

Mount Diablo Review

MOUNT DIABLO INTERPRETIVE ASSOCIATION

Spring/Summer 2018 • MDIA, PO Box 346, Walnut Creek, CA 94597-0346 • 925-927-7222 • www.mdia.org

I Hiked Them All • Steve Smith, MDIA President

Hiking is my passion. It sustains me, brings peace, provides adventure and satiates the explorer within. Hiking has been a part of me for most of my life, and so too has Mount Diablo. It wasn't until five years ago that I began to really devote my free time to this hobby which quite literally has its ups and downs. Exploring the trails has informed how I see myself and the world around me, and has brought me infinite joy and reward along the way.



CAMEL ROCK TRAIL • JACK MCKEOWN

I purchased my first *Trail Map of Mount Diablo State Park* from the visitor center and studied it, learning how the network of trails interconnected. Then I saw it: hanging on the wall of the Mitchell Canyon Visitor Center was a t-shirt that had the map of the mountain on it and the words "Hike Them All" emblazoned across the bottom. One of the volunteer docents explained to me that there is an elite group of hikers who endeavor to hike every trail in the park and upon completion purchase the shirt and alter it to read "I Hiked Them All". I was sold on the idea, but I would have to wait to be sold the actual shirt. How hard could it be?

The first clue was in discovering that there are 162 miles of hiking trails in the park! So I developed a game plan. I would complete the challenge in one calendar year, I would hike every trail and utility road listed on the official park map, I would not trespass onto any private property without permission, and I would keep track of my progress along the way. Beginning in January 2016, I set off on the first of many outings, covering 8 miles and 1,800 feet of elevation that first day. When I got home, I got out my map and a pink highlighter and retraced my steps. It would become a much anticipated ritual following each hike, highlighting the trails I had completed and planning the route for the next adventure.

A couple of months into my quest, I learned from some hiking companions that there was a Volunteers in Parks Program (VIPPP) on the mountain. I completed a half-day training session and began volunteering as a backcountry docent, armed with a vest and the knowledge necessary to help out any lost or troubled hikers. I started encountering hundreds of other volunteers along the way. There were groups removing barbed

Much-needed wet weather over the past winter brought beautiful wildflowers and lush vegetation to Mount Diablo State Park. This vegetation provides food and habitat for a variety of creatures, including mice, deer, and the ticks that feed on them. Ticks are usually found in wooded or grassy areas and may hide on fallen logs or in piles of decomposing leaves.

In Northern California, the most common disease-carrying tick is the Western black-legged tick. These ticks are potential carriers of Lyme disease, a bacterial infection that causes fever, headaches, fatigue, and a skin rash and can eventually spread to the cardiovascular, skeletal, and nervous systems if left untreated.

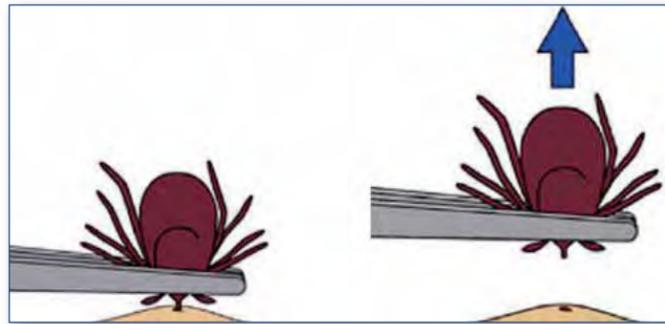
To prevent ticks, use bug spray with at least 25% DEET or 0.5% permethrin. Wear clothing that covers your arms and legs, and tuck your shirt into your pants and your pants into your shoes or socks. Wearing light clothing will help you to easily identify any ticks and brush them off before they have a chance to attach. As you hike, walk in the middle of designated trails to avoid brushing up against vegetation, where ticks like to hang out. Finally, always do a thorough tick check after you finish hiking and take a shower when you get home. Ticks require 1-2 days to transmit diseases if infected, so finding them early is key!

If you find that a tick has attached to your skin, you'll want to remove it immediately. First, use a pair of tweezers to firmly grab the head of the tick. Then pull the tick straight out of your skin, as shown in the figure, and check to make sure the head was removed. Wash the area carefully with soap and water. You may wish to keep the tick in a plastic bag so you can provide it to your doctor if you start experiencing symptoms.

By following these preventative measures, you can reduce your likelihood of coming in contact with a tick and ensure that your experience in the park is an enjoyable one.



WESTERN BLACKLEGGED TICK • CDC



TICK REMOVAL • CDC

wire and other debris as part of the Trash Removal Project (TRP). I ran into a large group of red-shirted volunteers who were part of the Trail Crew and learned that they maintained our trails twice a month. A small group who were handy with tools called the Maintenance Volunteer Group (MVG) was fixing some of the aging buildings and picnic areas. Still more were staffing the Mitchell Canyon Visitor Center as docents, while others were out leading nature hikes for the public. The list went on and on, and I was enamored by their conviction, passion and devotion to this state park.

All the while, my journey continued. It would take over 450 miles of hiking in order to cross off the vast network of trails in the park. I once hiked 17 miles just to cross off a remote 0.1 mile long trail at Windy Point. My well-worn map was soon covered in pink highlighter. Equally well-worn were my hiking boots, yet my mind and spirit were energized and invigorated. I had met so many wonderful people along the way and reignited a love affair I have had with this mountain my entire life. My final trail was Castle Rock Trail, and in September 2016 I was joined by 40 fellow hikers who shared in a milestone I will not soon forget. I was so entranced by being a part of the mountain that I wanted to become more involved in the interpretive side of the park and

joined the Mount Diablo Interpretive Association in its mission of Preservation through Education. I write to you proudly as MDIA's newest Board President.

You certainly don't need to set out on a journey like mine in order to appreciate the sheer beauty of Mount Diablo. There are trails here for every hiker, casual or experienced. A great companion to our park map is the *Hiker's Guide to Mount Diablo*, available in our visitor centers and online for \$15. It has 50 spectacular hikes to embark on, from the 0.7 mile Mary Bowerman loop all the way up to our 26.2 mile (and 9,666 foot) Mount Diablo Marathon hike, and everything in between. It has route maps, elevation plots, descriptions of natural and cultural history as well as photographs of the scenery.

I urge you to get out on the trails today, as this time of year is spectacular with wildflowers and waterfalls to behold. Check out our website at mdia.org where we feature some of our premier hikes that you can print out and take along with you. Or download our Audible Mount Diablo guides and take an audio tour of the mountain as you hike along the trail. And if you want to join the elite group who has hiked every trail, get out your highlighter and set your sights on that commemorative t-shirt!

Kid's Corner • Unscramble Puzzle Answers (Puzzle on page 6)

t i c k
5 12

b u t t e r f l y
16

w i l d f l o w e r s
19 26

r e d t a i l e d h a w k
8 23

w a t e r f a l l
13 18

R o c k C i t y
20

M o u n t D i a b l o
4

p o i s o n o a k
1 9

c o y o t e
14



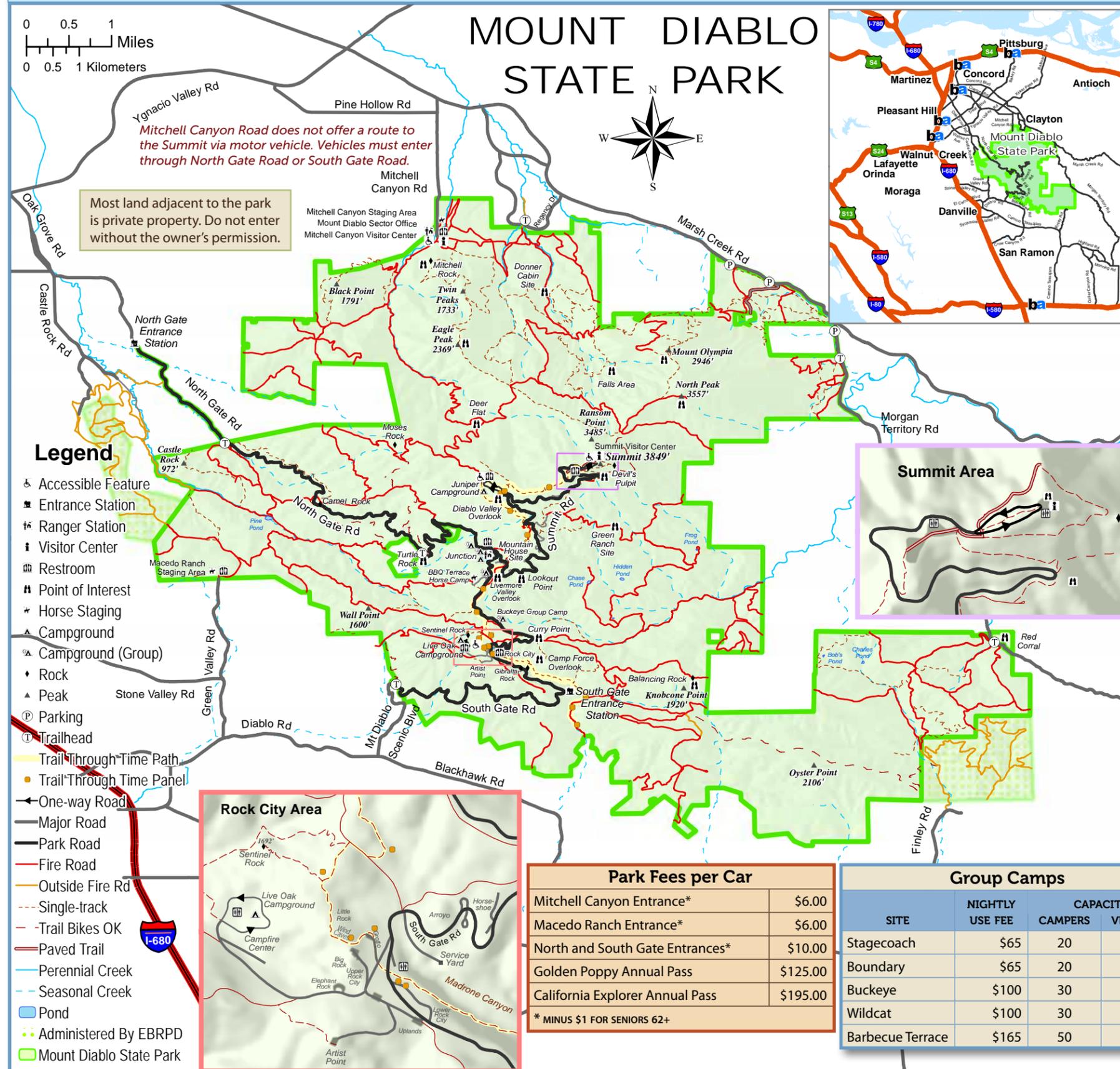
T h e b e s t w a y t o
5 23 16 4 16 9 5 13 18 20 5 14

s e e t h e p a r k i s t o
9 16 16 5 23 16 1 18 26 12 19 9 5 14

h i t t h e t r a i l s.
23 19 5 5 23 16 5 26 18 19 8 9

A more detailed topographic map is available for purchase at the entrance stations and the Summit and Mitchell Canyon visitor centers.

Camping at Mount Diablo State Park



Mount Diablo has three designated family camping areas and five group camps:

Juniper Campground (36 sites, elevation 3,000 ft.) Located approximately 2 miles below the summit, on Summit Road, Juniper is known for its fantastic views. Three campsites meet accessibility (Americans with Disabilities Act) standards. Reservations available.

Live Oak Campground (23 sites, elevation 1,450 ft.) Located one mile above the South Gate Entrance Station, off South Gate Road. Live Oak is near Rock City, where one can explore rock formations. Reservations available.

Junction Campground (6 sites, elevation 2,200 ft.) Located where South Gate Road and North Gate Road meet at the Ranger Station. This campground is situated in an open woodland area. Available on a first-come, first-served basis only.

Group Camps are Buckeye, Barbecue Terrace, Wildcat, Stagecoach, and Boundary. Each campground is primitive with running water (subject to availability) and pit toilets. Barbecue Terrace is equipped with horse ties for equestrian use. RVs are not allowed in the group camping areas. Reservations available.

- All campgrounds are provided with picnic tables, fire pits or stoves, potable water (subject to availability) and restrooms. Showers are available at Juniper and Live Oak campgrounds at no additional charge.

- The campgrounds are mainly designed for tent camping, but can accommodate RVs up to 20 feet in length. No hookups and dumping stations are provided.

Camping Procedures

Make reservations up to 6 months in advance using the ReserveCalifornia website at reservecalifornia.com. Reservations can be made for a specific campground but not a specific site. Campers cannot be registered at Mitchell Canyon.

Check-in time is 2:00 p.m. Check-out time is 12:00 noon.

During the fire season (generally May to October), the park is subject to closure due to extreme fire danger. Campers must call the park at 925.837.2525 or 925.837.0904 one day prior to their arrival to confirm park status.

General Rules

- Alcoholic beverages are prohibited in the park.
- 8 people and 2 vehicles maximum per campsite.
- Each juvenile (under age of 18) must have written permission from his/her parents (with parent's phone number) prior to camping without adult supervision. Phone verifications will be attempted.
- Quiet hours are from 10:00 p.m. to 6:00 a.m.
- No electric generators from 8:00 p.m. to 10:00 a.m.
- Firewood gathering is prohibited.
- Fires must be in stoves or fire pits provided. NO GROUND FIRES.
- Campfire restrictions are in effect during the fire season. Check fire conditions for appropriate use (see page 6).
- Campers are locked in the park overnight from sunset to 8:00 a.m. For emergencies dial 911.
- Quiet—noise must not carry beyond your immediate camp or picnic ground.

Group Picnic Reservations: Call Ranger Dan Stefanisko at 925-855-1730

Kid's Corner • Unscramble the words to reveal a secret message (answers on Pages 3–4)

ckti 5 12
 leroifwwlds 19 26
 ltelwrfaa 13 18
 bdmnaootiul 4
 eotcyo 14
 tuferytlb 16
 ileehaddtarkw 8 23
 crkycoti 20
 ionaoskop 1 9



5 23 16 4 16 9 5 13 18 20 5 14 9 16 16 5 23 16 1 18 26 12
 19 9 5 14 23 19 5 5 23 16 5 26 18 19 8 9



New MDIA Website

One main goal of the Mount Diablo Interpretive Association is to provide interpretive resources to enhance the experience for visitors to Mount Diablo State Park. In keeping with this mission, we have recently updated our website to improve navigation and accessibility. We invite you to visit our new website at mdia.org and to explore the wealth of information that it contains.

On the homepage, you'll find a link to the Audible Mount Diablo audio-visual guides that can be downloaded to any mobile device so you can learn more about your surroundings while you visit the park. You'll also find suggestions for hiking, biking, and horseback riding, as well as information about the natural and cultural history of the park. You can read about State Park regulations and camping policies as well. We also have links to our events calendar, where you can learn about upcoming hikes and talks on the mountain, and our online store, where you can purchase Mount Diablo merchandise.

We are always looking for ways to better serve park visitors, so if you have any comments or suggestions regarding the website, please send us a note at info@mdia.org.

MDIA Membership Form

IF YOU WOULD LIKE TO SUPPORT MDIA, PLEASE CONSIDER JOINING

Mount Diablo Interpretive Association Membership Application

Membership dues are deductible to the full extent allowed by law. New memberships include a free Mount Diablo trail map.

MEMBERSHIP CATEGORY (CIRCLE ONE)	
Student/Senior (55+)	\$15
Individual	\$25
Family	\$40
Contributing	\$100
Lifetime	\$500

Donation \$ _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Telephone: () _____

Email: _____

Clip and mail check to: MDIA, PO Box 346, Walnut Creek, CA 94597-0346
MADE PAYABLE TO MDIA

Join MDIA or renew your membership online now. Use your smartphone.
mdia.org/site/online-store/memberships



FIRE DANGER CHART						
Fire Danger Reading	Wood fire permitted in stoves & BBQ pits (designated picnic and campsites)	Use of Compressed Logs	Use of Charcoal	Use of Self-contained Stove	Cigarette Smoking ¹	Park Closed ²
LOW	YES	YES	YES	YES	YES	NO
MEDIUM	NO	YES	YES	YES	YES	NO
HIGH	NO	NO	YES	YES	NO	NO
HIGH WITH RED FLAG	NO	NO	NO	YES	NO	NO
VERY HIGH/EXTREME	NO	NO	NO	NO	NO	YES

¹ THE PROHIBITION OF SMOKING UNDER HIGH FIRE DANGER INCLUDES SMOKING WITHIN A VEHICLE.
² PARK CLOSURE APPLIES TO ALL HIKERS, VEHICLES, BICYCLISTS (MOUNTAIN AND ROAD), AND HORSEBACK RIDERS.

Fire Danger: How Will It Affect You?

- Maintain fires at all times in a safe condition that does not threaten any person or natural or structural feature.
- Never leave a fire unattended.
- Extinguish all fires prior to departure.
- Ground fires are not permitted.
- Firewood gathering is prohibited.
- Report all wildfires immediately. Call 911.

Event Calendar

Check out all the hikes and other events happening in Mount Diablo State Park.

www.mdia.org/site/mdia-event-calendar

Article or Photograph Submission

To submit articles or photographs for the next issue of the Mount Diablo Review, email info@mdia.org or leave a message at 925.927.7222. Submission deadline for the Fall/Winter issue is **July 15, 2018**.

Summit Museum is open 7 days a week 10 a.m. to 4 p.m. 925.837.6119

Park Rules

YOU ARE RESPONSIBLE FOR OBEYING THESE AND OTHER PARK RULES

- **All Features of the Park Are Protected!** Do not remove or disturb plants, animals, or geological features.
- **Park Hours:** Opens at 8 a.m. and closes at sunset. Visitors should be in their vehicles heading out at sunset to avoid being locked in.
- **No Alcohol:** All alcoholic beverages are prohibited in the park.
- **Vehicles/Bicycles Speed Limit:** 15 to 25 mph on park roads, 15 mph in campgrounds and picnic areas. All vehicles must stay on the pavement and are prohibited on trails and fire roads.
- **Bicycles** are allowed only on paved roads, fire roads and designated trails. Check at the Ranger Station for current regulations.
- **Drones or Unmanned Aircraft Systems (UAS)** are prohibited.
- **Skateboards**, rollerblades, rollerskates, and gravity-propelled devices are prohibited.
- **Dogs:** Must be on leash at all times when out of your car; must be in a tent or a vehicle at night; and must stay in developed areas—they are not allowed on trails or fire roads.
- **Fires:** Restrictions in effect during season. Check with a Ranger. Fires must be in fire stoves or barbecues provided—no ground fires.
- **Emergencies:** Dial 911.
- **Fireworks** are prohibited.
- **Firearms/airguns** and hunting are prohibited.

Understanding Trail Signs



Trail signs in the park follow California State Parks uniform format. The name of the trail you are on is specified in relatively small horizontal type near the top of the sign. The name that appears vertically in large type (another trail, destination, or park boundary) identifies the termination of that particular trail; note the word "TO" in small letters. The mileage to that end point is specified at the bottom.

California State Parks supports equal access. Prior to arrival, visitors with disabilities who need assistance should contact the Contra Solano Sector Office, 925.673.2891. This newsletter is available in alternate formats by contacting 925.673.2891.

PASS
WITH
CARE

Rules of the Road For Motorists and Cyclists



Share the roadway with all Park users.

- Drive at or below the posted Park speed limits.
CALIFORNIA VEHICLE CODE 22350*
- Pass with sufficient visual clearance.
CALIFORNIA VEHICLE CODE 21751*
- Do not pass on blind curves.
CALIFORNIA VEHICLE CODE 21752(a)*
- Give bicyclists 3 feet clearance.
CALIFORNIA VEHICLE CODE 21760(b)*
- Yield to equestrians.
CALIFORNIA VEHICLE CODE 21759*

*MINIMUM FINE: \$238.00

Take your time and enjoy
Mount Diablo's scenic views

Mount Diablo State Park Phone Numbers

Supervising Ranger	925.855.1730
Junction Ranger	925.837.6129
Mitchell Canyon Ranger.....	925.672.4266
Summit Museum	925.837.6119
South Gate Entrance Station ...	925.837.0904
Maintenance.....	925.837.6122
Sector Office	925.673.2891
General Information.....	925.837.2525
TTY Relay Service.....	711



Mount Diablo State Park
96 Mitchell Canyon Road
Clayton, CA 94517-1500