

EARTHQUAKE RIFT ZONE I ADVENTURES-TO-GO

Welcome to Wild Sound Stories Adventures-to-go! You've chosen a hike from the coyote dreams collection, a walk through part one of the earthquake rift zone through Olema Valley.

You've made a stunning choice! This is a beautiful, level walk through magical meadows, across meditation lands and into fern forests. It's 4.4 miles, so I suggest you make this a one-way shuttle hike. This trail can be very muddy in the wet season, just to let you know...

In this adventure package, I've included a few things for you --

directions & trip notes

map

storyboard for coyote dreams (video movie for download to mobile device)

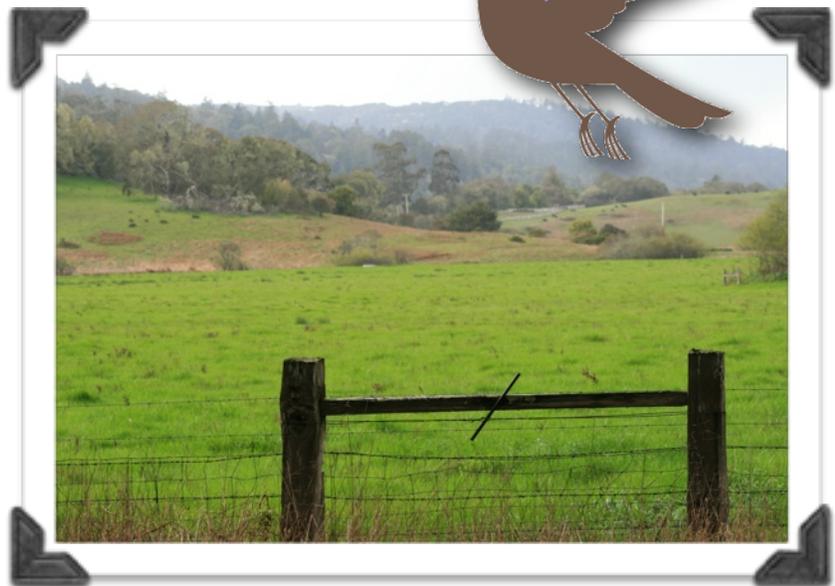
To move around in the package, use the fingertip controls on your mobile device that you'd normally use to toggle around in a song or a movie -- reverse, advance -- and the all important "PAUSE" -- not "paws", although you may want to keep the "paws" button handy as you imagine being a coyote on this trail!

Before we get into the details of the adventure, let's set the stage with inspiration from the author Herman Hesse:

*Sometimes when a bird cries out,
Or the wind sweeps through a tree,
Or a dog howls in a far-off farm,
I hold still and listen for a long time.*

*My world turns and goes back to the
place
Where, a thousand years ago,
The bird and the blowing wind
Were like me, and were my brothers.*

*My soul turns into a tree,
And an animal, and a cloud bank.
then changed and odd it comes home
And asks me questions. What should
I reply?*



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OK, this is a shuttle hike. Take a look at your map (next page). Leave one car at the trail's end -- at Five Brooks in Olema. Shuttle hikers to Bear Valley Visitor's Center. Park at the southern end of the parking lot and look for the trail sign that says FIVE BROOKS. This is the Earthquake Rift Zone trail -- your trail for the day.

Trip notes:

- ▶ Cross a flat open land past giant bay trees
- ▶ Cross a creek -- this is where I recorded the sound of coyote drinking water --
- ▶ Up a knoll through the trees
- ▶ Look next for a livestock gate, go through it and cross the pretty meadow -- The meadows in this walk bring to mind what Walt Whitman wrote, *"I believe a leaf of grass is no less than the journey-work of the stars."*
- ▶ After you contemplate the majesty and mystery of the grass, look for a line of eucalyptus and monterey cypress trees up ahead. This marks the road to Vedanta Retreat, and crosses 2000 acres of spirit inspiring lands owned by the San Francisco Vedanta Society. Feel the collective spirit of peace that resides here, it's powerful.
- ▶ You'll cross that tree-lined road --and when you do, look up at the trees. This is where I recorded a lovely owl voice for Coyote Dreams. To pass the owl road, go through two more cow gates and through another gorgeous meadow
- ▶ Pass through yet another cow gate just past the corral
- ▶ At the creek, go right and on uphill -- you are still on the Earthquake Rift Zone trail
- ▶ Turn left at the wide, Five Brooks trail at the end of your adventure to climb into your car... if you can bear to leave.

Before you do, why not end with this inspiration from Tibetan Buddhist monk, Thich Nhat Hanh

"The mind can go in a thousand directions, but on this beautiful path I walk in peace. With each step a cool wind blows. With each step, a flower blooms."

I hope you'll love this adventure in the Olema Valley -- "Olema" means "coyote", by the way, in local Native American dialect! Please come back to the Note Catcher weblog at MarinSoundscapes.com and share your experience. Love to hear from you!



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Earthquake Rift Zone I Hike, Olema, California.

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