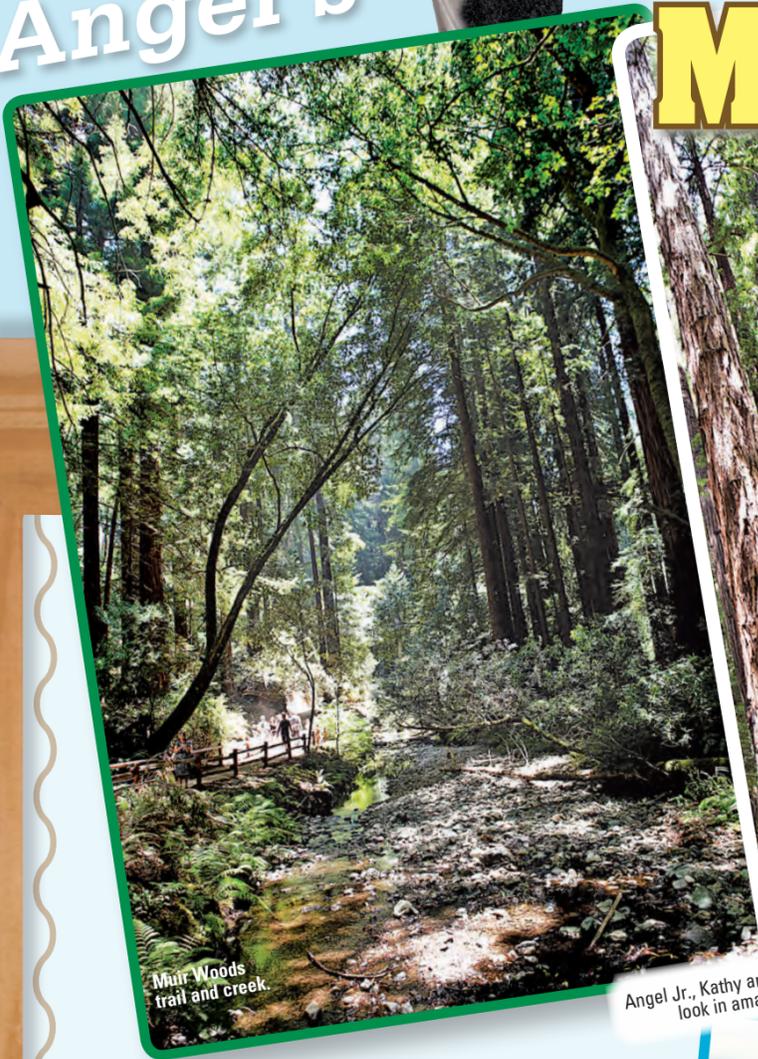


Angel Gomez, Club Director of Sales
Angel's

Be Alive!

– Marin County

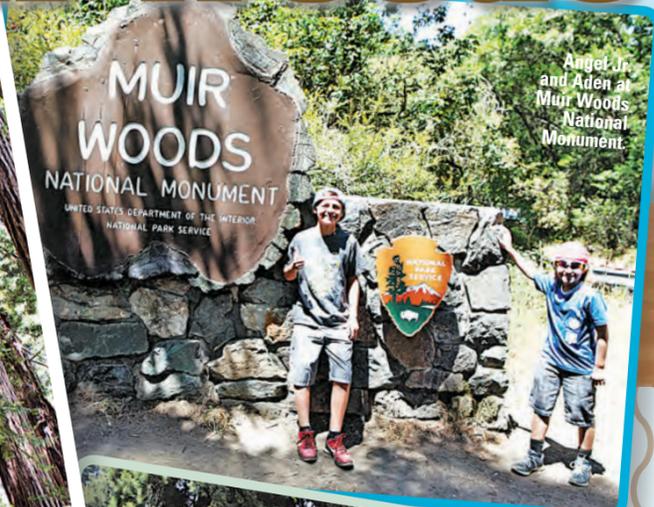
Muir Woods



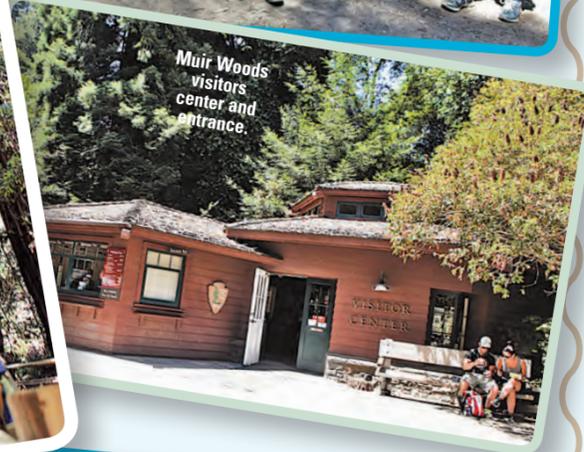
Muir Woods trail and creek.



Angel Jr., Kathy and Aden look in amazement.



Angel Jr. and Aden at Muir Woods National Monument.



Muir Woods visitors center and entrance.

Hello everyone! Happy September!

For this month's column, we traveled to Muir Woods National Monument just north of San Francisco. This trip from Los Angeles takes about six to seven hours by car, but there are many places along the way where you can stop and enjoy the sites. You can stay for a few hours or you can stay the night, that's up to you. Along the way you have Solvang, Santa Barbara, San Luis Obispo, Pismo Beach, Cambria, Morro Bay, and the list goes on.

Muir Woods National Park was established in 1908 when President Teddy Roosevelt signed legislation to protect the coastal redwood forest from destruction.

Special note: I received the Club's E-blast and purchased some of our Dodgers vs. San Francisco Giants tickets through the Club discount program. The next game in San Francisco is Sept. 13. Our Club seats have a great view! Since my family had never been to AT&T Park in San Francisco, we clicked the link and purchased four tickets for the game in San Francisco. Muir Woods is just 11 miles north of the Golden Gate Bridge, so we packed our bags and were off on another adventure.

(What is the Club's E-blast? The Club sends E-blast via email at least once a month. The message contains hot deals at the moment. If you do not receive the E-blast yet, visit our Website at www.cityemployeesclub.com and sign up. It's free and very simple. All you have to do is click on the Club E-newsletter banner and just add your personal email address. Get ready to start saving!)

Let's begin!

The Hike:

Muir Woods is amazing! People from all over the world come to see and walk through this National Park. The trees are from 400 to 800 years old and stand as tall as 250 feet high. Everywhere you look you will have an amazing view!



Our view at Dodgers/Giants game, using a Club discount, at AT&T Park.



Kathy and I at AT&T Park.



Angel Jr., Aden and Kathy stand at the Bootjack and Ben Johnson Trails sign.

The trails located by the park entrance are mostly flat, and they loop around the groves of trees. There are more than just redwood trees in the area; you can find California big leaf maples, tanoaks and Douglas fir. There are also several bridges that allow you to cross Redwood Creek, which flows through the park year round. The creek is gorgeous!

In the area you will also find many wildlife residents, including the endangered coho salmon fingerlings, Pacific wren, woodpeckers, owls, deer, chipmunks, skunks, river otters and squirrels. We were lucky to see a deer really close to the entrance. I wish we would have stayed longer and took a day to travel each of the different trails.

I recommend coming up north and staying a few days and enjoying all that the park has to see. The National Park is peaceful and the trails are very well maintained. We have been to many parks, and this one is especially charming. If you are thinking of going to San Francisco, please drive a few extra miles and enjoy all the natural beauty Muir Woods National Park has to offer.

In next month's *Be Alive!*, I will tell you about the discounts the Club offers in the San Francisco area. Be well.

Don't forget to bring your camera and take plenty of photos and send them to me at agomez@cityemployeesclub.com. Bring water, snacks and maybe some sunscreen.

Muir Woods National Monument

1 Muir Woods Rd. • Mill Valley, CA 94941 • (415) 388-2595

Highlights: Redwood trees, hiking trails, amazing views and wildlife

Hours: The park is open every day at 8 a.m., including holidays.

Parking: \$10 in the lot or free on the street

Cost: \$7 adults (16 years and older). Children are free (15 years and under). Cost for all is free on Sept. 27 (National Public Lands Day) and Nov. 11 (Veterans Day).

Directions: From San Francisco, take Highway 101 north across the Golden Gate Bridge. Exit Highway 1/Stinson Beach (there will be a sign for Muir Woods at this exit.) Drive about a half-mile. At the stoplight, turn left. Drive about 2.7 miles. At the top of the hill, turn right towards Muir Woods/Mount Tamalpais. Drive about 0.8 miles. At the four-way intersection, turn left towards Muir Woods (oncoming traffic has the right of way!). Continue down the hill about 1.6 miles. The Muir Woods parking lot will be at the bottom of the hill, on a sharp turn, on your right.

As always, be safe and Be Alive!

Angel