

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 4 miles to Gitchell Creek Campground, where we will camp for the night.
- Day 3 Hike about 5 miles to Miller Flat Campground.
- Day 4 Layover day at Miller Flat, possible day hike up Rattlesnake Ridge.
- Day 5 Hike 7 miles to Horse Mountain 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 Whitemore 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 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 (business hours)

(408) 573-3050

An after-hours emergency contact number will be provided by your trip leaders.

Lightning Trail (1.7 miles)

The Lightning Trail is the shortest route to the summit of 4,088-foot King Peak, which affords breathtaking vistas in all directions. It also accesses the central portion of the King Crest Trail. The Lightning Trail climbs a moderate, steady grade (1,900 feet to the summit), crossing a stretch of stately old growth Douglas-fir, before reaching windblown chaparral near the crest. Upon reaching the first intersection, you can choose from two routes of similar distance to reach King Peak. Take the left route to access **Maple Camp**, which has year-round water.

Trail Basics

for your trek?

What is needed to maintain a pristine backcountry

Campsites: You may camp anywhere in the King Range (unless posted), but the use of existing campsites helps reduce impacts. On the beach, camping is popular near the mouths of creeks where sites often contain established fire rings and driftwood shelters. Always leave a clean campsite and minimize impacts to vegetation, wildlife, and freshwater sources.

Water: Coastal streams provide a year-round source of water. Always purify, treat, or boil your water before drinking. Water sources are scarce on the inland trails, so carry plenty of water and note the spring locations on the map. During extremely dry years, the springs may not be dependable.

Search and rescue: Backcountry rescues can take many hours. Know your limitations and those of others you are with. Plan ahead to avoid dangerous situations. Be prepared with proper clothing, food, and a first aid kit. Please sign in at trailheads and let a friend or family member know your itinerary. Do not depend on cell phone communication, as coverage is very patchy.

Stream crossings: Streams are only ankle deep in summer but are much swifter

