

**Sunday April 7<sup>th</sup> 2019**  
**Table Mountain Wildflower**  
**Walk IX**

**Level:** 1.5 Miles: 3 miles  
**Elevation gain:** 50 feet **Host:** TBA  
**Speaker:** Open Discussion  
**Rendezvous/Carpooling:** 9:30am We are



meeting on the north end of Table Mountain in the public Parking Area

**Directions:** See Phantom Falls Hike

**The Hike: 10:00am-** Visiting Table Mountain during the height of the spring wildflower season is a Butte County tradition for thousands of local residents. In 1993 the state of California purchased a section of the property to preserve its unique spring floral beauty. The preserve consists of basalt grassland, volcanic outcrops and vernal pools ideal for the thin soils native wildflowers thrive on. The vernal pools ideal for the thin soils native wildflowers thrive on. The wildflowers usually peak from mid-march to mid-April, but the season can vary.

**Saturday April 27<sup>th</sup> 2019**

**Orland Buttes Hike**

**Level:** 3 Miles: 4 **Elevation gain:** 100  
**Host:** TBA **Speaker:** TBA.



**Hospitalities:** Orland Back to Basics Group  
**9:30am** Rendezvous at 717 5th Street, Orland  
**From Chico to rendezvous point:** Take Hwy 99 North , Take EXIT 387B the EAST AVE exit,. Turn LEFT onto EAST AVE. go 2.0 mi Turn RIGHT onto CA-32/NORD AVE. Continue to follow CA-32. 16.50 mi Turn Left on 5th Street and end at 717 5th Street Orland, CA From I-5 to rendezvous point: Take the CA-32 exit, EXIT 619, toward ORLAND/ CHICO. Turn RIGHT onto CA-32/NEWVILLE RD. Turn Right on 5th Street and end at 717 5th Street Orland, **10:00am:** Leave OB2B NA Hall 100:00am Sharp for Hike **From the rendezvous point to Orland Buttes Campground:** go WEST on CA-32/Walker Street for 8.5 miles. **Turn left on County Road 206 and drive 4 miles to the Orland Butte campground.**

**10:30am:** Walking the Walk- The low but steep Orland Buttes punctuate flatlands that surround Orland, hiding scenic Black Butte Lake and offering awesome views from their summits. These buttes were formed by an extensive lava flow occurring millions of years ago that poured from the vicinity of Chico. It is about a 3 hour hike, along with a historical marker. Simpson Bridge used to be the only way across the creek until the dam was put into service in 1963.

**2:00pm approx** The hike ends at the Eagles Pass Recreation Area, where the Orland Back to Basics Group will be hosting a speaker meeting and refreshments bald eagle, and breeding tricolored blackbird. Resident wildlife includes grebe, heron, blackbird, golden eagle, beaver, muskrat, black-tailed deer, and other species typical of upland and wetland habitats.

**Sunday March 3<sup>rd</sup>. 2019 Business Meeting 1:30pm**  
**CNA Hall 255 E 20<sup>th</sup>.** Elections, all positions open.

**Go outback, not back out**



**Outback NA Meeting Schedule February 3, 2019- April 27, 2019**

**What is Outback NA?**

Outback NA is a Narcotics Anonymous group that is part of the 916 North Area of Narcotics Anonymous. We are a group of recovering addicts who meet regularly to share the message of recovery. Instead of meeting in the same room each week, we meet all around the 916 North Area and out lying areas in beautiful settings. We hike a different place each time. This meeting also sponsors day trips and camping weekends.

**How difficult are the hikes?**

Some hikes are a "walk in the library." Others are challenging even for experienced hikers. Because recovery depends on group unity, we make a special effort to stick together and make sure everyone completes the hike with a smile. We encourage each other as we walk, just like we do with the other challenges in recovery. Choose a hike that fits your ability. We rate the hikes on a scale of 1 to 5 to help you choose. **Level 1 - Easy.** A walk in the library. Level, only a few miles. Great for newcomers and members that haven't been walking much. Being outdoors and in the company of fellow addicts means everyone can have a good time. **Level 2 - Moderate.** A few more miles and some up and down. Still good for inexperienced hikers. **Level 3 - Challenging.** You'll probably be breathing hard at a few points because of the climb and/or extra miles. Most everyone can still do these hikes if they have willingness. **Level 4 - Hard.** Not recommended if you're new to hiking. Lots of elevation change and lots of miles. Guaranteed to give you a good workout along with the serenity of being outdoors in good company. **Level 5 - Very difficult.** Often we reserve these hikes for weekend retreats where we have more time to hike and relax. Get in shape before joining us on these hikes. And remember as you're wondering if you can make it to the top what you went through to get clean and how much better your life is today.

**OUTBACK NA HIKE SUGGESTIONS**

THE WEATHER CAN BE UNPREDICTABLE, SO LAYERED CLOTHING MAKES SENSE FOR ALL HIKES. BRING SOMETHING TO EAT DURING THE MEETING AND PLENTY OF WATER. BRING ALONG SUNSCREEN OR A HAT FOR THE HOTTER, LESS SHADED TRAILS. STAY ON THE TRAILS. PICK UP A TRAIL MAP BEFORE HEADING OUT. FOLLOW ALL PARK RULES AND REGULATIONS. WHAT YOU BRING IN, BRING OUT (THIS INCLUDES TRASH, FOOD, ETC.) IF YOU BRING YOUR CHILDREN, MAKE SURE TO KEEP THEM SUPERVISED AT ALL TIMES.

**GRATEFUL TO BE OF SERVICE**

**Business Meeting Chair Person:** Jon T.. **Recording Sec:** Sharlee C  
**GSR:** Dennis M. **Alt GSR:** Open **Treasurer:** Patsy H.  
**Merchandise:** Open **Facebook:** Outback NA  
**Outreach-** Cassidy C. (530) 518-9594

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**Sunday February 3<sup>rd</sup> 2019**  
**Feather River Parkway (Shuttle)**

River Bend Park to Oroville Nature Center

Level: 2 -Miles: 3.5- Elevation gain: 0

Host: TBA Speaker: TBA.

9:00am Meeting at Cornucopia Restaurant in Oroville Park

10:15 am Start hiking

An ideal winter recovery walk because of the abundant numbers of waterfowl such as mergansers, bufflehead, egrets, osprey, and great blue heron, many of which nest in the after bay outlet rookery. A flat easy walk on a paved path following the Feather River, which features waterfowl and many varieties of native and introduced plants beavers, otters and muskrats have also been seen on the river as well.



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**Saturday February 23<sup>rd</sup> 2019**

**Iron Canyon Loop**

Rendezvous 11:00am: Into the Solution Meeting 838

Jefferson St. Rm #3, Red Bluff, CA 96080

We encourage all members to attend the Into the Solutions Group of NA meeting prior to our hike to further our Primary Purpose.

12:00pm Carpooling from ITS meeting

12:30pm Start hiking: The Yana Trail is part of the

Sacramento Bend Area managed by the Bureau of Land Management and offers a good introduction to the many hiking opportunities in the area. It is one of the last remaining wild sections of riparian habitat offering public access along the river in the North Sacramento Valley. **Directions to Trail Head:** From I-5 travel North 4.5 miles and exit on Jelly's Ferry Rd to the right for 7.5 miles, trailhead parking is on the right after crossing a bridge over the Sacramento River.



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**Sunday March 3<sup>rd</sup> 2019**

**North Rim Trail (out and back)**

Level: 3 Moderate Miles: 7 Mile

Elevation gain: 900 feet

Host: TBA Speaker: TBA.

10:00am Wildwood Park in Chico (If raining we will have the hike under the gazebo at Wildwood before hiking)

10:15am Hiking- The North Rim Trail offers a very scenic overlook of the Sacramento Valley and distant Coast Range. In addition, you get more of a workout than the other Upper Park trails as it climbs steadily over rocky terrain which will test the tread of your boots. The dark volcanic rocks we hike over are remnants of the Tuscan Formation of mudflows from about 2-4 million years ago. The trail follows the northeast border of Upper Bidwell park and the City of Chico. On the left is Sycamore Canyon and your right a great view of Horse Shoe Lake and Upper Bidwell Park.



**Saturday March 23<sup>rd</sup> 2019**  
**Phantom Falls (Loop)**

Level: 2.5

Miles: 4

Elevation gain: 300

Host: TBA Speaker: TBA.

9:00am We are meeting on the north end of Table Mountain in the public Parking Area

**Directions: From Oroville:** take Hwy 70 to Oroville then take the Nelson/Grand Avenue

exit near the northern end of town, head east on Grand Ave, turn north on Table Mountain Boulevard and turn east again on to Cherokee Road, Stay on Cherokee Road: six miles from the intersection with Table Mountain Blvd you will reach a public parking area, located on the west side of the road. State Wildlife Area Signs mark the boundaries. The land to the east of Cherokee Road, are private property. Please respect the rights of private landowners. **From Chico:** Take Hwy 99 South, take EXIT 376 Butte College/Durham exit, turn left onto Durham Dayton Hwy/Durham Pentz Rd. go 8.7 miles and turn right on Pentz Rd. go ½ mile, turn left on Hwy 70 go ½ miles and right on Cherokee Rd. From the intersection of Cherokee Rd and Hwy 70 drive 5.8 miles, the public parking area is located on the west side of the road. State Wildlife Area Signs mark the boundaries. The land to the east of Cherokee Road, are private property. Please respect the rights of private landowners. **9:15am-** Walk the Walk Phantom falls aka Coal Canyon falls is a small hidden spot of startling beauty located on North Table Mountain in Oroville, California. Dropping off a 135 ft cliff is a very well hidden waterfall with no trails leading to it. But if you do find it, it is an epic natural wonder. It is best to come here in the winter months, after a lot of rain. But it is also well worth coming in the spring when the wildflowers on Table Mountain are flourishing. You won't be able to see the waterfall from a distance as there are a lot of rolling hills throughout the entire hike. Expect to see a lot of grazing cattle, they are generally safe but you'll definitely want to give the occasional bull some space.



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*God show us your will, guide us to new trails.....*