and urban development. To the north and south of the Golden Gate, GGNRA follows the Pacific shoreline, creating a vast coastal preserve over 70 miles long. Muir Woods National Monument, Fort Point National Historic Site, and the Presidio of San Francisco are also managed by the National Park Service (NPS) at GGNRA.

Redwood forests, beaches, grassy hillsides, marshes, and rocky shorelines provide a natural retreat from the city. The park is a home for abundant wildlife: hawks, deer, and seabirds are often seen, and there are occasional sightings of mountain lions, bobcats, and whales. For a journey into the past, visit the park's historic gun batteries and forts, and other buildings where the stories of Bay Area cultures, maritime commerce, wartime defense, architecture, recreation, and immigration are presented.

EMERGENCY NUMBERS

Police.....	911
Fire	911
Ambulance	911

GGNRA VISITOR CENTERS

Cliff House	(415) 556-8642
Fort Funston	(415) 239-2366
Fort Mason/GGNRA Headquarters (Monday-Friday)	(415) 556-0560
TDD/V	(415) 556-2766
Fort Point	(415) 556-1693
Marin Headlands	(415) 331-1540
Muir Woods	(415) 388-2596
William Penn Mott, Jr. (Presidio)	(415) 561-4323
TTY	(415) 561-4314

ADDITIONAL HELPFUL NUMBERS

Alcatraz Boat Transportation ..	(415) 705-5555
Alcatraz Program Information ..	(415) 705-1042
Golden Gate National Parks Association	(415) 561-3000
Gulf of the Farallones National Marine Sanctuary	(415) 561-6622
Gulf of the Farallones National Marine Sanctuary Visitor Center	(415) 561-6625
Habitat Restoration Team	(415) 561-4848
Historic Nike Missile Site	(415) 331-1453
J. Porter Shaw Memorial Library ..	(415) 556-9870
Pacifica Visitor Center	(650) 355-4122
Point Reyes National Seashore	(415) 663-1092
San Francisco Maritime National Historical Park, National Maritime Museum ..	(415) 556-3002 or (415) 556-6435
Stinson Beach Weather	(415) 868-1922
Volunteer Information	(415) 561-4325

If a park destination you wish to visit or learn more about does not have a corresponding phone number on this page, please call (415) 556-0560 (Monday-Friday) and park staff will assist you.

NATIONAL PARKS ON THE INTERNET

You can visit the Golden Gate National Recreation Area on the World Wide Web.

Alcatraz http://www.nps.gov/alcatraz
Golden Gate National Recreation Area http://www.nps.gov/goga
Fort Point http://www.nps.gov/fopo
Muir Woods http://www.nps.gov/muwu
Presidio http://www.nps.gov/prsf

Additional Park-related Sites.

Historic Nike Missile Site
<http://www.nikemissile.org>

**Gulf of the Farallones
National Marine Sanctuary**
<http://www.farallones.org>

Also, the National Park Service Web page at <http://www.nps.gov> contains *ParkNet*, a new on-line magazine providing natural and cultural history, travel and tourism information, and basic details on all national park sites.

GULF OF THE FARALLONES NATIONAL MARINE SANCTUARY

This sanctuary encompasses 948 square nautical miles of the Pacific Ocean off the California coastline west and north of San Francisco. The sanctuary consists of the Gulf of the Farallones and the nearshore waters of Bodega Bay, Tomales Bay, Drakes Bay, Bolinas Bay, Estero de San Antonio, Estero Americano, Duxbury Reef, and Bolinas Lagoon.

The sanctuary, managed by the National Oceanic and Atmospheric Administration (NOAA), provides special protection and management for marine areas of national significance to benefit the public and the oceans.

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