

Antonio the Explorer

Electronic Travel Story Magazine - Volume 1 - May 1, 2009

Journey to Muir Beach and its beautiful High Mountain Overlook !

Introduction

Title Page - 01



pointing at the overlook on Muir Beach in April 2009

welcome to the
Electronic Magazine
Antonio the Explorer
and his
Magical Journeys
to interesting places near
San Francisco, CA

this weeks describes his journeys to
Muir Beach
and
Muir Beach Overlook
two beautiful places in
Marin County - California

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What is Antonio the Explorer ?



"Antonio the Explorer" is an online magazine that tells journeys of a son and father in mostly Northern California but also to other parts of the United States.

Published by A M Benjamin Services, an Ebook Publishing Company in the city of San Francisco this electronic magazine mission is to tells stories about other places in the California that do not get a lot advertisements like the Fisherman Wharf and Union Square in the city of San Francisco.

The words and digital images in this magazine was written to inspire tourist and local resident to visit other places and find the beauty in thing that may be taken for granted.

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Who is Antonio the Explorer ?



Antonio on a giant rock on Muir Beach !

Antonio the Explorer at the writing of these stories is the story of a young man who is different with a few challenges some other people takes for granted.

Partially cursed in that he has a few minor difficulties grasping a few mental concepts many so called normal people take for granted.

Partially blessed in that he sees the things around him thru the eyes of a child, or an explorer arriving at a new land for the first time.

The only difference between Antonio and other adventurers like Columbus is one cross the ocean, and the other traveled across the bay.

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Why the visit to Muir Beach Overlook ?



The Muir Beach Overlook Trail

after looking at some pictures
in a book in the
San Francisco Public Library

Antonio the Explorer
had to see for himself
if the trails on the

Muir Beach Overlook
was as scary as the pictures
made them look or was it
just trick photography !

Directions to Muir Beach from CA ?



1. Head east on Ofarrell St toward Larkin St 154 ft
2. Turn left at Larkin St 344 ft
3. Turn left at Geary St 0.2 mi
4. Turn right at US-101/Van Ness Ave 1.1 mi
5. Turn left at Lombard St/US-101 1.5 mi
Continue to follow US-101
6. Take the ramp onto US-101 N 7.0 mi
7. Exit onto CA-1 toward Stinson Beach/Mill Valley 1.1 mi
8. Turn left to stay on CA-1 1.2 mi
9. Turn left to stay on CA-1 5.0 mi
10. Turn left at Muir Beach/Muir Beach Ovlk 377 ft

Muir Beach Overlook

courtesy of google maps

on a beautiful sunny morning San Francisco Antonio and me started our special journey to the Muir Beach Overlook in Marin County, CA.

With no traffic problems we still arrived at Muir Beach a little later than the directions predicted because of me the driver was unfamiliar with the unique road of Highway "CA 1"

while Muir Beach and the Overlook are thrilling experiences; the ride on highway "CA 1" is an equally Thrilling and Adventourous Experience in it self because of the roads and cliffs; which I will go into greater detail on the next page !

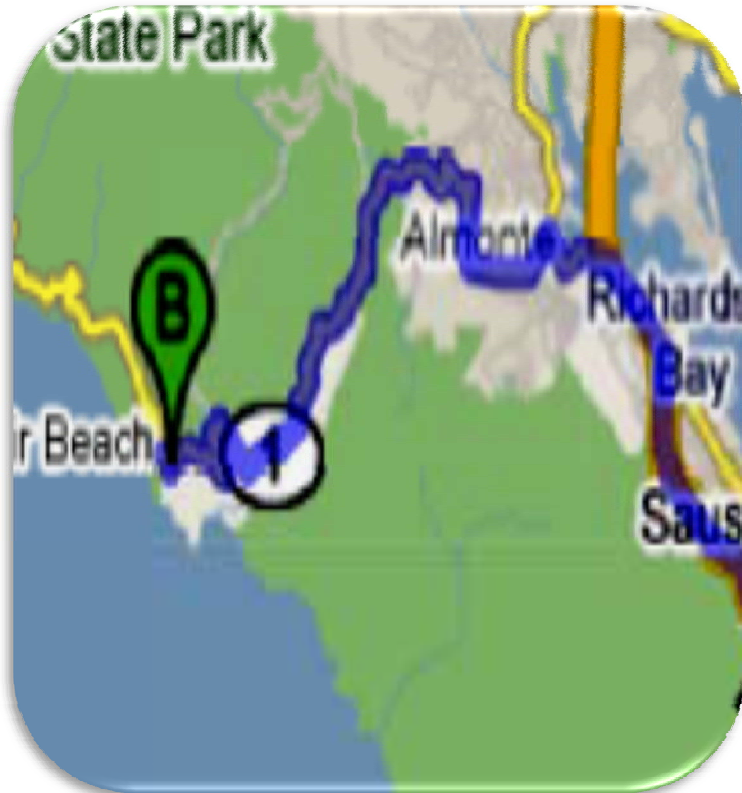
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Marin County Highway "1", roads !



Map courtesy of Google Maps.

the road to Muir Beach on Highway "CA1" is a journey of Patience and Caution.

the image on left doesnot reveal the true dangers of the razor sharp curves and high deep cliffs on a two lane road.

with

- (1) curves so intense you need to almost come to a complete stop to get around.
- (2) cliffs so deep you would be unable to drive back up in a car
- (3) two lane highway where the chance for a head on collision is a reality.

The journey to and from Muir Beach is a drive of Excitement and Faith.

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Muir Beach Parking Lot !



As a regular traveler to many federal park in the state of California, the one thing I notice in parking lots for tourist was four sided displays of (1) animals warnings (2) local plant life and (3) maps of the local area.

The top image of the map is a picture of the place you can visit in the immediate area, while not very clear, it names the walking trails with the distance to the end of trail.

The lower image of the coyotes is a display image of potentially dangerous animals in the area.

The displays tells you how to stay safe from animals

Antonio saw coyotes more than once in his visits.

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Muir Beach Entrance !



After crossing a small bridge with a warning sign about endangered fish, and walking a short sandy trail you enter Muir Beach.

The memories of the Muir Beach that stands out to me are: (1) the numerous big logs on the beach (2) the mountain with walking trails at the southern end of the beach and (3) the numerous rocks of all size at the central and northern part of the beach.

Estimating Muir Beach shoreline to be about a mile, its shoreline, its mountain and its aquatic life gives tourist a place to visit that cannot be completely explored in less than one day.

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Muir Beach Southern Mountains



Antonio on Muir Beach with its
Southern Hills in the Background.

One of things I am most grateful for as an American citizen is the management of parks by the national park service and the path created in Muir Beach southern mountains are some of the fabulous trails I have ever seen.

While Muir Beach southern mountain is very big in size and equally steep, the creators of the park made a series of steps up the mountain that would make the climb relatively easy for a person that moderately healthy.

Muir Beach southern mountaintop have great views of the Pacific Ocean, San Francisco and the hills around that part of Marin County.

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Muir Beach Central Beach !



a starfish on central Muir Beach

The central part of Muir Beach is the part of the beach for sitting and wading in the water.

With several large logs on the beach which was already claimed by visitors for resting places, the central part of Muir Beach was already populated with a lot people on our visit there.

On my visit to Muir Beach in the month of March, 2009 I did not see many parks visitors playing in the water.

The whiteness of the waves in the picture to the left reveals the tides are too strong for swimming except for world class athletes.

Central Muir Beach is a great place to relax .

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Muir Beach Fresh Water Stream !



Only a small line near the bottom of the picture to the left, Muir Beach has fresh water stream running thru the beach that empties in the Pacific Ocean.

Thou the picture makes the stream looks small, it is so wide where only a person with superior level of fitness can jump across.

Crossing the stream was project that took several minutes of our time trying to figure out a way to get across without getting wet.

Failing in our effort to get across without getting wet, Antonio and me and landed in the water.

Muir Beach stream was another fun experience.

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Muir Beach Little and Big Rocks !



After crossing Muir Beach stream Antonio and me experience a series of rocks of all sizes.

The picture on page 10 shows an untrailed part of a collection of smaller rocks that was probably recently under water when the high tide was in.

The picture to the left shows one of Muir Beach giant boulder that is good place to have fun.

Compare Antonio to the size of the rock and the other visits standing on the rock.

Beside a great trail for walking, the rocky areas of Muir Beach is great for examining aquatic creatures.

Muir Beach Aquatic Life !



Primarily coming to the beach to examine the view and trails of the Muir Beach Overlook, we were blessed to witness some extraordinary aquatic wildlife on the rocks on Muir Beach.

First overhearing a tourist saying he was only cutting off the rock dead Starfish, we did not examine aquatic animals until we were leaving the rock area.

Looking at what I first thought was plantlife on the rock, after touching them with a stick and watching water comes out of them I later discover that the lumps on the rocks were the creatures at the bottom of the pictures.

When touched they grab with a strong grip.

Muir Beach Northern Shore !



The extreme northern end of Muir Beach is an area of the beach that has a unique beauty of its own that is demonstrated by the digital image to the left.

Three things that this end of the beach so special are:

- (1) the sloping 45 degree drop of the hill as it touches the ocean.
- (2) the green pines trees sitting on a high wall mountain of solid rock
- (3) the beautiful scene of ocean water crashing against the rock wall creating a spray look that could win a photojournalist prize.

Because that part of Muir Beach is beachless, the best pictures of it should be taken on a boat.

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Muir Beach Nude Sun Bathers !



Another unexpected treasure of visiting Muir Beach was to witness a few nude sun bather on the beach.

Situated fairly close to the rocks on this picture to the left, the beach had three or four nudist relaxing on the beach enjoying the sun.

Cool but sunny, I think only a few nudist were out because the condition of the weater.

Hidden from the main visitor area by many rocks, the nude part of the beach had a type of privacy.

What stays in my mind about one female nudist I observed was her beautiful curves as she layed naked on her belly at the beach.

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Muir Beach Beachfront Homes !



the homes in pictures are few of the homes on Muir Beach, what is not seen in the picture is a beachfront home that virtually at sea level.

The people who blessed enough to live in the Muir Beach homes on the beach have to be some of most luckies people on earth.

To wake up to the sunrising at your front door everyday has to be food for thought that creates shear genius in producing books and plays.

To walk out your and be able to exercise and explore nature at simplest levels is a gift that words cannot describe.

While having many blessings, I wonder how the residents deal with local storms and what preparation they made for Tsunami's, before if one hit Muir Beach many of the homes would be underwater.

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Muir Beach Mountain Overlook !



The journey from Muir Beach shores to it fabulous Mountain Overlook was about a five minute ride from the beach.

Just like the beach area, Muir Beach Mountain Overlook had a big parking lot with a foursided display telling stories about the area.

In my opinion with far less to explore than the beach, the overlook still offered a chance to get some great photo's and also had a few table for having a meal.

The next two pages goes into more details about the things on the overlook I enjoyed observing and the things that made me afraid.

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Muir Beach Overlook Pleasures !



The views from Muir Beach Overlook has to be a photographers dream come true.

Breath taking views of (1) the Pacific Ocean to the west (2) Mount Tamalpais to the east (3) Muir Beach to the south and (4) California northern forested coastline to the north; Muir Beach Overlook gives photographers an opportunity to hundreds of one of a kind pictures.

In addition to wonderful pictures, the overlook display boards tells a wonderful story about the history of that mountain and it was once used by the military as a lookout point for enemy vessels so war ships could fire bombs at foes.

Muir Beach Overlook is a must see for inspiration.

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Muir Beach Overlook Dangers !



While I never heard of any falling of the cliffs at Muir Beach Overlook, the dangers of falling are real based on the large opening in the guard rails.

After reading of a small child slipping thru the rails an failing to his death on the Golden Gate Bridge, the dangers of this overlook is something you need to plan for it you have busy small children.

While not the string rope bridges often seen in South America highlands, while walking on the overlook trail to this location my spirit and stomach was so uneasy because the extremely steep cliffs to my right and left.

If you have a stomach that is easily upset, the extreme end of the overlook should be avoided.

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The Golden Gate Bridge Overlooks !



Finishing our journey of Muir Beach Overlook about 2 PM, we decided to re-explore mountain on the Marin County side of the Golden Gate Bridge.

While just cruising thru this mountain road on our first visit, this visit we parked our car and did a little more exploring of the area.

Beside resting on some benches at the far end of the road, this area of the mountain gave you a chance to take some one of a kind pictures of bridge, oceanliners entering and exiting the bay and some of San Francisco beaches.

Living in San Francisco for over 35 years, I realized the bridge was almost a mile from the Pacific Ocean.

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The Journey Home from Muir Beach !



Every traveler, regardless if they are traveling by foot, car, boat or plane should be grateful for every journey they return home from any trip be it a return from work, shopping or a long vacation; because accidents are realities.

The trip along Highway "1" in Marin County was a thrilling experince coming and going to Muir Beach, thou the ride back home seemed a lot quicker

Thou not very far from home, the journey to Muir Beach refreshed my mind because while driving and exploring the area I was free of all my life challenges for those moment.

Vacations and Trips are medicine for the soul, they make you forget about your worries.

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Issue Two - June 2009 - Preview - Great Whale Beach - San Mateo County, CA

Volume Two of
Antonio the Explorer
is the story of
Great Whale Beach
in San Mateo County, CA

Situated on a strip of land that is located at
the bottom of a big mountain the beach is
popular because of its many nude sunbathers.

Thou I visited the beach because of one reason,
I discovered many unique features about the
beach that made it a story you need to hear about.

Volume Two should be as exciting as Volume One,
Please read it.



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Advertisement 01 - Digital Image Tutoring

My story of digital image manipulation is the story of Microsoft Paint, a software program that is included in one of computers most popular operating system Internet Explorer.

What makes Microsoft Paint so popular is it allows us to create and store digital images that can be uploaded or downloaded to other computers.

While pictures can be stored in other software programs like word documents and spreadsheets, the most popular image transferring technique is in the JPEG or GIF format that is a feature of

A manual on reading peoples Autographs

http://ambenjamin79.tripod.com/001-01_MSA-01.html

The major advantage of saving digital images in JPEG or GIF files is the images use less computer space which makes for easier emailing and downloading files.

If you are a novice photographer or artist and want to learn more about "Paint" like:

- (1) Locating Paint on a computer
- (2) changing the picture size
- (3) type of pictures files
- (4) setting up the digital image for printing
- (5) adding text to the pictures
- (6) the names of picture tools icons

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help on topic email me at: ambenjamin79@yahoo.com

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Advertisement 02 - Excel Book Tutoring

While Microsoft Paint in Internet Explorer is must for storing and saving documents because most pictures can only be download in a JPEG or GIF format; Microsoft Excel picture toolbox is great tool for modifying images and adding special features that is not available in Paint.

At a Microsoft Seminar I visited in 2003, Excel was compared to the human brain in that we would ever be able to use 10% of it capabilities.

Familiarizing myself with Excel because of my college educated professions as an accountant, I later discovered it was an equally great tool

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Beside using Excel to center images on sheets, this software program has a great art tools for

- (1) creating unique picture frames
- (2) adjusting digital images size and shape
- (3) precisely adding text
- (4) creating pages for books and
- (5) adding 3D feature like shadows and more

this software program picture toolbox has the features to make an average artist sensational.

If you are a novice artist and want to learn more about Microsoft Excel I am available for private tutoring.

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Tutoring in the subject line for more details.

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Advertisement 03 - PDF Book Tutoring

The preparation of electronic publications and manuscripts is a three phase project including (1) preparing graphic images (2) organizing the words and digital images on spreadsheets and (3) publishing a document that can be easily read by the public.

Thou the publications could be published in Excel, Adobe PDF publications have three major advantages.

The first advantage of publishing Ebooks in PDF documents as opposed to Excel is the issue of disk space usage. Excel publications

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10MG of space.

The second advantage of publishing documents in a PDF format is universal acceptance. Because Adobe PDF offer free reading software to general public, it has because the universal standard for reading and storing electronic documents of

The third advantage of PDF document is security. While you can make any electronic document completely safe from being copied or edited; Adobe PDF software programs has several features that was created to keep your work secure.

Anyone interest in learning how I created the published drawings and quotes by A M Benjamin Services email me at ambenjamin79@yahoo.com with PDF tutoring in the subject line for fees and times.

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Advertisement 04 - Other EBooks by A M Benjamin Services

please check other issues for updates on Ebooks.

1. Rediscover Painting with Antonio's Painting Set !

a short on the benefits of Painting and Drawing

http://ambenjamin79.tripod.com/2007_Rediscover_Painting.html

6. Antonio's Quest for Peace - The Friends of Peace !

An art show of Pictures with Prophecy of Hope !

<http://ambenjamin79.tripod.com/Ebook1.html>

2. A M Benjamin Services - The Ultimate Accountant

a story on finding an accountant with digital calculators

ambenjamin79.tripod.com/UA_Buynow1.html

7. Antonio's Quest for Peace - The Enemies of Peace !

An art show of Pictures with Prophecy of Sadness !

http://ambenjamin79.tripod.com/01-08_FnW_01.html

3. AJ Search for Justice

a true story about a black teenager illegally fired from a job.

http://ambenjamin79.tripod.com/AJ_Search.html

8. San Francisco Flower thru the Lenses of a Phone Camera !

a collection of flowers that grow in the San Francisco, CA

web page in progress

4. Antonio, My Son, My Friend, My Hero !

an art show and story about a young with a challenge !

http://ambenjamin79.tripod.com/01-08_AS_01.html

9. San Francisco Aquatic Scenes thru a Phone Camera !

a collection of water images around San Francisco, CA

web page in progress

5. The Magic Signature Act

A manual on reading peoples Autographs

http://ambenjamin79.tripod.com/001-01_MSA-01.html

10. Artwanted Portfolio

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<http://www.artwanted.com/ambenjamin79>

for info on other Ebook copy url and paste in browser !

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Words of Wisdom (01)

Of all things I want to be remembered for
in this life is giving people

HOPE:

and my definition of

HOPE

is a

Unconditional Belief

that

Peace of Mind and Happiness

is your

Divine Right.

But before this PEACE can come to you

I think you need to find away to accept the word

in the next two frames.

Prophecy of Peace Number One !

before you can find

Peace of Mind

Tomorrow

in the

Future

you first must find

Peace of Mind

with

Yesterday and the Past

but more importantly

right now this very second

Today and the Present !

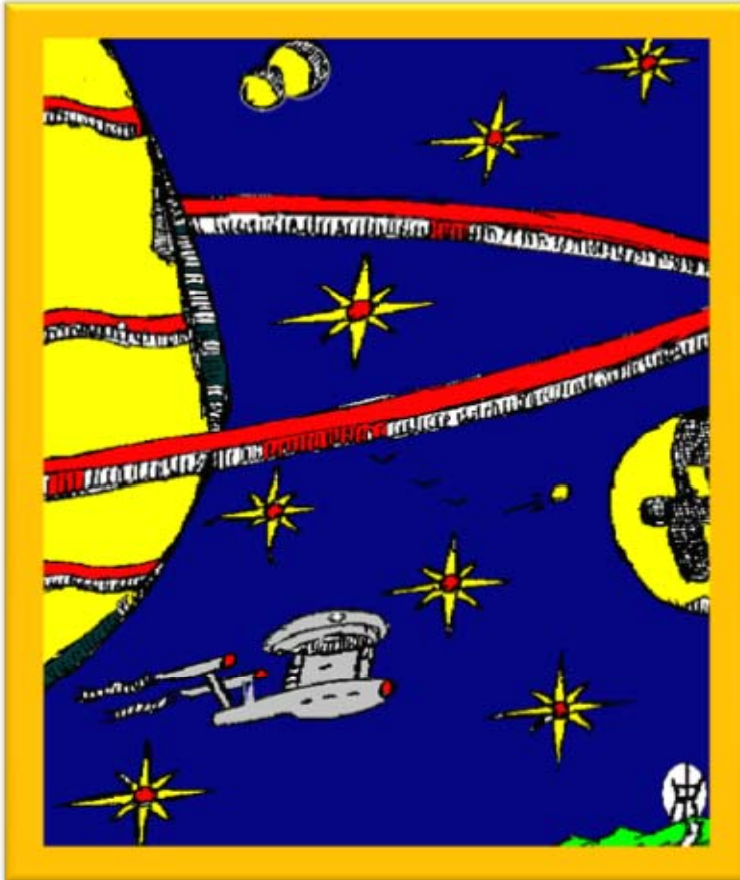
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Words of Wisdom (02) - Spiritual Guarantee Number One



somewhere in the
Future
there is a
Dream
that will take you to
Paradise
the
Home of Peace

and there is
Absolutely Nothing
you can
Say or Do
to stop that
Dream
from coming to you !

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Conclusion

Thank you for reading volume one of
Antonio the Explorer.

I hope you learnt something new and was
entertain with the

- (1) digital images
- (2) narratives of words
- (3) selections of frames
- (4) marketing ideas
- (5) words of hope

May all your Dreams Come True

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