

# POINT REYES NATIONAL SEASHORE



January 1 - April 30, 1994

Activities

Regulations

Information

Free

## INSIDE

### Earthquake Trail

and other short walks

..... page 8

### Longer Hikes

..... page 6

### Whale Watching

..... page 3

### Naturalist Activities

..... page 4

### Kid Stuff

..... page 7

### Take a Class

..... page 3

### Visitor Centers

and Exhibits

..... page 5

### Volunteering

..... page 2

### Spring Wildflowers

..... page 3

### Community Services

..... page 8



Park Ranger Marty Falkenstien shows volunteer Nicole Heslip how to make cordage of tules.

## VIP'S -- ANOTHER PARK RESOURCE

Last year, nearly 1,300 people worked over 20,000 hours at Point Reyes National Seashore and never got paid!

These weren't Park Service employees, but VIPs (Volunteers in Parks) who freely gave their time to help maintain the Seashore and make it a better place to visit. VIPs are essential to most National Parks -- and Point Reyes is lucky to have such a talented and generous following of groups and individuals.

Over the years, many people have donated their skills to different divisions of the park. At Kule Loklo, Marty Falkenstien started as a volunteer in 1984 and over the years acted as the volunteer coordinator. This year, Marty is working for the Park Service as an interpreter at the village, and still coordinates the monthly VIP workday the first Saturday of every month -- a perfect time for families or others to help maintain the grounds and structures at this

recreated Coast Miwok Village.

Another volunteer, Mary Collier, started a native plant garden at the village, which also needs routine care.

Don Thieler and Sylvia Thalman are two VIPs who have been with Kule Loklo since the very beginning, helping to plan and construct the village in 1976. Currently, they station themselves at the village almost every Saturday, demonstrating the native skills they have honed, like making clam shell disk beads or flintknapping obsidian, and answering questions on the culture of the Coast Miwok, the first inhabitants of the Point Reyes peninsula.

Last year, after the roundhouse was destroyed, groups and individuals from the local community poured in with their help to construct an entirely new roundhouse. Nearly 4,000 volunteer hours were donated on this project, and maintenance continues during the

Saturday workdays.

At the Morgan Horse Ranch, many individuals donate their horsemanship expertise one day a week or several days a month exercising and training the animals. Kate Gowen now works part-time there, but also started as a volunteer. "It's hard to imagine any place nicer," she explained. "Other places don't raise colts from birth or do the extensive training that we do here." VIPs are especially helpful at the ranch during weekends and at the annual festival when visitation is high. Jacquetta Nisbett, a local weaver, volunteers three days a week and demonstrated rope making at the last festival.

Ranch volunteers are also instrumental in helping to patrol trails while they exercise the horses. One VIP, while riding, was the first to find an injured visitor and get help.

"Volunteers have kept trails open!" said trails foreman Bill Michaels, "Without volunteers, 30% of our trails might be closed. We have more trails than only two full time employees can maintain." Bill coordinates with several volunteer groups throughout the year with the Adopt-a-Trail project. In 1991, his division alone logged over 13,000 hours of volunteer time. Last year, 80 students from Urban School hiked up Woodward Valley trail to build a retaining wall, each of them carrying 20 lbs of gear, plus lumber, tools and water.

*"It's hard to imagine  
any place nicer  
(to volunteer)..."*

Most of the groups that Bill directs work on brushing trails, clearing fallen trees, and digging drainage ditches. One particular group, PSI, has totally rehabilitated both Sky Camp and Glen Camp in the past few years -- upgrading each of the campsites and making them more private.

Volunteers are a unique and valuable park resource -- their value is ever increasing as budgets are shrinking. Point Reyes National Seashore would not be the same place without them.



Please let us know ...

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

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

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"I want to give back to this country some of the things it has given me."

How can we even begin to repay the earth for what it gives to us: the air we breath, the food we eat, materials for our comforts and conveniences?

There is not enough money in the world to repay this debt. Fortunately, the earth asks us not for our money. We only need to take care of the earth, and by caring for it we also care for ourselves.

*"We are not given this earth from our parents, we are borrowing it from our children."*

Let us give the earth our time. Try as we might, we cannot take care of the earth with our money. The practice of caring for one's environment requires patience and time and dedication.

Over 1000 people found that they were able to give their time as volunteers at Point Reyes National Seashore last year totalling over 20,000 hours of work. These people are helping to protect this country's natural and cultural treasures. These are your treasures and they need your help.

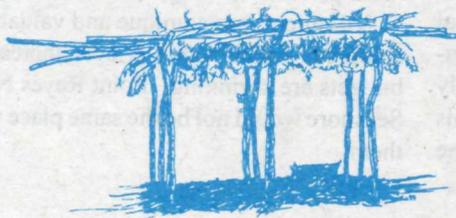
What you may not expect is that by giving your time you will receive unexpected rewards. Many are the volunteers who have come to help, find in turn, that they too, have been helped.

Fortunately, all kinds of assistance are needed. Exotic plants need to be eliminated. Trails need to be maintained. The interpretive rangers need assistance dealing with the multitudes of people that have inquiries in the visitor centers. The beaches need to be cleaned. Rare plants need to be monitored. Animal populations need to be censused. Kule Loklo, our replica Coast Miwok Indian village, needs care and attention. A volunteer can choose from almost a limitless variety of projects.

You may be involved in a group that would like to volunteer. You may be alone and want to give some of your time. You may have special skills that you would like to donate to the park. You may want to work alone amidst the vast open spaces of the seashore. Whatever the case may be, Point Reyes and the Seashore staff appreciate your gift of time.

The following is a general description of most of the opportunities available.

### Kule Loklo



At this outdoor Coast Miwok cultural exhibit, volunteers have an opportunity to work with park rangers, cultural demonstrators, and other volunteers while broadening their knowledge of the Coast Miwok culture. Activities include construction and maintenance of traditional structures, maintenance of the native plant garden and answering visitor's questions about the exhibit. **Individuals, families and groups** are welcome at the first Saturday of every month for a workday. See page 4 of this paper for the schedule of workdays through April or contact the Kule Loklo Coordinator at (415) 663-1092.

## Be a Point Reyes



### Adopt-a-trail

This program incorporates environmentally aware groups into the maintenance and construction of hiking, biking and horse riding trails within the National Seashore with a **minimum commitment of two work days per year**. The park places a recognition plaque on the trail after the second workday. **Contact Bill Michaels at (415) 663-8522.**

### Visitor Services

Volunteers assist in visitor centers at Bear Valley, Ken Patrick or the Lighthouse. They give basic information and orientation, answer the phone, make campground reservations and issue permits. Prospective volunteers should be able to **make a significant time commitment and should have a good knowledge of Point Reyes National Seashore**. Housing is generally not available. **Contact the volunteer coordinator for more information at (415) 663-1092.**

### Morgan Horse Ranch

The Morgan Horse Ranch offers volunteers an opportunity to experience all aspects of horsemanship. They assist in ranch operations, including the care, handling and riding of horses of all ages, as well as the cleaning and maintenance of tack, equipment, fences and buildings. Volunteers may also greet visitors, answer questions and briefly explain their role as a volunteer. Experienced trainers are especially needed to help with the younger horses. The need for volunteers varies greatly throughout the year. **Contact the Ranch Manager at (415) 663-1763 for the ranch's current needs.**



### Resource Management

Resource management opportunities for groups and individuals focus primarily on vegetation management and restoration activities (removing non-native plants). Other highly valued contributions are native and rare plant monitoring, seed collection, plant propagation, erosion control and wildlife monitoring. This division hopes to soon have scheduled work days for which individuals can sign up. **Contact Natural Resource Specialist Sara Koenig for more information: (415) 663-8525.**



### Youth Conservation Corps

The YCC program is for young men and women between the ages of 15 and 18. Participants are paid minimum wage for the six week long program which includes trail maintenance, fence repair and grounds maintenance. Most work is done outdoors and participants must be physically fit, capable of hiking long distances and have the ability to work with hand tools. Housing and transportation to the park are not provided. Twelve to fifteen participants are chosen through a lottery system. The deadline for applications is mid-April. **Call Bill Michaels at (415) 663-8522** for more information and the exact date the application is due for the 1994 summer program.

### Student Conservation Association

The SCA offers volunteers a chance to work full time in different park settings around the country. During the 12 week long program at Point Reyes, an SCA volunteer works 40 hours a week as a resource assistant, with time split among the visitor centers, resource management and the environmental education summer camp. An extensive application is required and competition is usually available and wide positions. Housing is usually available and volunteers are reimbursed for travel expenses from their home to the park site at the beginning and the end of the program. Volunteers are given a uniform allowance and a nominal subsistence allowance. Those interested should write to: **Student Conservation Association, P.O. Box 550, Charlestown, NH 03603, or call (603) 826-4301.**



### Welcome

Many people like to spend their time at the Seashore, most of them in some form of recreation.

Some, however, like to give their time to the Seashore. After an eight hour day, a 40 hour week or a lifetime career, they come just because they want to.

To these people we dedicate this issue. Their time, hard work and knowledge are a wonderful addition to this park, and very much appreciated.

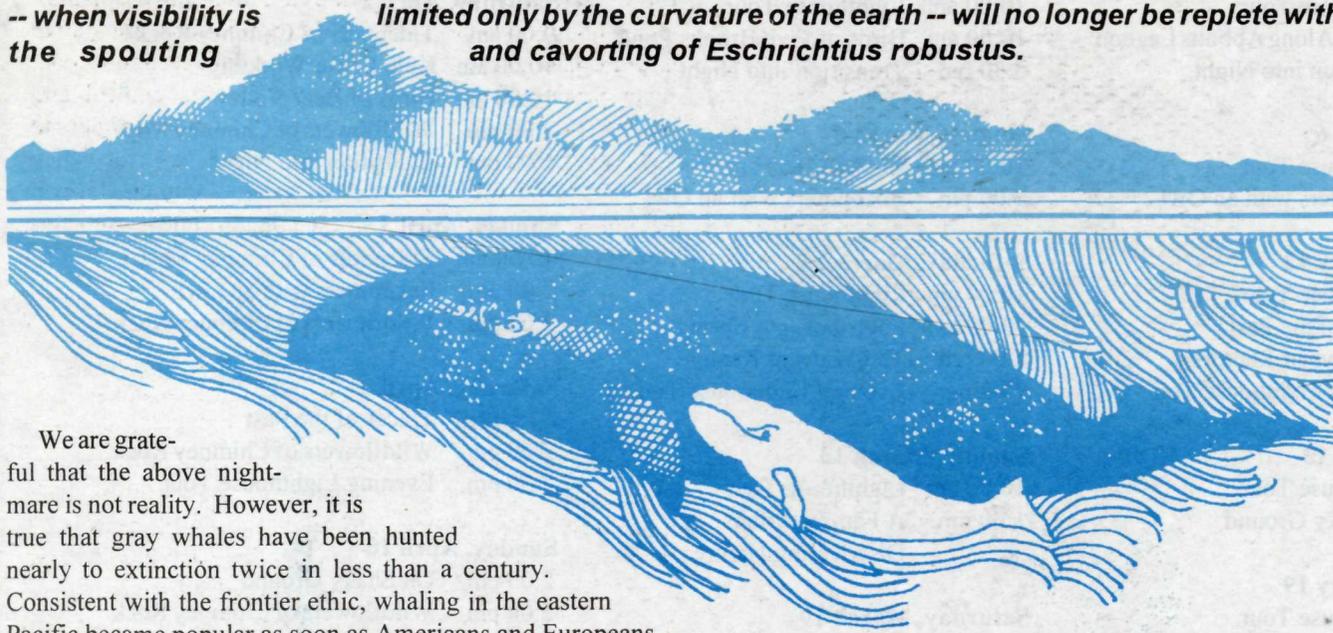
Many of our VIPs (Volunteers in Parks) come once or twice a year to help clean a beach or clear a trail. Others come every week or month to work at the Morgan Horse Ranch, answer questions at the visitor centers or help at Kule Loklo. Some have been coming for 15 years or more!

Whether you are a group that wants to clear a trail every year, an individual with free weekends or a family, there is probably a place for you at the Seashore. Be sure to read the article above to see if your needs fit ours.

In any event, I look forward to seeing you here -- whether you are "spending" your time or "giving" it.

John L. Sansing  
Superintendent

**W**e do not expect to see any whales this year. Since the International Whaling Commission (IWC) removed the gray whale from its protected species list in 1978, renewed hunting has decimated the population. Although the gray whale has not been completely extirpated, their numbers have been so reduced by modern, efficient hunting techniques that the sighting of a gray is now even more rare than spotting a humpback or a blue. Crystalline winter days at the Seashore -- when visibility is limited only by the curvature of the earth -- will no longer be replete with the spouting and cavorting of *Eschrichtius robustus*.



We are grateful that the above nightmare is not reality. However, it is true that gray whales have been hunted nearly to extinction twice in less than a century.

Consistent with the frontier ethic, whaling in the eastern Pacific became popular as soon as Americans and Europeans arrived. The Monterey Whaling Company opened its doors in 1854, and other shore whaling stations quickly appeared along the entire California coast. However, the attention of the hunters soon shifted southward to the lagoons of Baja where Charles Scammon discovered the breeding grounds of the gray whale in 1855.

After travelling 5,000 miles to give birth in these warm, sheltered lagoons, pregnant cows or mothers and calves found death instead of life. Several years of slaughter soon left Scammon's Lagoon quiet; bleaching whale bones littered the mudflats. The natives of Alaska and Siberia probably did not understand why the grays failed to return to the northern feeding grounds, and starvation ran rampant amongst these subsistence hunters. By 1880, the gray whale population was reduced to the point where hunting them ceased to be economically viable.

While whalers were occupied elsewhere, the gray slowly began to recover until several Norwegian factory ships arrived in Baja in 1914. Displaying a remarkable combination of greed and stupidity, Soviet, Japanese and American whale killers joined in destroying the gray whale population a second time. Finally, in 1946, an international agreement was implemented

to stop the killing of the few remaining grays. On June 2, 1970, the gray whale was officially listed as an endangered species, and the Marine Mammal Act of 1972 afforded further protection. Because of such regulations, the east Pacific gray whale population has now recovered to pre-exploitation levels (an estimated 21,000 individuals).

So, as the Bering and Chukchi Seas are filled with the ice of winter, the gray whales engage in one of the most spectacular of annual migrations -- *ten thousand miles*. Perhaps navigating by celestial landmarks, ocean floor topography, or even the taste of the water, these 40 ton behemoths propel themselves with mighty flukes -- *one hundred miles a day (without coffee breaks!)*.

Spurred by the mystery of these beautiful giants, Homo sapiens (humans) take part in their own winter migration to the headlands of Point Reyes. The density of expectant humans (hungry for the sight of a whale) in the vicinity of the lighthouse exceeds that of pregnant grays in the lagoons of Baja. Chimney Rock offers a more pristine vantage point where it is easy to indulge in the timeless nature of this ritual migration, and appreciate the value of preserving our coastal waters -- the passageway of extraordinary travellers.

## Spring Beauty

Many of nature's activities include the study and enjoyment of wildflowers. Perhaps your pleasure is enjoying the aesthetic beauty, just sitting and looking at wildflowers with a hand lens. Or maybe these delicate beauties inspire the photographer to capture a special moment of color and light. Sketching or painting is another activity with endless possibilities.

Spring is a time when plants transform light energy from the sun into new growing tissue. The soil is moist and the ground is just right for plant growth and rejuvenation. Depending on the climate and the plant's tolerance to cold temperatures, some wildflowers may bloom as early as February and continue into late April, a time when much of Point Reyes National Seashore is blanketed in a colorful floral display. Indeed, the beauty is an encouragement and invitation to learn more of nature.

Within the National Seashore, a wildflower hike out the coastal bluff at Chimney Rock offers a colorful display of Douglas iris, red owl's clover and an abundance of many other species. If you are visiting the moist forest communities near the Bear Valley Visitor Center, look near the stream banks for the three-petaled white flower of the trillium. With a little work you may find the hidden wild ginger flower tucked beneath its heart-shaped leaves. Additionally, there is an attractive native plant garden just outside the Lighthouse Visitor Center. Other popular areas include Abbotts Lagoon, Tomales Point and the Limantour Beach area, each with its own diverse plant community.

This is just a brief introduction to the variety of flowering plants within the Seashore. With the encroachment of urbanization and agriculture on wild lands, many of our native wildflowers are becoming increasingly rare and need protection.

Check the Naturalist Activities schedule on page 4 for days and times of Ranger-guided wildflower walks.

Observe, photograph or sketch them for your enjoyment, *but please don't pick the wildflowers!* Flowers must continue to make seeds, to be here for our children to enjoy.



## Field Seminars

Point Reyes Field Seminars offers weekend classes for adults in natural history, photography, environmental education and the arts. Below is a partial listing of classes being offered in late winter and spring. Pre-registration is required. To receive a free brochure of seminars, please write Point Reyes Field Seminars, Point Reyes National Seashore, Point Reyes, CA 94956, or call (415) 663-1200.

### MASTERING THE CREATIVE TOOLS OF PHOTOGRAPHY FEB 12-13 \$85

Join us for this weekend seminar designed especially to help the aspiring photographer master the technical aspects of photography. Through slides, lecture, discussion, critique, field sessions and one-on-one assistance, participants will learn to lighten their technical load and shift their perspective on photography. Fee includes accommodations at the Clem Miller Environmental Education Center. Instructor: Jed Manwaring

### CELEBRATE SPRING--THE NATURAL WORLD OF POINT REYES MAR 12-13 \$75

This weekend will be a chance to explore and experience the wonderful world of Point Reyes as the glories of spring begin to unfold. Tracking mammals, calling for owls, exploring mudflats, smelling wildflowers--join us for a lively weekend that will increase your enjoyment and understanding of the natural world around you. Includes accommodations at Clem Miller Environmental Education Center. Instructor: Joe Mueller

### CLAY: AN IMPRESSIONABLE MATERIAL MAR 12 & 19 \$58

In this two-day workshop using materials we have gathered --shells, feathers, pine cones, leaves-- we will explore how clay can become a fingerprint of nature, texturing a wide variety of objects -- wall plaques, birdhouses, pendants, paperweights or dried flower vases. Pieces will be kiln-fired by the instructor. Fee includes materials. Instructor: Molly Prier

### Newspaper Staff

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Masthead photo	Marty Knapp

# Naturalist Activities

## January

### Saturday, January 1

- 10:00 am Lighthouse Tour
- 11:00 am New Year's Day Foray

### Sunday, January 2

- 10:00 am Lighthouse Tour
- 2:00 pm On Shaky Ground

### Saturday, January 8

- 10:00 am Kule Loklo Workday
- 10:00 am Lighthouse Tour
- 10:00 am Birds of Limantour Estero
- 4:30 pm Transition into Night
- 6:00 pm Evening Lighthouse Tour

### Sunday, January 9

- 10:00 am Lighthouse Tour
- 2:30 pm Treasures of the Tides

### Saturday, January 15

- 10:00 am Lighthouse Tour
- 11:00 am Traces of the Past
- 2:00 pm The Ways of Raptors

### Sunday, January 16

- 10:00 am Lighthouse Tour
- 2:00 pm On Shaky Ground

### Monday, January 17

- 10:00 am Lighthouse Tour

### Saturday, January 22

- 10:00 am Lighthouse Tour
- 2:00 pm Flocking to Limantour

### Sunday, January 23

- 10:00 am Lighthouse Tour
- 2:00 pm Encounters with an Owl

### Saturday, January 29

- 10:00 am Lighthouse Tour
- 10:00 am Birds of Five Brooks Pond
- 2:00 pm Encounters with an Owl
- 5:00 pm Transition into Night
- 5:30 pm Evening Lighthouse Tour

### Sunday, January 30

- 10:00 am Lighthouse Tour
- 2:00 pm On Shaky Ground

## February

### Saturday, February 5

- 10:00 am Kule Loklo Workday
- 10:00 am Lighthouse Tour
- 10:00 am Birding Along Abbotts Lagoon
- 5:15 pm Transition into Night

### Sunday, February 6

- 10:00 am Lighthouse Tour
- 2:00 pm Encounters with an Owl

### Saturday, February 12

- 10:00 am Lighthouse Tour
- 11:00 am Traces of the Past
- 2:00 pm The Ways of Raptors
- 6:30 pm Evening Lighthouse Tour

### Sunday, February 13

- 10:00 am Lighthouse Tour
- 2:00 pm On Shaky Ground

### Saturday, February 19

- 10:00 am Lighthouse Tour
- 1:00 pm A Family Affair:  
Discovering Nature

### Sunday, February 20

- 10:00 am Lighthouse Tour
- 2:00 pm Encounters with an Owl

### Monday, February 21

- 10:00 am Lighthouse Tour

### Saturday, February 26

- 10:00 am Lighthouse Tour
- 10:00 am Birds of Limantour Estero
- 2:00 pm Encounters with an Owl
- 5:30 pm Transition into Night
- 6:30 pm Evening Lighthouse Tour

### Sunday, February 27

- 10:00 am Lighthouse Tour
- 2:00 pm On Shaky Ground

## March

### Saturday, March 5

- 10:00 am Kule Loklo Workday
- 10:00 am Lighthouse Tour
- 10:00 am Birds of Five Brooks Pond
- 5:30 pm Transition into Night

### Sunday, March 6

- 10:00 am Lighthouse Tour
- 2:00 pm Encounters with an Owl

### Saturday, March 12

- 10:00 am Lighthouse Tour
- 10:00 am Footsteps into Spring
- 2:00 pm The Ways of Raptors
- 7:00 pm Evening Lighthouse Tour

### Sunday, March 13

- 10:00 am Lighthouse Tour
- 1:00 pm A Family Affair:  
Discovering Nature

### Saturday, March 19

- 10:00 am Lighthouse Tour
- 10:00 am Flocking to Limantour
- 2:00 pm Traces of the Past

### Sunday, March 20

- 10:00 am Lighthouse Tour
- 2:00 pm On Shaky Ground

### Saturday, March 26

- 10:00 am Lighthouse Tour
- 10:00 am Birds of Limantour Estero
- 2:00 pm Wildflowers of Chimney Rock
- 5:30 pm Transition into Night
- 6:00 pm Evening Lighthouse Tour

### Sunday, March 27

- 10:00 am Lighthouse Tour
- 2:00 pm Footsteps into Spring
- 2:00 pm Wildflowers of Chimney Rock

## April



### Saturday, April 2

- 9:00 am Tidepools of Chimney Rock
- 10:00 am Kule Loklo Workday
- 10:00 am Birds of Bear Valley
- 2:00 pm Wildflowers of Chimney Rock
- 6:00 pm Transition into Night

### Sunday, April 3

- 10:00 am Tidepools of Chimney Rock
- 2:00 pm Encounters with an Owl
- 2:00 pm Wildflowers of Chimney Rock

### Saturday, April 9

- 11:00 am Traces of the Past
- 2:00 pm Wildflowers of Chimney Rock
- 7:30 pm Evening Lighthouse Tour

### Sunday, April 10

- 2:00 pm On Shaky Ground
- 2:00 pm Wildflowers of Chimney Rock

### Saturday, April 16

- 10:00 am Birds of Five Brooks Pond
- 11:00 am Traces of the Past
- 2:00 pm Wildflowers of Chimney Rock
- 7:15 pm Transition into Night

### Sunday, April 17

- 10:30 am Flocking to Limantour
- 2:00 pm Wildflowers of Chimney Rock

### Saturday, April 23

- 10:00 am Kule Loklo Workday
- 2:00 pm Encounters with an Owl
- 2:00 pm Wildflowers of Chimney Rock

### Sunday, April 24

- 2:00 pm On Shaky Ground
- 2:00 pm Wildflowers of Chimney Rock

### Saturday, April 30

- 1-4:00 pm **STRAWBERRY FESTIVAL**
- 10:00 am Birds of Five Brooks Pond
- 2:00 pm Wildflowers of Chimney Rock
- 7:30 pm Transition into Night
- 8:00 pm Evening Lighthouse Tour

## 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) 663-1092

### 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) 663-1092

### 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) 663-1763

### Pierce Point Ranch

The renovated Pierce Ranch, established in 1858, 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

## Free Whale Watching Shuttle Bus January 1 - March 20



Pick up the free shuttle at

**South Beach parking lot**

on weekends and holidays

*when the Lighthouse parking lot fills.*

Last shuttle leaves South Beach at 3:30 pm.

**A Family Affair: Discovering Nature** Spend time with your family and a ranger exploring the wildlife and their habitats in the forests and fields of Point Reyes. The easy hike will include games and activities and will be geared for those over 7 years of age. Meet at the Bear Valley Visitor Center back porch. 1.5 hours.

**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.

**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) 669-1534 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.

**Footsteps into Spring** Join a ranger for an easy walk through the early spring wildflowers of the Limantour Estero. This diverse ecosystem can host an incredible array of color and beauty. Bring a hand lens and camera, if desired. Meet at the Limantour Beach parking lot. 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! 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. ♿

**Tidepools of Chimney Rock** Explore some of the tidepools of Drakes Bay and encounter the creatures that call this rocky environment home. Wear rubber boots or shoes that can get wet! Meet at the Chimney Rock parking lot. 1.5 hours.

**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.

**Treasures of the Tides** Come explore the secrets of the surf as low tide reveals what is usually hidden from our view in the nooks and crannies of Palomarin Beach. Meet at the Palomarin Beach parking lot (30 minutes south of Bear Valley Visitor Center) for a ¼ mile walk down to the water. Dress warmly and wear shoes and clothing that can get wet. 2 hours.

**The Ways of Raptors** Join a falconer for an intimate look at the ways of life of birds of prey. We will try to experience what their world is really like -- and spend some time with a live falcon. Bear Valley Visitor Center Auditorium. 1 hour.

**Wildflowers of Chimney Rock** Meet at the Chimney Rock parking area for a 1.5 mile roundtrip walk to a point overlooking Chimney Rock. Bring field guides, walking shoes and expect variable weather. Call (415) 669-1534 for more information. 2 hours.

## DUE TO THE LARGE CROWDS DURING WHALE WATCHING SEASON

THE POINT  
REYES  
LIGHTHOUSE  
LANTERN ROOM



WILL BE  
OPEN ONLY  
FOR THE

10:00 AM MORNING TOURS ON  
WEEKENDS AND HOLIDAYS  
AND FOR EVENING LIGHTHOUSE  
TOURS AS SCHEDULED

**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.

**Lighthouse Tour** Here is your chance to view the lantern room, usually closed during the whale-watching season. Meet at the top of the stairs for this one hour program to see the clockwork mechanism and hear stories of this 118 year old historic structure.

**New Year's Day Foray** Meet in front of the Bear Valley Visitor Center to explore the natural and human history of the Bear Valley area. 2 hours.

Please join us at the  
**Kule Loklo Strawberry Festival**  
Saturday, April 30  
1:00 - 4:00 pm  
Traditional blessing of the strawberries  
Native American Dancers

## 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. Lighthouse stairs are open 10:00 am to 4:30 pm, weather permitting. Dress warmly, weather conditions are unpredictable.

Visitor Center Hours:

Open Thursday - Monday, 10:00 am to 5:00 pm

Lighthouse Stairs: 10:00 am to 4:30 pm, weather permitting

Closed Tuesday and Wednesday

Phone (415) 669-1534

### 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 and regulations 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. Severe 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. Remember safety, courtesy and respect for the wilderness while on these trails.

•**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 at Kule Loklo.

•Cyclists found not adhering to these rules will be cited and their equipment possibly confiscated.

## Selected Point Reyes Trails

Starting Point	Destination	Distance (one way)	Difficulty	Approximate Time (one way)	Notes
Bear Valley Trailhead	Mt. Wittenberg (via Sky Trail)	1.6 miles	steep (1300' gain)	1.5 hours	Make a loop by returning via Meadow Trail
Bear Valley Trailhead	Divide Meadow Arch Rock	1.6 miles 4.1 miles	easy easy	1.0 hours 2.0 hours	(to Glen Trail junction)
Palomarin Trailhead	Wildcat Camp (via Coast Trail)	5.5 miles	easy-moderate	3.0 hours	You can see Alamere Falls from Wildcat Beach
Coast Trailhead	Limantour Beach Coast Camp	2.0 miles 2.8 miles	easy easy	1.0 hours 1.5 hours	(to Coast Camp)
Tomales Point Trailhead (Pierce Dairy Ranch)	Tomales Point Trail Tomales Point	3.0 miles 4.5 miles	easy easy-moderate	1.5 hours 2.5 hours	The place to see tule elk!
McClures Beach Trailhead	McClures Beach	0.6 miles	steep	45 minutes	Watch the tides!
Kehoe Beach Trailhead	Kehoe Beach	0.6 miles	easy	30 minutes	
Abbotts Lagoon Trailhead ( first half mile)	Abbotts Lagoon	1.5 miles	easy	45 minutes	(to Lagoon)
Estero Trailhead ( first mile)	Drakes Estero	2.4 miles	easy-moderate, steep in parts	1.5 hours	



## 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.

•**Samuel P. Taylor State Park** (415) 488-9897. For reservations: MISTIX 1-800-444-7275. Six miles east of Bear Valley Visitor Center on Sir Francis Drake Boulevard.

•**Olema Ranch Campground** (415) 663-8001. One mile from the visitor center on Highway 1 north of Olema. Private RV (with hook-ups) and tent camping.



## 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.

# Kid Stuff

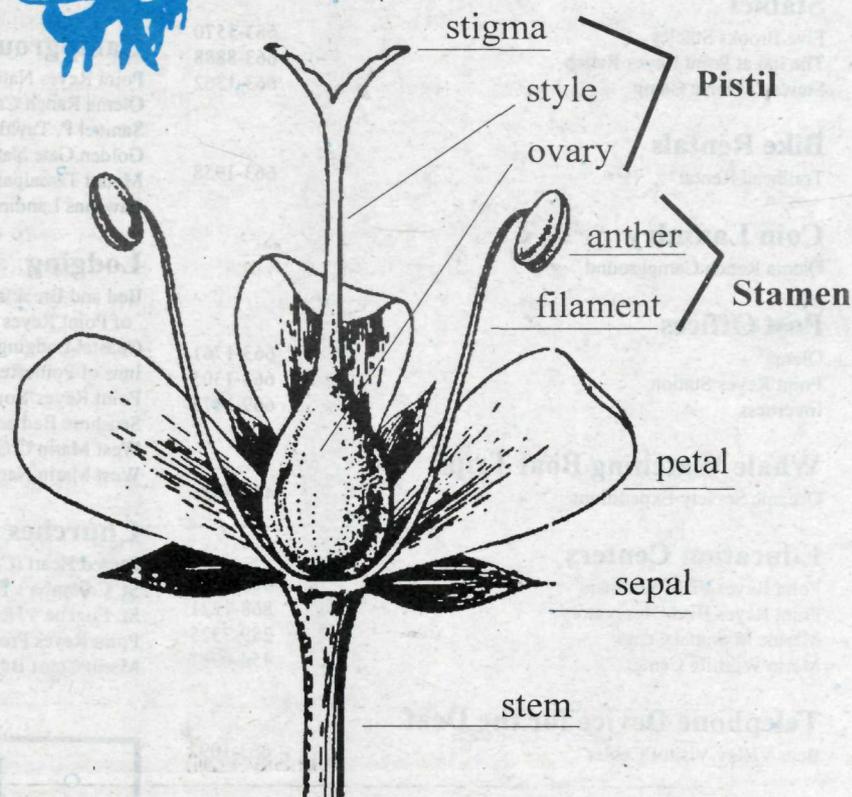
## Scavenger Hunt

Plants are pollinated in different ways. Most colorful, showy flowers are trying to attract insects which will rub pollen on their parts and carry it from flower to flower. Other plants rely on wind to distribute their pollen to the next plant. These often have very small flowers but make lots of pollen -- these are usually the plants that make you sneeze in the spring!

For this scavenger hunt, just check the first box when you find something. Please don't pick flowers or take anything home with you! Then check the right box if you think it is wind or insect pollinated. There are books and rangers in the visitor centers to help if you don't know the plant.

<u>Plant</u>	<u>Wind</u>	<u>Insect</u>	<u>Color</u>
<input type="checkbox"/> California Poppy	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Grass	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Wild Mustard	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Coast Live Oak	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Miner's Lettuce	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Red maids	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Lupine	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Douglas Fir	<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/> Cattails	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Flower parts to you and me -- mean food for the hungry bumble bee.**

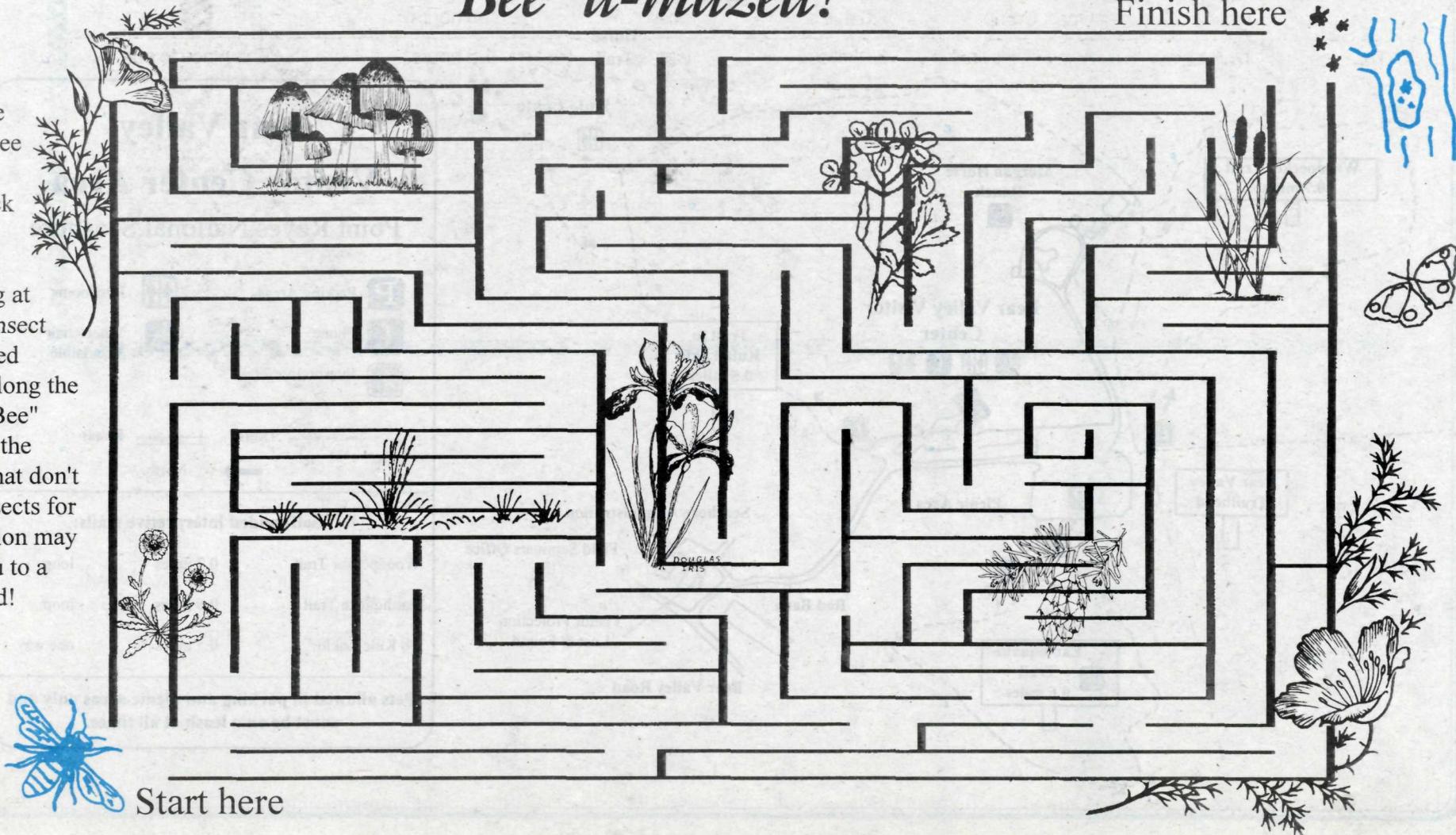


Color in the flower as you like. Stems and sepals are usually green, most petals are white or brightly colored. The anther is where the pollen is and is often yellow or orange.

## "Bee" a-mazed!

Finish here

Help the honey bee find its way back to the hive, stopping at all the insect pollinated plants along the way. "Bee" careful, the plants that don't need insects for pollination may lead you to a dead end!



Start here

# 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	663-1763
Tomales Bay State Park	669-1140

## Stables

Five Brooks Stables	663-1570
The Inn at Point Reyes Ranch	663-8888
Stewart's Horse Camp	663-1362

## Bike Rentals

Trailhead Rental	663-1958
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## Coin Laundry

Olema Ranch Campground	
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## Post Offices

Olema	663-1761
Point Reyes Station	663-1305
Inverness	669-1675

## Whale Watching Boat Trips

Oceanic Society Expeditions	474-3385
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## Education Centers

Point Reyes Field Seminars	663-1200
Point Reyes Bird Observatory	868-1221
Marine Mammal Center	289-7325
Marin Wildlife Center	454-6961

## Telephone Device for the Deaf

Bear Valley Visitor Center	663-1092
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## Medical Services

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

## Service Stations

INVERNESS	
Drake Highway Garage	669-1017
POINT REYES STATION	
Bud's Auto Service	663-1177
Cheda Chevrolet	663-1227
OLEMA	
Olema Ranch Campground (gas only)	663-8001

## Campgrounds

Point Reyes National Seashore	663-1092
Olema Ranch Campground	663-8001
Samuel P. Taylor State Park	488-9897
Golden Gate National Recreation Area	331-1540
Mount Tamalpais State Park	388-2070
Lawsons Landing	(707) 878-2443

## 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	663-8811
Seashore Bed and Breakfasts	663-9373
West Marin Chamber of Commerce	663-9232
West Marin Network	663-9543

## Churches

Sacred Heart (Catholic, Roman)	663-1139
St. Columba's Episcopal Church	669-1039
St. Eugene's Hermitage (Orthodox)	669-1705
Point Reyes Presbyterian	663-1349
Marin Coast Baptist Chapel	663-8815

## Restaurants and Delicatessens

DRAKES BEACH	
Drakes Beach Cafe	669-1297
INVERNESS	
Barnaby's	669-1114
Gray Whale	669-1244
Inverness Inn	669-1109
Manka's Restaurant	669-1034
Perry's Deli	663-1491
Vladimir's	669-1021
POINT REYES STATION	
Mike's Cafe	663-1536
Station House Cafe	663-1515
Taqueira La Quinta	663-8868
OLEMA	
Olema Farm House	663-1264
Olema Inn	663-9559
MARSHALL	
Tony's Seafood	663-1107
Nick's Cove	663-1033

## General Stores

INVERNESS	
Inverness Store	669-1041
Inverness Park Groceries	663-1491
POINT REYES STATION	
Whale of a Deli	663-1495
Palace Market	663-1016
OLEMA	
Olema Store	663-1479

## Bakeries

Bovine Bakery	663-9420
Knave of Hearts	663-1236
Bolinas Bakery	868-0211

## Oyster Companies

Hog Island Oyster Company	663-9218
Johnson's Oyster Farm	669-1149
Tomales Bay Oyster Company	663-1242

**EMERGENCY**  
**9-1-1**

**Bear Valley  
Visitor Center Area**  
Point Reyes National Seashore

**P** Parking Areas

**☎** Phone

**🚶** Interpretive Trail

**♿** Restrooms

**♿** Wheelchair Accessible

--- Trails    ——— Roads

➔ North

**Self-guided interpretive trails:**

Woodpecker Trail	0.7 miles	loop
Earthquake Trail	0.6 miles	loop
To Kule Loklo	0.5 miles	one way

**Pets allowed in parking and picnic areas only and must be on a leash at all times.**