

Lost Coast Itinerary

- Day 1 11am- Arrive at the Walden West Center with all gear and a **LUNCH FOR THE ROAD** ready to go. Please eat a good breakfast before arrival. One last gear check. Hit the road by 12 pm. Give mom and dad a hug. Drive 5-6 hours to Nadelos Campground, where we will be staying for the night.
- Day 2 Drive to Shelter Cove trailhead in Kings Range National Conservation Area, "Lost Coast". Hike 3-4 miles to Gitchell Creek Campground, where we will camp for the night.
- Day 3 Hike about 3 miles to Miller Flat Campground.
- Day 4 Layover day at Miller Flat.
- Day 5 Hike 5 miles to Horse mountain creek Creek.
- Day 6 Hike 2 miles back to Black sands beach, Shelter cove. .

We will call when we get service to let you know what time to pick up your participant at **Walden West**. We are looking at around 5-7pm. Remember, you are responsible to pick up your child at the course site if something were to happen during the trip.

Driving Directions to Lost Coast – Black Sands Beach (Shelter Cove):

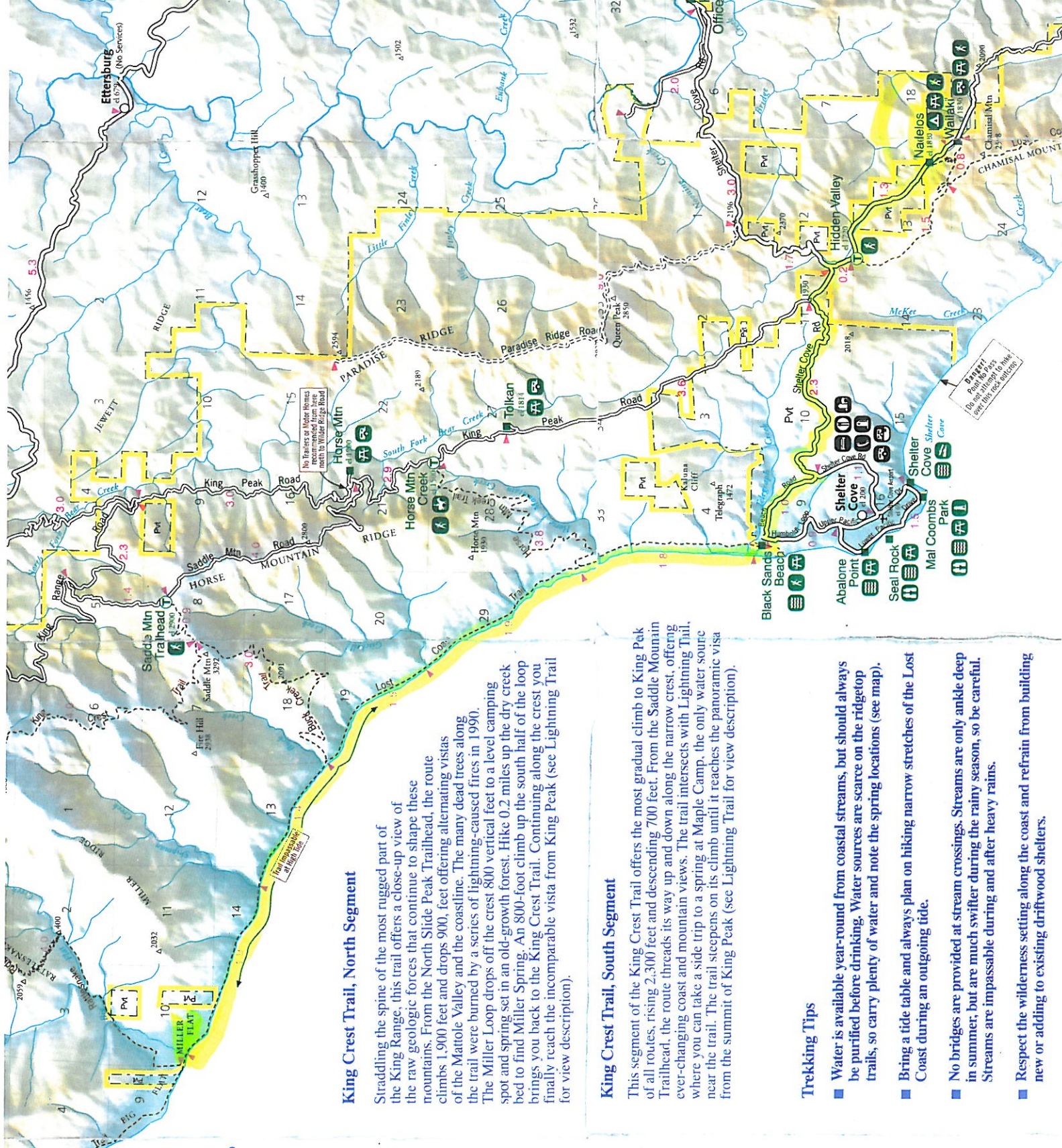
U.S. 101 to the Redway/Garberville exit. Take the second exit (Shelter Cove). Turn to the left crossing the freeway and continue about 2 miles to an even smaller town of Redway. At the other end of the town is Shelter Cove Road (Briceland Rd.) a street turning to the left (by a Restaurant). Continue across the Eel river and through the Whitmore Grove of giant redwoods. Shelter Cove is west for a total of 23 miles. You will pass through the hamlet of Briceland, then Whitethorn, finally over two mountains in 5 miles. When descending both of these mountains remember you must use your low gears. After the "General Store," look for the "Black Sands Beach" sign and turn left. Allow 45min-1hr from the intersection from 101.

The Lost Coast is approximately 230 mi. north of San Francisco



Phone Numbers

BLM King Range Project Office:	(707) 986-5400
Walden West Main Office	(408) 573-3050
Anita Parsons- Director of Walden West(emergency only)	(408) 867-4084
Rain (trip leader)	(831) 469-8203
Squirrel (trip leader)	(408) 591-4559



King Crest Trail, North Segment

Straddling the spine of the most rugged part of the King Range, this trail offers a close-up view of the raw geologic forces that continue to shape these mountains. From the North Slide Peak Trailhead, the route climbs 1,900 feet and drops 900, feet offering alternating vistas of the Mattole Valley and the coastline. The many dead trees along the trail were burned by a series of lightning-caused fires in 1990. The Miller Loop drops off the crest 800 vertical feet to a level camping spot and spring set in an old-growth forest. Hike 0.2 miles up the dry creek bed to find Miller Spring. An 800-foot climb up the south half of the loop brings you back to the King Crest Trail. Continuing along the crest you finally reach the incomparable vista from King Peak (see Lightning Trail for view description).

King Crest Trail, South Segment

This segment of the King Crest Trail offers the most gradual climb to King Peak of all routes, rising 2,300 feet and descending 700 feet. From the Saddle Mountain Trailhead, the route threads its way up and down along the narrow crest, offering ever-changing coast and mountain views. The trail intersects with Lightning Trail, where you can take a side trip to a spring at Maple Camp, the only water source near the trail. The trail steepens on its climb until it reaches the panoramic vista from the summit of King Peak (see Lightning Trail for view description).

Trekking Tips

- Water is available year-round from coastal streams, but should always be purified before drinking. Water sources are scarce on the ridgetop trails, so carry plenty of water and note the spring locations (see map).
- Bring a tide table and always plan on hiking narrow stretches of the Lost Coast during an outgoing tide.
- No bridges are provided at stream crossings. Streams are only ankle deep in summer, but are much swifter during the rainy season, so be careful. Streams are impassable during and after heavy rains.
- Respect the wilderness setting along the coast and refrain from building new or adding to existing driftwood shelters.

No Trailers or Motor Homes recommended from here south to Saddle Ridge Road

Bay Area
Pack No. 855
Do not attempt to hike
over this road unless