

# MOUNT DIABLO REVIEW



MOUNT DIABLO INTERPRETIVE ASSOCIATION

Established in 1974

Summer 2007

MDIA, PO Box 346, Walnut Creek, CA 94597-0346 • 925.927.7222 • fax 877.349.5016 • www.mdia.org

## Ticks and Lyme Disease

Ticks are a fact of life in all Bay Area wilderness parks including Mt. Diablo year around, in various stages of development. The Western Black-Legged Tick can act as a vector transmitting Lyme disease resident in its digestive tract as it feeds. The first cases of Lyme disease were reported in California in 1978.

The adult tick has a dark head, a dark reddish brown body which can be as small as 1/8". The eight-legged nymph is 1/16" while a six-legged larva is as small as the period at the end of this sentence. All of the stages need a blood meal.



actual size of adult

If this type of tick attaches itself to you, there is a small possibility of contracting Lyme disease. Only a small percentage carries it. If the tick is removed within 24 hours, the risk of the disease is greatly reduced.

It is wise during and after any outing into the wilderness to undertake a few simple precautions:

- Wear light colors so ticks can be seen before attaching themselves to skin.
- Wear long-sleeved clothing and pants tucked into socks.
- Use approved repellents on shoes, clothing, and exposed skin.
- Avoid brushing against tall grass and weeds.
- Occasionally check your clothing and skin for ticks during and after your hike. At home, when showering, check over your body.

Note - you will usually feel the tick crawling on you before it embeds itself. If a tick is embedded, do not apply alcohol, heat, petroleum jelly or other substance to the tick. Contra Costa Mosquito and Vector Control District recommends grasping the tick as close to your skin as possible, with fine-tipped tweezers. With a slow and

steady motion, pull it away from your skin. Dab the area with an antiseptic, Tick fluids can be infected so if it gets crushed wash the bite area and your hands with soap.

### SAVE THE TICK!

Place the tick in a dated container such as a sealed plastic bag along with a MOISTENED tissue. It can be taken to the Contra Costa Mosquito and Vector Control District in Concord for identification and testing. This is a free service (your tax dollars pay for it). However, if the tick is dead, the process is more complicated and a charge will be levied. Call them at 925-685-9301 for further details.

If you later develop any symptoms such as a rash, joint pains, fever, consult a physician, giving information about the tick and its identification. Lyme disease can be treated with antibiotics.

Free informative brochures on the subject are available weekends in the MDIA Visitor Center at the Mitchell Canyon entrance or you can contact the Concord office of the vector control at 925-685-9301.

Please, do not let worries about exposure affect the pleasure of visiting our parks.

### A GENEROUS GRANT

Thank you to the California State Parks Foundation (CSPF)! The CSPF generously granted to MDIA \$5,000 to be used to help offset the cost of the booklet, TREES AND SHRUBS OF MOUNT DIABLO. This booklet, authored by well-known Berkeley native plant expert, Dr. Glenn Keator, will be released later this year.

## MDIA President's Column

Welcome to the picturesque Mount Diablo State Park. All 20,000 acres of fauna, flora, and geological formations beckon you. I hope you will enjoy your visit here. It's your Park. Bask in it. Take care of it. If you experience something that needs improvement, please let me know at <mdiamail@aol.com>. We, of the Mount Diablo Interpretive Association (MDIA), are the volunteer stewards in the Park. We serve the visiting public in a variety of ways-- financial support to the State Park Visitor Centers, help the Park with certain purchases, lead hikes, help support the installation of trail signs, conduct youth programs, help support removing Man's litter, and publish a lot of literature, all with the intent of enhancing and enriching your stay in the Park. The MDIA publications are described on the back page of this REVIEW.



MDIA Visitor Center in Mitchell Canyon

Some people who know me say that Mount Diablo is in my genes, i.e., my passion to help the Park and its visitors have genetic origins. They might be correct. My now-deceased parents and grandparents, who lived in Oakland, were frequent visitors to the Park since the 1930's. They instilled in me a sense of public service and environmental awareness. And, they drank the refreshing and natural Park water. I must admit I love the Park and the



outdoor opportunities it offers. I hope you and your offspring will enjoy the park and join in this passion. The Park's future is our legacy.

Rich McDrew,  
President



## George H. Cardinet Jr., often referred to as the Father of California Trails, Passes away at 97

George Cardinet Jr., 97,  
passed way on Friday,  
January 19, in Mexico City.

Art Buchwald said, when asked about the hereafter, "I have no idea where I'm going but here's the real question: 'What am I doing here in the first place?'" George Cardinet knew what he was doing here and while he was alive worked tirelessly for over 65 years as an advocate for the preservation of open space, and the development of parks, and creating riding and hiking trails. His impact on the development of trails spanned thousands of miles of trails nationally, statewide, and locally. His impact included his trail development in Contra Costa County which served as a model for various California Acts involving riding and hiking, and his significant contribution to the National Trails System Act of 1968 that established an extensive system of scenic and historic trails. The Pacific Crest Trail and the Appalachian Trail were the first to be designated National Historic Trails by the Act. For his contributions, George received recognition for his accomplishments at the White House by President Lyndon Johnson. As a result of his subsequent work in furthering the establishment of a national trail system, he was again invited to the White House and received a certificate from First Lady Hillary Clinton.

His dedication and political action on behalf of trails and open space began in 1941. "Get involved or risk losing what you enjoy", George once said. His community activism has garnered new generations of trail supporters and expanded the influence of the trail community on decision making for open space protection and trail opportunities for future generations.

His passion for preserving open space and trails started in 1940 when he purchased a 600 acre ranch in Concord at the foot of Mount Diablo. All of the single track trails on the east side of the mountain in what is now Mount Diablo State Park were hand hewn by George and his fellow horsemen. He worked with the East Bay Regional Park District to annex portions of Contra Costa County to establish links between East Bay Regional Parks and Mount Diablo. He is credited with having mapped and helped build more than 200 miles of trails throughout the greater East Bay region, including Mount Diablo. Cardinet Oaks Road was named for George Cardinet. Back Creek Trail was dedicated in his honor in 1992.

## Camel Rock Trail by Frank Valle-Riestra

There are trails in the park that are not well known, one of these is the Camel Rock Trail a gentle, intimate singletrack trail that parallels the lower reaches of North Gate Road. This trail has been improved in recent years through the efforts of the park's trail maintenance crew, and it now provides the curious hiker with an easy, comfortable pathway through a decidedly unique environment.

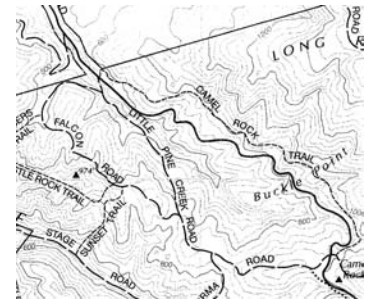
To reach the trailhead, drive your car up North Gate Road past the 3.0-mile marker to the crossing of Burma Road trail (the 1,000-ft. brown elevation sign is just beyond). There are two gates at the crossing on opposite sides of the highway; the trailhead is reached through the upper gate numbered 59-11. Parking is afforded at roadside.

The Camel Rock Trail starts at the signpost some fifty yards beyond the entrance gate. You may well wonder at this point why the trail is named as it is. Indeed, Camel Rock is not on the trail. If you want to spot it, walk a little farther up Burma Road to the point where it curves to the left at the beginning of its steep rise - then leave the trail and cross the meadow to the right. Camel Rock will come into view to the south. It is just one of several camel-like rock formations that you will encounter along the trail, terminally eroded protrusions of greenstone. You are free to let your imagination discover novel shapes in these crumbling monuments, eye catchers as you start your descent toward the trail's terminus at the park boundary.

Your downward progress will take you through alternating zones of grasslands, chaparral, and oak savannahs. Many small streams cross your path, some of them with tiny musical waterfalls even into the dry season. Those waterfalls must sing a great deal louder during winter storms, as evidenced by the deep stream gullies harboring water-smoothed rocky beds. The gullies impart some up-and-down episodes to your voyage, but the general trend is always downhill. Your efforts will be enhanced by the pleasing aromas of the chaparral shrubs - black sage, California sagebrush - as well as the charming vinegar weed. And be sure to look out for the concrete basin with its year-round treasure of spring water, a memento of past cattle ranching, yet a continuing benefit for wildlife; it is hidden among encroaching shrubs just below the trail.

After another gully crossing, you will emerge from a shady grove unto rolling grasslands completely devoid of trees and shrubs. Look uphill: you will note that this zone of poor vegetation is separated by a sharp line from a zone of more profuse chaparral. The line represents the edge of a band of serpentinite which spans Mt. Diablo's lower reaches. Serpentinite is a magnesium-rich mineral which forms a soil not favored by most

shrubs and trees. Indeed, as you walk on, you will run across outcrops of the mineral, with aspects ranging from a slick, glass-like green to a crumbly blue and even a white powder.



A final sharp descent brings you to the park boundary and the North Gate Road. You now have to decide how to get back to your car. Why not complete a loop which will introduce you to a different kind of experience? Cross the road and find the signpost of the Little Pine Creek Road. Follow this as it parallels the creek for a while and then begins to climb. You will rise to the crest of a ridge after considerable huffing and puffing, but you will be rewarded with wonderful views of the undulating slopes of the mountain itself and of other ridges across Pine Canyon. Little Pine Creek Road eventually joins Burma Road, which will take you back to your car.

The loop length is three miles, with a final climb of about 500 feet. Allow two hours. The only hazard might be ticks; it is wise to check your skin when you get home, as it is after any hike on Mount Diablo.

### Nightly Rates

In- Season	May 15 - September 15	\$20.00
Off- Season	September 16 - May 14	\$15.00
Additional Vehicles		\$6.00
Senior Discount		\$2.00 off Camping Fees

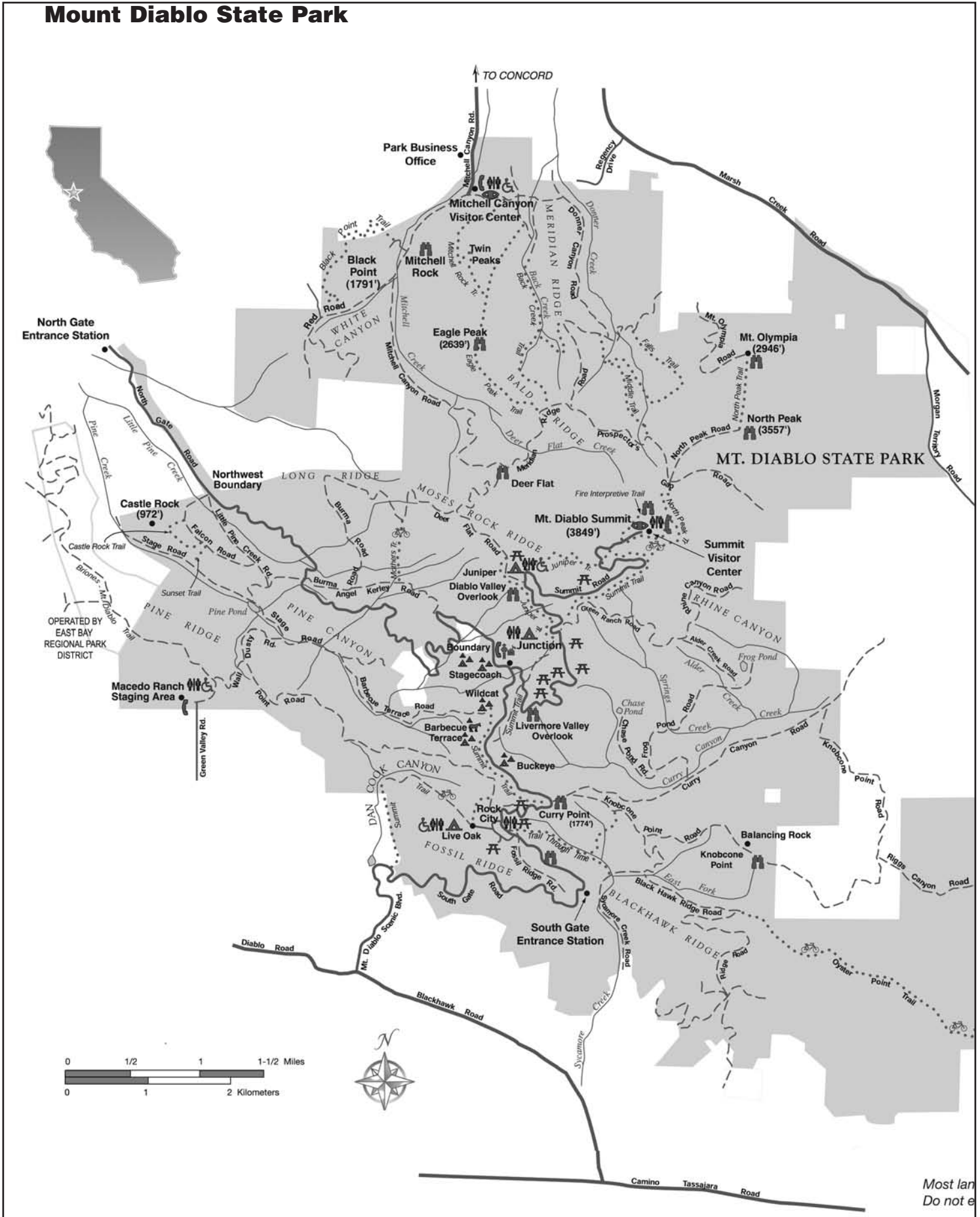
### Group Camps

Name	Nightly Use Fee	Capacity	Vehicles
Stagecoach	\$45.00	20	7
Boundary	\$45.00	20	7
Buckeye	\$66.00	30	10
Wildcat	\$66.00	30	10
BBQ Terrace	\$111.00	50	17

### Fire Danger - How Will It Affect You?

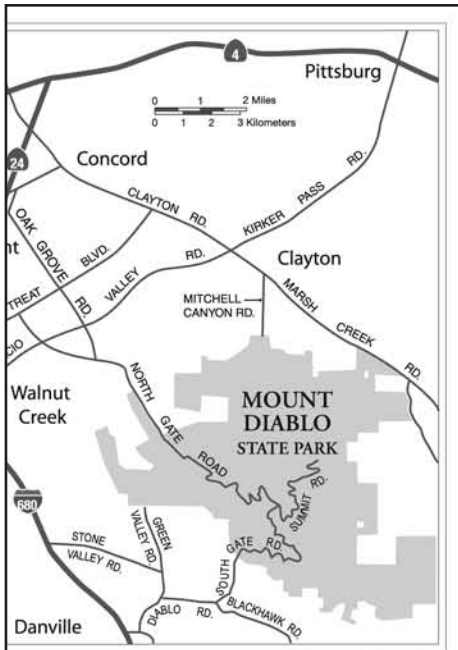
Fire Danger Reading	Wood fire permitted in stoves and BBQ pits in designated picnic and camp sites	Use of Compressed Logs	Use of Charcoal	Use of Self-contained Stove	Cigarette Smoking (including within a vehicle)	Park Closed
LOW	YES	YES	YES	YES	YES	NO
MEDIUM	NO	YES	YES	YES	YES	NO
HIGH	NO	NO	YES	YES	NO	NO
HIGH WITH RED FLAG	NO	NO	NO	YES	NO	NO
VERY HIGH/EXTREME	NO	NO	NO	NO	NO	YES

# Mount Diablo State Park

















Most land  
Do not e

## Camping At Mount Diablo State Park



### Legend

-  Paved Road
-  Fire Roads (Hiking, No Vehicles)
-  Hiking Trail
-  Accessible Feature
-  Bicycle Trail
-  Campground
-  Exhibits
-  Group Campground
-  Horse Campground
-  Picnic Area
-  Ranger Station
-  Restrooms
-  Telephone
-  Viewpoint

### Park Fees: (per car)

Mitchell Canyon Entrance \$3  
 Macedo Park Entrance  
 \$3 minus \$1 for Seniors 62+  
 North and South Gates  
 \$6 minus \$1 for Seniors 62+

*the park is private property.  
 the owner's permission.*

**Mount Diablo has three designated family camping areas and five group camps:**  
Juniper Campground (36 sites, elevation 3000 ft.) Located approximately 2 miles below the summit, on Summit Road, Juniper is known for its fantastic views. Reservations Available.  
Live Oak Campground (23 sites, elevation 1450 ft.) Located one mile above the South Gate Entrance Station, off South Gate Road. Live Oak is near Rock City. At Rock City one can explore rock formations. Reservations Available.  
Junction Campground (6 sites, elevation 2200 ft.) Located where South Gate and North Gate meet at the Ranger Station. This campground is situated in an open woodland area. Available on a first come/first served basis ONLY.  
 \*All campgrounds are provided with picnic tables, fire pits or stoves, potable water and rest rooms. Showers are available at Juniper campground, at no additional charge.  
 \*The campgrounds are mainly designed for tent camping, yet they can accommodate RVs up to 20 feet in length. There are no hook ups and no dumping stations provided in the park.  
 \*Pay phones are located at the Junction Ranger Station and the Summit Visitor Center.

### Camping Procedures

You may make reservations from 48 hours to 7 months in advance by calling **Reserve America at 1-800-444-7275** or by visiting their website at [www.reserveamerica.com](http://www.reserveamerica.com). Reservations can be made for a specific campground but not a specific site. Campers will not be registered at Mitchell Canyon.  
**\*Check-in time is 2:00 PM. — Check-out time is 12:00 NOON.**

### Group Camps—Buckeye, Barbecue Terrace, Wildcat, Stagecoach & Boundary.

Reservations are available for all group camps with Reserve America. Each campground is primitive with running water and pit toilets. BBQ Terrace is equipped with horse ties for equestrian use. Motorhomes are not allowed in the group camping areas. During the fire season (generally, May—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

- \*Consumption of alcoholic beverage is prohibited in the park.
- \*8 people maximum per campsite.
- \*Each juvenile (under the age of 18) must have written permission from his/her parents (with the parents' phone number) prior to camping. Phone verifications will be attempted.
- \*Quiet hours are from 10:00 PM to 6:00 AM
- \*No electric generators from 8:00 PM to 10:00 AM.
- \*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 3).
- \*Campers are locked in the park overnight from sunset to 8:00 AM. For emergencies, dial 911.

### ALL FEATURES OF THE PARK ARE PROTECTED.

Do not remove or disturb plants, animals or geological features. You are responsible for obeying all park rules. Ask a Park Ranger for further information.

## The Mount Diablo Beacon

Imagine it is 1931 and you are flying a plane from Fresno to the Bay Area at night with some ground fog covering familiar landmarks. You say to yourself - I'm not sure where I am! Suddenly ahead is a light flashing on and off in the night You recognize it as the Mount Diablo beacon. And you are home free!

This scenario was probably played out many times in the years 1928 to 1941, when aviation was expanding and electronic navigation systems were not available. In the late 1920s, the U. S. Dept of Commerce began encouraging private companies to establish beacons for aviation navigation. Standard Oil Co. of California (now Chevron) agreed to establish and maintain six beacons in the coastal region between San Diego and Seattle, with one of them on the top of Mount Diablo. For Standard Oil, this was a great way to advertise the company as well as providing a service for the flying public.



Charles C. Benton — Kite Aerial Photograph of Mount Diablo

At the summit of Mount Diablo, a seventy-five foot tower was built with the beacon light at the top. Also on the tower, and outlined in flashing neon lights, were the 12- foot letters "S - D", standing for Standard Diabolo. On April 28, 1928, Colonel Charles A. Lindberg turned on the Mount Diablo beacon for the first time by pressing a telegraph key in Denver, Colorado. This was one of the most visible aviation beacons in the world.

Inside the housing of the beacon was positioned a three-foot diameter mirror used to convert electric lamp power into 10-million candlepower of light The beacon was designed to be completely automatic, with an astronomical time switch to turn it on and off. Mechanical "robots" turned the beacon 360 degrees six times a minute, and also operated a "Sperry lamp changer". When a lamp burned out, which was about every 500 hours, this changer moved the expired lamp aside and brought a spare lamp into the focus of the mirror. The light continued uninterrupted. All this was advanced technology for its day!

In 1931, a brush fire swept up the mountain, engulfing the summit. The light was not seriously damaged but some wooden structures and power poles were consumed. Quick action by Standard Oil, who brought engineers, emergency equipment, and a power generator into play, was able to get the beacon

operating again with only a few hours of down time.

In January 1939, the beacon and tower were turned over to the California Department of Parks. The tower was dismantled as part of the construction of the summit museum by the Works Progress Administration and Civilian Conservation Corps, and the beacon was positioned on top of the museum observation tower where it stands today. After December 7, 1941, the beacon was turned off for fear that it could be used by the Japanese as a navigation point

After the war, electronic navigation systems were being established and the beacon was obsolete. It was idle until 1964, when it was turned on briefly during the first ceremony honoring the people who lost their lives at Pearl Harbor. Currently it has been turned on for the same ceremony on December 7. The Mount Diablo aviation beacon represents a significant chapter in the fascinating history of man's use of the mountain.

Save Mount Diablo generously publishes the "Events Schedule" which includes hikes in Mount Diablo State Park. This schedule may be found on-line at [www.savemountdiablo.com](http://www.savemountdiablo.com) or via a link at [www.mdia.org](http://www.mdia.org). It can also be obtained at various locations in the park.

### WHEEL WORKS

Fred Asaf  
Store Manager

1205 Parkside Dr.  
Walnut Creek, CA 94596  
Phone: (925) 945-1900



Thank you WHEEL WORKS! This retail tire store is recycling, at no cost to MDIA, dozens of old tires found in Mount Diablo State Park.

East Bay   
NATURE

....Enjoy Nature!

Joanie Smith

Owner

1270A Newell Avenue, Walnut Creek, CA 94596  
925-407-1333 • Fax 925-937-6291  
email: [joanie@eastbaynature.com](mailto:joanie@eastbaynature.com)

Thank you EAST BAY NATURE! This retail outdoor nature store helps to maintain the MDIA web site, and hosts the server for free. MDIA members receive a 10% discount on purchases at the store.

## MDIA PRODUCT ORDER and MEMBERSHIP FORM

(Profits from sales support the educational programs of MDIA)

Thank you for your mail order.  
If you would like to further support MDIA you might consider joining the Association.

### Mount Diablo Interpretive Association Membership Application

Membership Dues are Deductible to the Full Extent by Law

Membership Category (check one) **Make Checks Payable to "MDIA"**

- |   |       |
|---|-------|
| <input type="checkbox"/> Student/Senior | \$15  |
| <input type="checkbox"/> Individual     | \$25  |
| <input type="checkbox"/> Family         | \$40  |
| <input type="checkbox"/> Sustaining     | \$50  |
| <input type="checkbox"/> Contributing   | \$100 |
| <input type="checkbox"/> Lifetime       | \$500 |

Donation in addition to membership fee \$\_\_\_\_\_.

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Clip and Mail to:

**MDIA**  
**P.O. Box 346**  
**Walnut Creek, Ca 94597-0346**

#### MDIA AND MDSP PUBLICATIONS

	Qty.	Amount
Mount Diablo State Park Map	1.50	_____
Mount. Diablo State Park Trail Map	6.00	_____
Geology Map, Mt. Diablo 8-1/2" x 11"	2.00	_____
Guide to Common Trees, Mount. Diablo	1.25	_____
Hike Brochures: Easy, Moderate, and Demanding-(set of 3)	1.25	_____
Interpretive Brochures: Amphibians & Reptiles, Mammals, Geology-(set of 3)	1.25	_____
Animal Lists: Birds, Butterflies, Mammals-(set of 3)	1.25	_____
Mount Diablo Guide	14.00	_____
MDSP Coloring Book	3.50	_____
51 Uncommon Names of MDSP	2.25	_____
Mount Diablo Wildflowers color booklet	9.00	_____

#### LAMINATED NATURE GUIDES

Bird Guide	9.00	_____
Rock Guide	9.00	_____
Butterfly Guide	9.00	_____

#### PRODUCTS WITH MT. DIABLO STATE PARK LOGO

T-shirts: lt. blue or lt. olive; S,M, L, XL (circle size & color)	15.00	_____
Mount. Diablo Patch	3.75	_____
Bandana with print of State Park Map	5.50	_____

**TOTAL AMOUNT (prices include tax & shipping)** \_\_\_\_\_

### Spotlight On — Mount Diablo Wildflowers

reviewed by Harvey S. Brosler

The purpose of this guide is to give the reader a tool for use in identifying 104 of the more showy wildflowers on the mountain. To make this 55 page guide easy to use, it is divided into flower color groups. Accompanying each photograph is a brief description of the flower, the location where the flower can be found in the Park, identification and /or cultural information. Included are flowers only found on Mount Diablo such as the Mt. Diablo Manzanita (p.9), the Mt Diablo Sunflower (p.23), and the Mt. Diablo Globe Tulip (p.19). Flower diagrams and a short glossary of terms is included in the back of the book for more clarification. The Guide is made of heavy glossy paper stock that can withstand rough treatment and can easily be placed in a backpack. The Guide can be purchased at the Mitchell Canyon Visitor Center or the Summit Visitors Center for \$7.50 or by mail from MDIA for \$9.00. MDIA members receive a 10 percent discount.



**YOU ARE RESPONSIBLE for obeying these and other park rules.  
Ask a Park Ranger for further information.**

• **ALL FEATURES OF THE PARK ARE PROTECTED!**

Do not remove or disturb plants, animals or geological features

• **PARK CLOSING TIME:** Park closes at SUNSET.

Visitors should be in their vehicles heading out at sunset to avoid being locked in

• **ALCOHOLIC BEVERAGES:** All alcoholic beverages are PROHIBITED IN THE PARK. State laws regarding alcoholic beverages are STRICTLY ENFORCED

• **VEHICLES/BICYCLES:** SPEED LIMIT is 15-25 MPH on park roads, 15 MPH in campgrounds and picnic areas. OFF ROAD USE PROHIBITED. All vehicles must stay on pavement and are prohibited on trails and fire roads

• **BICYCLES ARE ALLOWED** only on paved roads, fire roads and designated trails. Check at Ranger Station for current regulations

• **SKATEBOARDS, ROLLERBLADES, ROLLERSKATES** and gravity-propelled devices are prohibited

• **DOGS** — MUST BE IN TENT or vehicles at night.

MUST BE ON LEASH at all times when out of your car. MUST STAY IN DEVELOPED AREAS ONLY — not allowed on trails or fire roads

• **CAMPING** — MAXIMUM OF 8 PERSONS AND THREE VEHICLES PER CAMPSITE IS

PERMITTED ONLY IN THE JUNIPER, JUNCTION AND LIVE OAK CAMPGROUNDS. JUVENILES (under 18) MUST HAVE WRITTEN PERMISSION from parents

QUIET HOURS 10pm to 6am

NO ELECTRIC GENERATORS 8pm to 8am

• **FIRES** — RESTRICTIONS IN EFFECT DURING FIRE SEASON—check with Ranger  
MUST BE IN STOVES OR BARBEQUES PROVIDED - no ground fires  
FIREWOOD GATHERING PROHIBITED

• **PEACE AND QUIET:** NOISE must not carry beyond your immediate camp or picnic ground

• **TELEPHONES:** Located at Junction Ranger Station and Summit. Dial 911 for emergencies

• **FIREWORKS:** PROHIBITED

• **FIREARMS/AIRGUNS:** PROHIBITED

• **NO HUNTING**

**Summit  
Museum is  
open 7 days  
a week  
10:00 am  
to 4:00 pm**

**State Park Phone Numbers:**

Supervising Ranger	855-1730
Junction Ranger	837-6129
Mitchell Canyon Ranger	672-4266
Summit Museum	837-6119
Entrance Station	837-0904
Maintenance	837-6122
Sector Office	673-2891
General Information	837-2525

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