

Alpine County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS	CONTACT
Bicycling						
Bear Valley Cross Country and Adventure Company Highway 4 @ Highway 207 P.O. Box 5120 Bear Valley, California 95223 (209) 753-2834 http://www.bearvalleyxc.com/Summer/tabid/62/Default.aspx	Spectacular views and challenging terrain; contact for trail guide	Alpine County	Beginners to Advanced	Free to ride trails; Rentals available, contact for rates	Summer	bvcc@sonnet.com
Death Ride Post Office Box 265 3 Webster St. Markleeville, CA 96120 (530) 694-2475 http://www.deathride.com/	5 pass course; one of the premier cycling events of the West; ride includes Monitor's Pass, Ebbett's Pass, and Carson Pass; Begins and ends at Turtle Rock Park; option to ride one, two, three, or four passes	Alpine County	Advanced Cyclists	Single: \$98 includes all fees Tandem: \$196 includes all fees; See website for registration dates and details;	July	info@deathride.com
Boating						
Lake Alpine 4000 Highway 4 Arnold, CA 95223 http://www.lakealpine.com/boating.htm	Accommodates all types of boating activity under 10 mph. Canoe, kayak and fishing boat rental available at the lodge.	Alpine County	All	Boat launch free	Varies depending on weather	info@lakealpine.com
Spicer Reservoir Spicer Reservoir Rd. Greenley, CA 95370 (209) 532-3671 http://www.fs.fed.us/r5/stanislaus/visitor/spicer.shtml	Non-motorized use only; max speed 10mph	Alpine County	All	Free to launch	June-October	http://www.go-california.com/referralForm.cfm?activityID=453341461

Bowling						
Silver Strike Lanes 1281 Kimmerling Rd # 8 Gardnerville, NV 89460 (775) 265-5454 http://www.silverstrikelanes.zoomshare.com/	26 lanes for bowling, lounge with billiards, video poker, and multiple TV sets; Leagues available,	Alpine County	All	Monday:\$2.00 per person per game; Tuesday-Sunday: 10am-5:30pm: \$2.00 per person per game; 5:30pm-close: \$3.25 per person per game	Sunday-Thursday: 10am-10pm; Friday and Saturday: 10am-11pm	
Camping						
El Dorado National Forest Amador Ranger District 26820 Silver Drive Pioneer, CA 95666 (209) 295-4251 http://www.fs.fed.us/r5/eldorado/	Developed and dispersed campsites, fishing, motorized and non-motorized trails, rental cabins, winter sports	Alpine County	All	Contact for pass and permit fees	All Year	webcontact@fs.fed.us
Highland Lakes 19777 Greenley Rd. Sonora, CA 95370 (209) 532-3671 http://www.fs.fed.us/r5/stanislaus/visitor/highland.shtml	Camping, hiking, horseback riding, firepits, swimming, fishing	Alpine County	All	\$8	Late June-October, weather permitting	webcontact@fs.fed.us
Indian Creek Recreation Area Airport Road Markleeville, CA 96120 http://www.blm.gov/nv/st/en/fo/carson_city_field/blm_programs/recreation/indian_creek.html	Activities include: camping, picnicking, hiking, hunting, fishing, sailing, mountain biking, nature study, rock collecting, sightseeing and photography.	Alpine County	All	No fees for day use; Contact for camping fees	Year Round	ccfoweb@nv.blm.gov
Lake Alpine Recreation Area 4000 Hwy 4 Arnold, CA 95223 (209) 753-6358 http://www.fs.fed.us/r5/stanislaus/visitor/laakealpine.shtml	Developed campsites, day use sites, biking, fishing, hiking, Lake Alpine Lodge, boat/bike/kyak/tours available through Bear Valley Adventure Company	Alpine County	All	\$20	Late June-October, weather permitting	webcontact@fs.fed.us

Spicer Off Highway 4 on A42 Spicer Reservoir Road Hathaway Pines, CA 95232 (209) 795-1381 http://www.fs.fed.us/r5/stanislaus/calaveras/camping/spicer.shtml	Launch for low-speed boating, fishing, hiking, and equestrian recreation	Alpine County	All	\$5	Late June-October, weather permitting	webcontact@fs.fed.us
Stanislaus National Forest Almador and Calaveras Ranger District P.O. Box 500 Highway 4 Hathaway Pines, CA 95232 (209) 795-1381 http://www.fs.fed.us/r5/stanislaus/index.shtml	Available activities: biking, camping, day use sites, fishing, hiking, horseback riding, off-highway vehicles, water recreation, winter recreation	Alpine County	All	Contact for pass and permit fees	Late June-October, weather permitting	webcontact@fs.fed.us
Turtle Rock Park Campground 17300 State Route 89 Markleeville, CA 96120 http://www.alpinecountyca.gov/departments/turtle_rock_park_campground	Combination of tent and RV sites, tennis court, basketball court and horseshoe pit; No reservations accepted	Alpine County	All	See website for rates	All Year	
Community Center						
Alpine Children's Center 49 Hawkside Dr. Woodfords, CA 96120 (530) 694-2390 http://www.first5alpine.com/programs_wefund.htm	In home visitor program, preschool playgroup, Teen Bowling and Outing, Family Outings	Alpine County	Youth and Family, especially ages 0-5	Contact for fees	Year round	first5@gbis.com
Alpine County Women's Center P.O. Box 36 Markleeville, CA 96120 (530) 694-1853 www.sltwc.org	Dedicated to improving the emotional, social and economic condition of women and families in the community through services addressing: domestic violence, sexual assault, child abuse and basic needs	Alpine County	Women	Contact for fees	Year round	acwomenscenter@gbis.com

Disc Golf						
Kirkwood Mountain Resort 1501 Kirkwood Meadows Drive Kirkwood, CA 95646 (209) 258-7360 http://www.kirkwood.com/summer/06/disc.php	New disc golf field; great for team-building or use with friends and family; Go to the Red Cliffs Lodge for a complimentary map and scorecard or to purchase a disc	Alpine County	All	Contact for rates	Summer	
Equestrian						
Kennedy Meadows Lodge P.O. Box 4010 Sonora, CA 95370 Summer Phone:(209) 965-3911 Winter Phone:(209) 965-3900 http://www.kennedymeadows.com/	Pack trips and horseback riding; animal rentals; cabin rentals; Call for Reservations	Alpine County	All	Varies by trip; see website	Year Round	http://www.kennedymeadows.com/contact.html
Carson-Iceberg Wilderness Trailheads at: <u>Pacific Valley Campground</u> (1/4 mi. south of Hwy 4 at Pacific Valley, midway between Lake Alpine and Ebbetts Pass) and <u>Highland Lakes Campground</u> (Hwy 4 to Highland Lakes Rd) and <u>Clark Fork Horse Campground</u> (25 mi. east of Pinecrest on Clark Fork Rd.) - (209) 532-3671 http://www.fs.fed.us/r5/stanislaus/visitor/developed.shtml	Campgrounds with trailheads for horseback riding and access to remote areas	Alpine County	All	Permits may be required for overnight stays; contact for pricing	May-october	pkauert@fs.fed.us

Hiking						
Calaveras Ranger District P.O. Box 500 (Highway 4) Hathaway Pines, CA 95233 (209) 795-1381 http://www.fs.fed.us/r5/stanislaus/calaveras/hiking.shtml	279 miles of hiking trails, including multi-day backpacking opportunities, most at a high elevation	Alpine County	Beginning to advanced level hikers	Permits required for backpacking, contact for fees	Summer and early Fall months	pkaunert@fs.fed.us
Indian Creek Recreation Area Airport Road Markleeville, CA 96120 http://www.blm.gov/nv/st/en/fo/carson_city_field/blm_programs/recreation/indian_creek.html	Activities include: camping, picnicking, hiking, hunting, fishing, sailing, mountain biking, nature study, rock collecting, sightseeing and photography.	Alpine County	All	No fees for day use; Contact for camping fees	Year Round	ccfoweb@nv.blm.gov
Spicer Off Highway 4 on A42Spicer Reservoir Road Hathaway Pines, CA 95232 (209) 795-1381 http://www.fs.fed.us/r5/stanislaus/calaveras/camping/spicer.shtml	Launch for low-speed boating, fishing, hiking, and equestrian recreation	Alpine County	All	\$5	Late June-October, weather permitting	webcontact@fs.fed.us
El Dorado National Forest Amador Ranger District 26820 Silver Drive Pioneer, CA 95666 (209) 295-4251 http://www.fs.fed.us/r5/eldorado/	Developed and dispersed campsites, fishing, motorized and non-motorized trails, rental cabins, winter sports	Alpine County	All	Contact for pass and permit fees	All Year	webcontact@fs.fed.us
Turtle Rock Park Campground 17300 State Route 89 Markleeville, CA 96120 http://www.alpinecountyca.gov/departments/turtle_rock_park_campground	Combination of tent and RV sites, tennis court, basketball court and horseshoe pit; No reservations accepted	Alpine County	All	See website for rates	All Year	

Lake Alpine Recreation Area 4000 Hwy 4 Arnold, CA 95223 (209) 753-6358 http://www.fs.fed.us/r5/stanislaus/visitor/la/kealpine.shtml	Developed campsites, day use sites, biking, fishing, hiking, Lake Alpine Lodge, boat/bike/kyak/tours available through Bear Valley Adventure Company	Alpine County	All	\$20	Late June-October, weather permitting	webcontact@fs.fed.us
Highland Lakes 19777 Greenley Rd. Sonora, CA 95370 (209) 532-3671 http://www.fs.fed.us/r5/stanislaus/visitor/highland.shtml	Camping, hiking, horseback riding, firepits, swimming, fishing	Alpine County	All	\$8	Late June-October, weather permitting	webcontact@fs.fed.us
Martial Arts						
School of Tao Martial Arts P.O. Box 631 South Lake Tahoe, CA 96156 (530) 577-4515	Chuan-Tao, White Crane Kung-Fu, Kenjutsu, Shen style tai chi, Zen Archery, Tai-Chi skiing	Alpine County	All	Contact for pricing	Contact for hours	taichi@taomartialarts.com
Recreational Activities						
Mountain Adventure Seminars 148 Bear Valley Rd. Bear Valley, CA 95223 (209) 753-2313 http://www.mtadventure.com/	Outdoor adventure school and guide services specializing in rock climbing, mountaineering, telemark skiing, avalanche education, backcountry skiing, snowboarding and snowshoeing	Alpine County	Various levels of instruction available, contact for appropriate placing	Contact for program pricing	Year round, M-F 9am-5pm	mail@mtadventure.com
Bear Valley Young Musicians Camp Post Office Box 5068 Bear Valley, CA 95223 (209) 753-2574 http://web.mac.com/leonora5/Site/Home.html	Week long summer music camp; also includes games, crafts, nature walks, movie nights, fishing lessons, sailing, kayaking and water sports in addition to music training	Alpine County	Youth	Contact for program pricing	Summer; Dates for 2008: August 3-9	Camp@bearvalleymusic.org

Rock Climbing						
Calaveras Ranger District P.O. Box 500 (Highway 4) Hathaway Pines, CA 95233 (209) 795-1381 http://www.fs.fed.us/r5/stanislaus/calaveras/hiking.shtml Also see: http://www.bearvalley.com/07_summer/activities/climbing.asp	Vertical outcrops as well as boulder fields	Alpine County	Beginning-Intermediate-Advanced Climbers	Contact for park fees	Summer and early Fall months	pkaunert@fs.fed.us
Kirkwood Mountain Resort 1501 Kirkwood Meadows Drive Kirkwood, CA 95646 (209) 258-7360 http://www.kirkwood.com/summer/06/disc.php	30 foot climbing wall ; vertical routes, double overhangs, less than vertical routes, and six belay stations	Alpine County	Beginning-Intermediate-Advanced Climbers	All day climbing cost is \$30, \$15 for one hour and \$10 for a half hour.	Open June 30-September 3; Fridays 4pm-7pm, Sat. and Sun. 10am-5pm	
Swimming						
Grover Hot Springs Pool 3415 Hot Springs Rd. (4 miles west of Markleeville) Markleeville, CA 96120 (530) 694-2248	Pool complex with a hot pool, swimming pool hot springs, a campground, picnic area, and hiking trails	Alpine County	All	Contact for fees	Year round; hours of operation vary by weather, call ahead	

Tai Chi							
School of Tao Martial Arts P.O. Box 631 South Lake Tahoe, CA 96156 (530) 577-4515	Chuan-Tao, White Crane Kung-Fu, Kenjutsu, Shen style tai chi, Zen Archery, Tai- Chi skiing	Alpine County	All	Contact for pricing	Contact for hours	taichi@tao martialarts. com	
Tennis							
Bear Valley Tennis Club Across from the Village on the south side of Hwy 4 at the ungated entrance to Grizzly Ballfield (650) 917-1212 http://www.bearvalleytennis.com/	Beautiful new tennis courts open for public use, lessons, and other play	Alpine County	All	Members: annual fee of \$150; Non- members: daily fee of \$10/person	7am-8pm daily, weather permitting	Morley Singer (President) zinger@isp west.com	
Therapy							
Acupuncture- Natural Health Care 225 Old Pony Express Markleeville, CA 96120 (530) 694-2459	Treatment of injuries, chronic pain, digestive problems, immune and hormonal issues	Alpine County	All	Contact for rates	Contact for hours	kimball@si erra.net	
Terra Firma Fitness and Massage Therapy P.O. Box 5195 Bear Valley, CA 95223 (209) 662-4146 http://www.terrafirmafitness.com/	Fitness trainer and M.S. kinesiology massage and therapist	Alpine County	All	Contact for rates	Contact for hours	amylu@th egrid.net	
Trinity Wellness Massage Therapy P.O. Box 5163 Bear Valley, CA 95223 (209) 480-9460	Unique blend of massage treatments to fit the individual. Balancing of the mind, body and soul.	Alpine County	All	Contact for rates	Contact for hours	larlamar84 @hotmail.c om	