

## *Four Days Diablo*

### **A rare adventure in your own backyard**

**Wednesday - Saturday, April 28 - May 1, 2010**

Picture sparkling streams flowing down canyons below spectacular mountain peaks, a castle of rocks across the way. As you leave civilization behind you notice eagles and falcons flying above a western box canyon riddled with hundreds of caves . . . wildflower meadows and dense woodland views uninterrupted for many miles. With brilliant sun above and cloud-filled valleys below, a snow covered range shines in the distance. Crossing just two small roads in four days, your small group will be in the middle of a vast wilderness just a half hour from home. This is the thirty mile Diablo Trail - from Walnut Creek to Brentwood.

Your day pack will seem light as you learn about the natural and human history that you will encounter on each day of the hike. When you stroll into camp for the evening, you're met with cool drinks and, after sunset, a sumptuous dinner catered by premiere East Bay restaurants. After dinner, local experts will tell stories about your journey—the spectacular scenery, the natural and cultural history.

There will be lots of opportunities to spend quiet time, and maybe you will see bobcats or mountain lions. You'll fall asleep under the stars, high on a ridge, in an isolated meadow, at an old homestead site on "the morning side of the mountain". Four days, three nights, pleasant company and a breath taking experience you'll treasure forever.

Save Mount Diablo proposed the 30 mile Diablo Trail in 1993 to showcase the regional cooperation that has preserved lands across Mount Diablo from Walnut Creek to Brentwood and Livermore. The Diablo Trail stretches through six different open spaces—Shell Ridge Open Space, Diablo Foothills Regional Park, Mt. Diablo State Park, Morgan Territory Regional Preserve, the Los Vaqueros watershed and Round Valley Regional Preserve--crossing more than 50,000 acres of public land, half of it acquired in the past 15 years.

Be among the few to experience this unique trip. Maximum of 20 participants, \$850 per person, proceeds benefiting the programs of Save Mount Diablo. Please call 925-947-3535 to reserve your space. Deposit \$250, first come, first served.



*"Gently Roughing It"*

*Third night site for Four Days Diablo trip. Dinner awaits as campers set up tents at the campsite, on the site of the historic Cardoza homestead in Morgan Territory Regional Preserve. (photo by David Ogden)*

### **Save Mount Diablo**

**1901 Olympic Blvd, Suite 220, Walnut Creek, CA 94596**

**925-947-3535 (www.savemountdiablo.org)**

# Save Mount Diablo

1901 Olympic Blvd, Suite 220, Walnut Creek, CA 94596

925-947-3535 // Fax 925-947-0642

## *Four Days Diablo - Backpacking Trip*

**April 28 - May 1, 2010**

### Welcome

Thank you for your interest in the *Four Days Diablo - Backpacking Trip*. In order to adequately prepare for the trip, we recommend that registered participants attend a **Pre-Trip Orientation Meeting** at the Save Mount Diablo office, 1901 Olympic Blvd, Suite 220, Walnut Creek on Monday, April 19 at 7:00 pm.

### General Information

Our participants have ranged in age from 25 to 72. Although you will only carry a day pack, Four Days Diablo is a significant hike with daily mileages ranging from 6.5 to 9 miles (with optional side trips), elevation gains of 500 to 2000 feet and elevation losses of 500 to 2100 feet per day. You should be in good physical condition. During the 4 days and 3 nights, the trip will cover approximately 30-36 miles from Walnut Creek to Brentwood.

If you have concerns, you should discuss your participation with your personal physician and then with a Save Mount Diablo representative.

The trip will take place regardless of the weather, although in extreme situations Save Mount Diablo reserves the right to reschedule all or part of the trip.

Experts will accompany the group and will provide information about the natural and human history of the area covered on the trip. Interesting programs will be offered after dinner on two of the three nights.

Participants need only carry a small day pack on each day's hike. All food (except lunches and day snacks), tents, sleeping bags and other equipment will be shuttled to each campsite by Save Mount Diablo staff.

### Financial Information

In order to reserve a space on the trip, Save Mount Diablo must receive a deposit of \$250 per person. Since the trip is limited to 20 participants, we will only be able to reserve a space on a first come, first served basis. The balance of the \$850 fee will be due no later than April 1, 2010. After April 1, the fee is \$950.

In the event of cancellation by a participant, the deposit will be non-refundable unless we are able to find someone to fill your spot or unless you provide us with a physician's statement reflecting a medical condition which prevents you from participating.

Your fees will cover all meals, snacks and drinks. Limited dietary restrictions can be accommodated by speaking with us well in advance of the trip.

### Transportation

The trip begins at the south end of Marshall Drive at the Indian Valley school in Walnut Creek on Wednesday, April 28, promptly at 8:00 am. Participants should make arrangements to be dropped off at that location.

The trip will end in the late afternoon on Saturday, May 1 at the Round Valley Regional Preserve staging area, east of Clayton on Marsh Creek Road, about 2 miles east of Deer Valley Road. Participants should make arrangements to be picked up at that location between 3 and 5 pm. Cooperative transportation plans may be arranged at the orientation meeting on April 19.

## **Equipment**

The following is a list of equipment that participants will need to bring. Please review it carefully and contact the Save Mount Diablo office if you have any questions, especially regarding footwear.

- \* Sleeping Bag (rated to 32<sup>o</sup>)
- \* Air mattress or a pad
- \* Tent and ground cover
- \* Day pack
- \* Soft-sided duffel bag to hold clothing for the trip
- \* Rain Gear
- \* Chap Stick
- \* Sun Screen / Aloe vera gel
- \* Insect repellent
- \* 2 liter sized water bottles, at a minimum
- \* Brimmed Hat
- \* Shorts
- \* Long Pants
- \* Underwear and Socks (bring extra)
- \* Shirts to layer as temperature drops at night
- \* Hiking boots or shoes (talk with us at the orientation)
- \* Comfortable shoes/sandals for in camp use.
- \* Towel
- \* Toiletries
- \* Toilet paper
- \* Plastic spade
- \* Personal Medications
- \* Flashlight or headlamp with extra batteries
- \* Sun Glasses
- \* Warm cap to wear while sleeping

### Optional Items:

- \* Umbrella or parasol for sun protection
- \* Walking Sticks
- \* Camera and film
- \* Binoculars
- \* Small musical instrument
- \* Journal and pen
- \* Personal reading material
- \* Field Guides
- \* Hand sanitizer packets
- \* Maps
- \* Extra socks
- \* Notepad & Pencil/Pen
- \* Hiking gaiters

Please let us know as soon as possible if you need assistance in obtaining any of the equipment or if you have questions about the equipment list.

**Save Mount Diablo**  
***Four Days Diablo - Backpacking Trip***  
**April 28 - May 1, 2010**

Participant Information Form

(Only one person per form.)

Please print all information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

Birthdate (optional) \_\_\_\_\_ T-Shirt Size \_\_ S \_\_ M \_\_ L \_\_ XL

**Emergency Contacts** (please provide two):

<u>Name</u>	<u>Day Phone #</u>	<u>Evening Phone #</u>	<u>Relationship to You</u>
_____	(____) _____	(____) _____	_____
_____	(____) _____	(____) _____	_____

**Medical and Dietary Information**

Medical Insurer \_\_\_\_\_ Policy or ID # \_\_\_\_\_

Personal Physician Name \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_

Prescribed Medication (To be used during the trip) \_\_\_\_\_

Medical Conditions of which we need to be aware \_\_\_\_\_

Allergies \_\_\_\_\_

Special dietary considerations \_\_\_\_\_

Please provide any other information that will help us in providing you with an excellent experience \_\_\_\_\_

Please check here \_\_\_\_\_ if you want us to call you prior to the trip to discuss any special needs.

**Release**

I am aware that there are certain risks associated with my participation in the ***Four Days Diablo*** Backpack Trip. Hiking and camping in the terrain covered by the Diablo Trail may expose me to serious personal injury or death and/or property damage. Among the possible hazards: elevation changes, narrow and uneven hiking trails, exposure to native wildlife and vegetation, rapid changes in climatic conditions, and other natural and man made risks. I hereby release Save Mount Diablo, the California Department of Parks and Recreation, the East Bay Regional Park District and all of their staff, agents and directors for any and all claims of liability and/or bodily injury which may occur as a result of my voluntary participation in this event. I also understand that I may be photographed on this trip, and the photos may be used in a variety of forms or published to promote future events or Save Mount Diablo programs. I release Save Mount Diablo, the photographer and any publishers from any and all liability associated with these photographs or their use.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Return this form to: Save Mount Diablo, 1901 Olympic Blvd, Suite 220, Walnut Creek, CA 94596**  
**Deposit \$250 Due Now    Balance \$600 Due April 1, 2010    After April 1 Balance Due \$700**