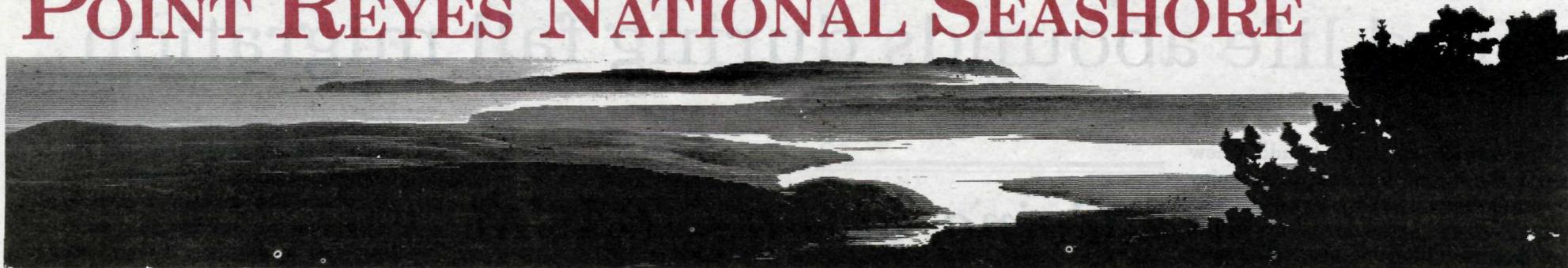


# POINT REYES NATIONAL SEASHORE



September 1 - December 31, 1993

Activities

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Free

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### **Restoration:**

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

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

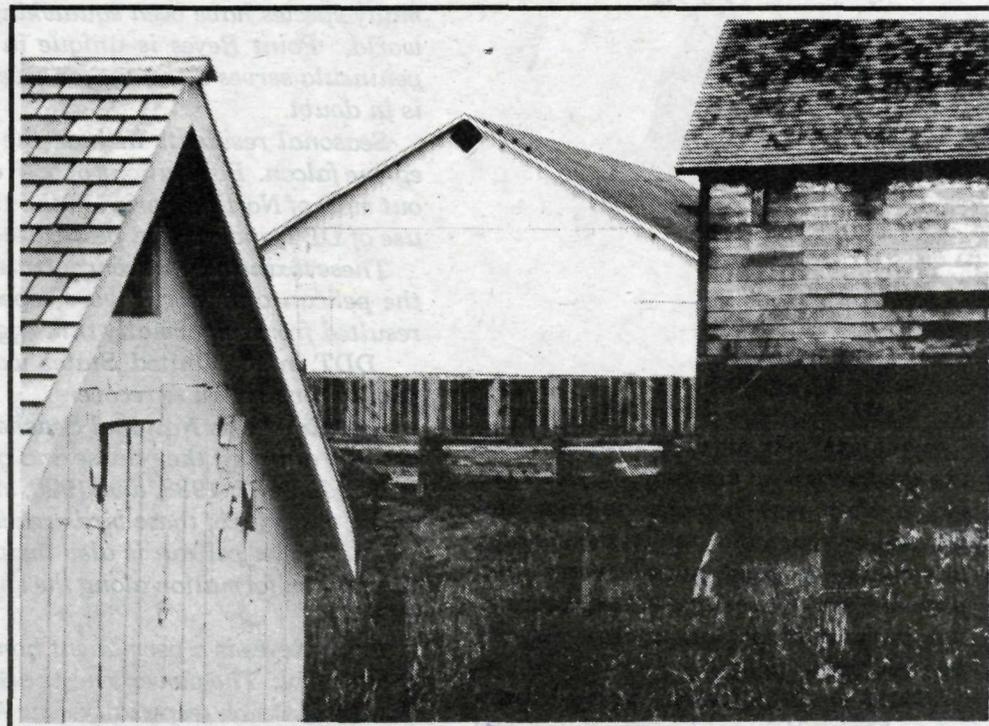
But when is complete restoration achievable? And is it worth the time and expense? Research and careful planning is essential before removing what is damaged or does not belong. Cautious implementation renews and can revitalize what remains.

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

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

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

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



Restoration at Pierce Ranch is an on-going project.

Photo by Margaret Pearson Pinkham

## FORWARD INTO THE PAST

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

Many animals, however, have adapted to these "unnatural" changes in their habitats. Do we cut down non-

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

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

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

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

native trees at the expense of the wildlife using them? Or is it even possible to totally eradicate this tree, now found over much of the state?

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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U.S. DEPARTMENT  
OF THE INTERIOR  
PERMIT NO. G-83

# Bird life abounds during fall migration

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



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

Many of these lost birds have been seen at Point Reyes only a few times, and occasionally a bird that has never been seen before in California or even the entire United States appears here for the first time. Due to its unique geography and climatic conditions, Point Reyes is well known as a vagrant trap, and the sighting of a rare bird can send a wave of phone calls throughout the birdwatching community.

For the more relaxed birdwatcher, seeing thousands of shorebirds buzz over the mud flats at low tide, or patiently watching a blue heron or egret stalk fish in the shallows can be a very satisfying experience. Hawks, too are common in the fall over the rolling hills and are fascinating to watch as they glide and soar so freely.

## Going, going ... BACK!

*Extinction. The process connotes a sense of somber finality; a warning cry calling humankind to wake up to a greater awareness.*

*Birds are a sensitive indicator of the health of the environment, and many species have been squawking about the imbalance of our modern world. Point Reyes is unique in its diversity of ecosystems, and the peninsula serves as refuge for several species whose continued existence is in doubt.*

*Seasonal residents include the endangered brown pelican and peregrine falcon. Populations of both of these birds were destroyed throughout most of North America in the 1950s and 1960s due to the widespread use of DDT and related pesticides.*

*These toxins become concentrated in birds high on the food chain, and the pelican and falcon were especially affected. Reproductive failure resulted from abnormally thin eggshells.*

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

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

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

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

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

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

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

*Indeed, a great deal of work remains to be done in the monitoring of threatened and endangered bird species at Point Reyes and elsewhere. However, long-term solutions to the extinction problem will depend on our ability to change our attitude toward the earth. And it is just for such inspiration that Point Reyes National Seashore exists.*

Three reasons make fall the best time of year for birdwatching at Point Reyes. First, since this year's young have just left the nest, the number of birds is at an annual high. Second, many of these young birds get lost and become the vagrants so many birdwatchers look for. Finally, the weather is best here at this time because there are many calm, sunny days and less fog along the coast.

Where should you go to look for birds? If you are searching for those rare vagrants, check at the visitor centers for current information. The trees around A and B Ranches (located on the road between South Beach and the Lighthouse), around the historic buildings near the Chimney Rock parking lot and the trees along the walk to the lighthouse are particularly good for vagrant songbirds.

Please use good judgement in respecting the privacy of residents who live near these areas, and be sure to pull over safely and park your car completely off the road. Limantour and Drakes Beaches and their esteros, Abbotts Lagoon and Tomales Bay are all good spots for shorebirds and other waterfowl, especially at low tide. Many species of ducks can be seen at Five Brooks Pond, Muddy Hollow Pond and Horseshoe Pond.

So, whether you are a veteran birder or a beginning birdwatcher, fall



birdwatching at Point Reyes is hard to beat. Grab your spotting scope, put your binoculars in the car, pack a lunch, and bring plenty of warm clothing for the unpredictable weather.

The birds will be here.

## Welcome

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

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

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

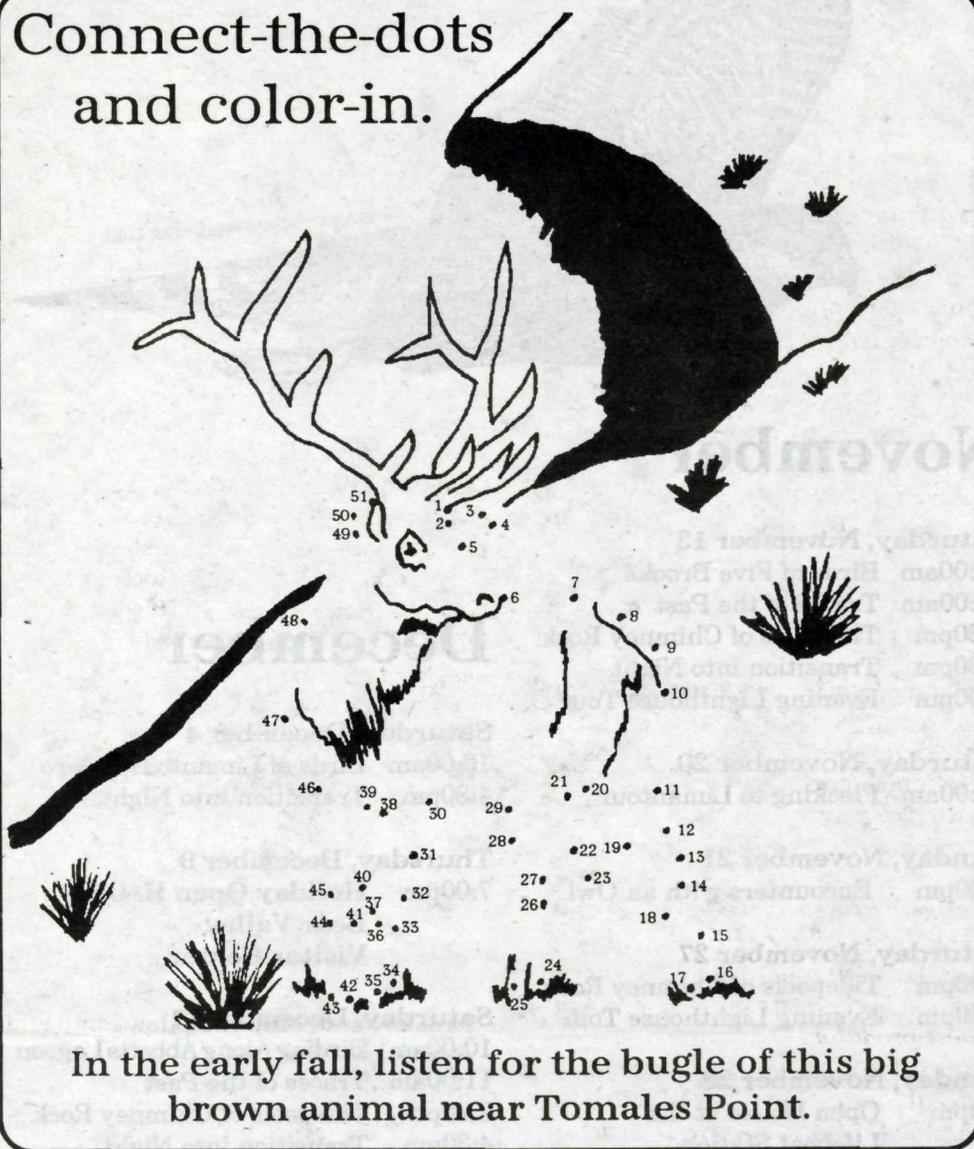
John L. Sansing  
Superintendent

## Some Point Reyes Restoration Projects

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

# Kid Stuff

Connect-the-dots and color-in.



## Scavenger Hunt

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

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



## Restoration Round-up

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

- |                 |                      |                    |
|-----------------|----------------------|--------------------|
| ___ 1. Tule elk | ___ 2. Brown Pelican | ___ 3. Coyote      |
| ___ 4. Bats     | ___ 5. Divide Meadow | ___ 6. Wetland     |
| ___ 7. Lifeboat | ___ 8. Pierce        | ___ 9. Grizzly     |
| ___ 10. Firs    | ___ 11. Limantour    | ___ 12. Gray whale |
| ___ 13. Thistle | ___ 14. Salamander   | ___ 15. Restore    |

- A. This dog-like animal seems to be making a comeback on its own.
- B. A Park Service carpenter restored this 36 foot motorized craft.
- C. These flying mammals will use old buildings to nest and roost.
- D. A housing subdivision was planned for this long "spit" of sand dunes.
- E. This marine mammal was recently taken off the endangered species list.
- F. The place along Bear Valley Trail where 10,000 alien plants were removed.
- G. This ranch by Tomales Bay is being restored to look like it did in the 1880s.
- H. These sensitive areas are protected from cows with fences.
- I. DDT (a pesticide) nearly made this bird extinct.
- J. A park biologist is looking for this, along with frogs and toads.
- K. Should the Park reintroduce this bear, now extinct in California?
- L. Over 240 of these large, reintroduced animals roam near Tomales Point.
- M. Ospreys like to make nests at the tops of these trees.
- N. "Putting back into a former condition."
- O. One of the alien (non-native) plants the park is trying to get rid of.

D	I	V	I	D	E	M	E	A	D	O	W
S	A	L	A	M	A	N	D	E	R	E	G
H	B	E	L	P	C	O	Y	O	T	E	R
U	T	A	O	B	E	F	I	L	H	C	A
S	U	R	T	E	S	T	A	O	I	R	Y
R	L	E	P	S	O	N	I	N	S	E	W
S	E	T	R	E	D	Y	E	S	T	I	H
R	E	G	R	I	Z	Z	L	Y	L	P	A
I	L	R	E	S	T	O	R	E	E	!	L
F	K	L	I	M	A	N	T	O	U	R	E
N	A	C	I	L	E	P	N	W	O	R	B

The secret message is Help us restore Point Reyes! Connect-the-dots - Male tule elk.

Answers: Restoration Round-up - 1. L, 2. I, 3. A, 4. C, 5. F, 6. H, 7. B, 8. G, 9. K, 10. M, 11. D, 12. E, 13. O, 14. J, 15. N.

# Naturalist Activities



## September

### Saturday, September 4

- 10:00am Kule Loklo Workday
- 11:00am Traces of the Past

### Sunday, September 5

- 9:00am Sand Castle Contest  
Drakes Beach
- 11:00am On Shaky Ground

### Saturday, September 11

- 7:30pm Evening Lighthouse Tour
- 8:00pm Legends of the Night

### Saturday, September 18

- 10:00am Birds of Bear Valley
- 11:00am Traces of the Past
- 7:00pm Transition into Night
- 8:00pm Legends of the Night

### Sunday, September 19

- 2:00pm Encounters with an Owl

### Saturday, September 25

- 10:00am Birds of Five Brooks
- 6:45pm Transition into Night
- 7:00pm Evening Lighthouse Tour

### Sunday, September 26

- 2-4pm Open House at the  
Lifeboat Station

## October

### Saturday, October 2

- 9:00am Coastal Cleanup  
Drakes Beach
- 10:00am Kule Loklo Workday
- 7:30pm Legends of the Night

### Saturday, October 9

- 11:00am Traces of the Past
- 7:00pm Evening Lighthouse Tour

### Saturday, October 16

- 8:00am All Day Bird Blitz
- 11:00am Traces of the Past
- 7:30pm Legends of the Night

### Saturday, October 23

- 11:00am Traces of the Past

### Saturday, October 30

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

### Sunday, October 31

- 2-4pm Open House at the  
Lifeboat Station



## November

### Saturday, November 13

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

### Saturday, November 20

- 11:00am Flocking to Limantour

### Sunday, November 21

- 2:00pm Encounters with an Owl

### Saturday, November 27

- 3:00pm Tidepools of Chimney Rock
- 5:00pm Evening Lighthouse Tour

### Sunday, November 28

- 2-4pm Open House at the  
Lifeboat Station

## December

### Saturday, December 4

- 10:00am Birds of Limantour Estero
- 4:30pm Transition into Night

### Thursday, December 9

- 7:00pm Holiday Open House  
Bear Valley  
Visitor Center

### Saturday, December 11

- 10:00am Birding Along Abbotts Lagoon
- 11:00am Traces of the Past
- 2:30pm Tidepools of Chimney Rock
- 4:30pm Transition into Night
- 5:00pm Evening Lighthouse Tour

### Sunday, December 12

- 2:00pm Encounters with an Owl

### Saturday, December 25

- All Visitor Centers Closed

### Sunday, December 26

- 2:30pm Tidepools of Chimney Rock

# Exhibits

## Kule Loklo

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

### Hours:

Open seven days a week  
Sunrise to Sunset  
Phone: (415) 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.

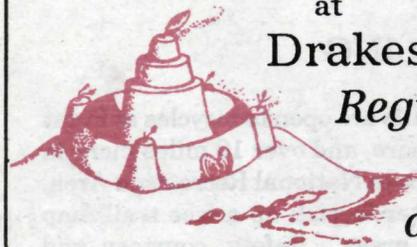
### Hours:

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

# Description of Activities

## 12th Annual Sandcastle Contest

at  
Drakes Beach  
Registration  
starts  
at 9:00 am



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

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

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

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

*All Visitor Centers  
will close on*

**Saturday, December 25**

*The park will remain open.*

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

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

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

**Evening Lighthouse Tour** Experience the Point Reyes Lighthouse as many keepers have over the years. Dress warmly and bring a flashlight for a dusk lighting of the giant crystal lens. Call (415) 669-1534 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.

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

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

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

## Holiday Open House

Thursday  
December 9, 1993

7:00 - 9:00 pm

**Bear Valley Visitor Center**

*Refreshments, music, kid's activities*



**Open House at the Lifeboat Station** Tour the historic Chimney Rock Lifeboat Station and learn about maritime history and lifesaving at Point Reyes. This National Historic Landmark will be open from 2:00 - 4:00 pm, with a slide presentation at 2:00 pm. Park at the Chimney Rock Trailhead and walk down the paved road to the right about half a mile.

**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.

## Winter Whale Watching

California gray whale migration

*End of December - Mid March*

Best viewing from the Lighthouse  
or Chimney Rock

Take the free shuttle from Drakes  
Beach on busy weekends

# Visitor Centers

## Lighthouse

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

### Hours:

Open Thursday - Monday, 10:00 am to 5:00 pm  
Closed Tuesday and Wednesday  
Phone (415) 669-1534

## 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. Safety, courtesy and respect for the wilderness are key points to remember while bicycling on trails at Point Reyes.

- **When on a bicycle trail, travel no faster than 15 miles per hour and slow down around blind curves.** Equestrians and pedestrians have the right of way.

- Bicycles are not allowed off-trail or in designated wilderness areas, nor can they be walked or carried while on pedestrian trails.

- Bicycles are not allowed on the Earthquake Trail, the Woodpecker Trail or the Kule Loklo Cultural Exhibit.

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

## *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, north of Olema on Highway 1. Private RV (with full hook-ups) and tent campground.

## BACKPACKING

Point Reyes National Seashore operates four hike-in wilderness campgrounds on a free permit system. Reservations are recommended and can be made up to eight weeks ahead by calling the Bear Valley Visitor Center at (415) 663-1092, Monday through Friday, 9:00 am to noon. Permits must be picked up at this visitor center before starting your trip.

- Each campground has pit toilets and drinking water. Do not drink from streams or lakes.

- Each campsite has a picnic table, charcoal brazier and a food storage locker.

- Wood fires are allowed on beaches below the high tide mark with driftwood only. **Wood fires are not**

**allowed in the campsites or anywhere else.** Use charcoal in the grills or use a backpacking stove to cook.

- Store food securely from animals in the food storage lockers. Dispose of scraps in waste containers or carry out. Wash dishes away from water spigots.

- Quiet time is after sunset. Please respect your neighbor's wilderness enjoyment.

- Stay within the designated site. Camping out of bounds is illegal and only destroys the wilderness you have come to enjoy.

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

# Community Services

## Information Centers

Bear Valley Visitor Center	663-1092
Bear Valley Recorded Weather, Whale, and Info.	663-9029
Ken Patrick Visitor Center	669-1250
Lighthouse Visitor Center	669-1534
Morgan Horse Ranch	663-1763
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

## 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
Administration Building	663-8522

## Medical Services

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

## Service Stations

INVERNESS	
Drake Highway Garage	669-1017
POINT REYES STATION	
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	
Ed's Superette	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

**Woodpecker Trail**  
0.7 miles

**Morgan Horse Ranch**

**Bear Valley Visitor Center**

**Trail to Kule Loklo**  
0.5 miles

**Bear Valley Trailhead**

**Earthquake Trail**  
0.6 miles

**Horse Trail**

**Kule Loklo**

**Picnic Area**

**Seashore Administration**

**Field Seminars Office**

**Red Barn**

**Visitor Protection Lost & Found**

**Bear Valley Road**

**Legend:**

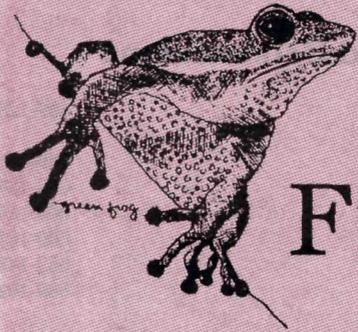
- Parking Areas
- Phone
- Interpretive Trail
- Restrooms
- Wheelchair Accessible
- Trails
- Roads
- North

**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.

# Looking for Frogs



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

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

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

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

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

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

## Where have all the froggies gone? Amphibian loss spurs studies

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

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

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

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

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

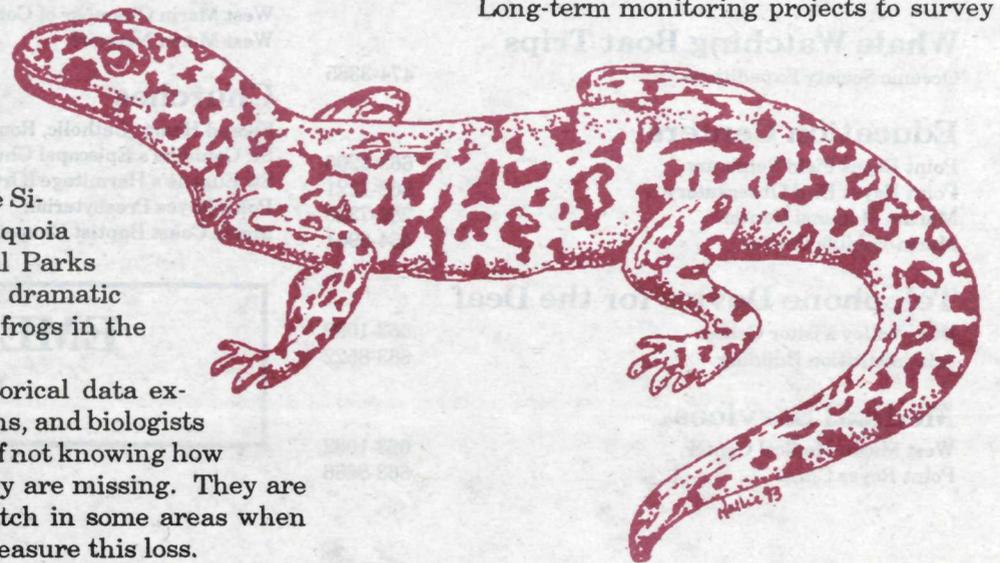
The National Park Service is addressing this very large problem through a research project directed by Dr. Gary Fellers at Point Reyes National Seashore. Biologists are currently gathering information in nine National Parks including Point Reyes National Seashore, Sequoia, Kings Canyon, Lassen and Redwood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

These researchers are wading through a range of aquatic habitats from creeks along the coast to mountain lakes and meadows in the Sierra, searching for frogs and salamanders in all their life history phases, from eggs, tadpoles, larvae to adults. In Point Reyes, biologists are searching for red-legged frogs, foothill yellow-legged frogs, Pacific treefrogs and western toads. In the Sierra, mountain yellow-legged frogs and Yosemite toads are of considerable interest, as they appear to be declining very quickly.

Surveys for amphibians began in the spring of this year and are scheduled to continue for three years. By the end of the study, biologists hope to have a picture of distribution or location, and abundance of several species of frog and salamander populations throughout many National Parks in California.

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

Long-term monitoring projects to survey



## Field Seminars

To further enhance your enjoyment of the National Seashore this fall and winter why not enroll in one of our weekend seminars? Point Reyes Field Seminars offers weekend classes for adults in natural history, photography, environmental education and the arts.

To receive a free brochure, please write Point Reyes Field Seminars, Point Reyes National Seashore, Point Reyes, CA 94956, or call (415) 663-1200.

Following is a select listing of Fall/Winter classes:

### HUNTER'S MOON AT ABBOTTS LAGOON SEPT 25 \$20.00 6-10 pm

Clear, crisp weather should help us greet this special Hunter's Moon, which in days gone by signified a time for gathering provisions for the winter season ahead. Our easy 1 1/2 mile hike will bring us to the lagoon and the surrounding sand dunes from whence we will witness the gentle transition from day to night. Instructor: Michael Ellis



### RAPTORS--MONARCHS OF THE SKY SEPT 25 & 26 \$64.00

Fall is an incredible time to observe hawks, falcons, and other raptors as they soar effortlessly above, many on their journey south for the winter months.

This weekend will combine study of the habits and ecology of these splendid birds with a special opportunity to observe them in their southern migration from high atop "Hawk Mountain." Instructor: Diane Williams

### PINHOLE PHOTOGRAPHY OCT 16 & 17 \$70.00

This two-day workshop offers a unique and simple approach to photography. We will learn how to make cameras from found containers (i.e., oatmeal boxes) and how to make black and white negatives and prints from "pinhole" images. Materials will be supplied. Basic camera and darkroom experience required. Instructor: Douglas Madeley

the health of existing populations will be developed, as well as plans to reestablish frogs where they once existed.

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

### Newspaper Staff

<b>Editor/Layout</b>	Margaret Pearson Pinkham John Dell'Osso
<b>Contributors</b>	Scot Anderson Bert Dyer Carlin Finke Kathleen Freel Ray Henton Hallie Larsen Mark Neuweld Leslie Price
<b>Masthead photo</b>	Marty Knapp

### CHRISTMAS WREATHS DEC 12 \$50.00

The green wreath you make will be adorned with berries, cones, seeds or ribbons of your choice--all designed to add a personal and festive welcome greeting to your door. Instructor Ane Rovetta will guide you during this instructive and productive workshop and provide an ample dose of happy, holiday spirit.