

# TRACKS



March/April 2012

Volume 25, No. 2

On the web: <http://angeles.sierraclub.org/gls/>

## Anza Borrego Presidents' Day Weekend



*Dawn view from Panorama Overlook above camp. Palm Canyon, left; Indian Head, center left; Coyote and Rabbit Peaks, right, in the dim distance.*

By Wendy T.

Mention the great outdoors and the first thing that usually pops into people's minds is the mountains or beach. But to many of us, the desert is right up there as one of nature's best playgrounds. It's a short drive away, there are no bears, hardly any bugs, fewer people, and it has a beauty and serenity all its own. Who can turn that down? So about 30 GLS members gathered in Anza Borrego State Park on President's Day Weekend for one of Barb Edwards' superb camp-outs.

The park gets almost no rainfall every year, but amazingly, there was a drenching rainstorm hours before we arrived. If that had happened in the mountains, it would have left everything soggy and the place would have been thick with bugs. But our group site was already dry as a bone and ready for a fun-filled holiday weekend when we got there Friday to set up camp.

The next morning, we shouldered our knapsacks, laced up our boots and trekked

up Hellhole Canyon. However, first we had to get to the mouth of the canyon -- through a field of cholla cactus.

Cholla is sometimes called "jumping cactus" because lots of people who tangle with it don't remember getting close enough to touch it and are sure it must have leaped through the air to attack them.

It's also known as "teddy bear cactus," because its thick coat of fuzzy nettles has a plush-toy look. But it is a nightmare if you accidentally brush against it, step on it or get "tagged" when the wind happens to blow a dehydrated hunk of it in your path. (OK, so the desert does have "bears" -- just a different version of what we're used to in the mountains.) The needles hook themselves under your skin. Pulling them out is tedious, and hurts like crazy.

Of course, the eight-mile hike wouldn't have been complete without a cholla misadventure. A fist-size chunk of the nasty stuff glommed onto the bare calf of one of our hikers. She froze in her tracks while the



*Pulling cholla spines! Photo Wendy T.*

rest of us ran over to see firsthand just how much misery can be inflicted by this demon in the desert.

OUCH! Just looking at that big fat pincushion clinging to her leg was painful. But she bravely stayed calm while the group offered useful advice, like "Don't touch it" and "Would you like a trail bar?"

Then Teresa N. caught up and amazed us all by reaching into her knapsack and whipping out a pair of needle-nose pliers.

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*Starting down the South Kaibab Trail on Friday*



*photo Susan Campo*

## GLS Grand Canyon New Year



*Passing the Battleship*

## GLS Management Committee Meeting, Jan. 31, 2012

Amanda, Brad, Grace, Jeff J., Nancy, Sharon, and SK were on the conference call.

At the first board meeting of the new year, new members Grace & Brad were welcomed and the board affirmed individual duties.

S-K gave the Treasury Report and confirmed the positive state of our accounts.

Board confirmed decision to hold a Design Contest for a new GLS t-shirt logo

and hashed out prize details.

Long Beach Pride May 19-20: Board agreed that hosting a table at this event provides a great opportunity to increase visibility & grow membership, but we always have difficulty getting enough volunteers to commit to staff the table.

4th of July: Due to the fact that July 4th falls on a Wednesday this year, the board discussed the possibility of holding a more traditional BBQ event locally in lieu of the usual car camp multi-day outing.

Harwood Lodge October 5-7: The board is extremely grateful to Marie Ammerman for initiating the research and laying the groundwork for our 25th anniversary event at Harwood Lodge. Marie reserved the location, scouted the facilities and provided the GLS board with an extensive report and very helpful suggestions. The board began detailed discussion and review of Marie's report, including costs, pricing for members & non-members, menu preparation, coordination of volunteers and activities.

*Amanda, GLS Secretary*

### Design the New GLS T-Shirt — Win \$100!

As GLS heads into our 25th year, we'll be celebrating the momentous anniversary with a brand new t-shirt design. Here's your chance to show your creative flair, your love for our amazing GLS family, and to win some \$\$ in the process!

This design contest is open to anyone & everyone, whether you're a member of the Sierra Club & GLS or not, so send in your designs and encourage your friends to participate too.

In return for the right to use the design on our t-shirt in perpetuity, the winner will be acknowledged in our Tracks newsletter and will also receive a one-time payment of \$100 along with a free t-shirt sporting their design!

All designs should be original ideas (i.e. not infringing upon any existing copyrights please). Enter as many designs as you like! Deadline for design is midnight on April 20, 2012. The GLS board will review all submissions and select the winning design. Winner will be announced on May 1, 2012. Please email a PDF of your design directly to Amanda at queenpin@earthlink.net.

### Information about GLS

**General questions about GLS**, call Grace at 323-697-6886 or Mike at 818 399-4035.

**Questions about a specific event**, please call the leaders listed in the schedule. Contact info is inside the back page.

**Sign up for the FREE GLS email list**, with a weekly email digest of GLS events, go to: <<http://angeles.sierraclub.org/news/MailingLists.asp>>. Your email address remains confidential and is not displayed to others.

### Next GLS Management Comm. Meeting

For the date of the next GLS management committee meeting, please contact a committee member.

GLS management committee meetings are (usually) held about every two months, on weeknight evenings, by conference call. All GLS subscribers are welcome.

You may call one of the committee members to confirm meeting time, how to call in, or ask about the agenda, or for other information.

### GLS Mission

The Gay & Lesbian Sierrans Section of the Angeles Chapter fosters the purposes of the Sierra Club by making available a wide range of events for gays, lesbians, and their friends. These activities include conservation, education, hikes, bike rides, beach walks, car camps, boat trips, social gatherings and fundraising.

### GLS Newsletter

The GLS newsletter, TRACKS, is published six times a year. Annual subscriptions are \$15 for issues sent by US mail, \$10 for issues sent in PDF format by email, \$25 for both. Three year subscriptions are, respectively, \$35, \$20, and \$55. Send subscription requests and related membership correspondence to: GLS, P.O. Box 1300, South Pasadena CA, 91031-1300.

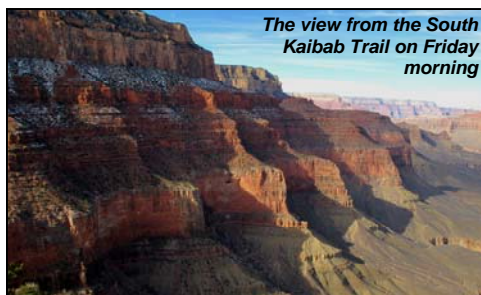
### Mgmt. Committee

**Grace Hengst**,  
Chair  
**Sharon Hartley**,  
Co-Chair  
**SK Chiou**,  
Treasurer  
**Amanda Smith**,  
Secretary  
**Brad Keistler**,  
At-Large

### Other GLS Volunteers

**Membership**,  
Jeff Cuevas  
**Conservation**,  
Tom Molloy  
**Webmaster**,  
Alan Schimpff  
**TRACKS Editor**,  
Jeff Johnson

.....  
**Our outing volunteers are listed on page 11.**



*The view from the South Kaibab Trail on Friday morning*



*Carol photographs a bighorn sheep right by the trail*



*The Colorado at Bright Angel Creek, site of Phantom Ranch*

# GLS 25<sup>th</sup> Anniversary Celebration, Harwood Lodge, Oct. 5 - 7

Twenty-five years is a long time for anything to last these days, but GLS has managed to grow a beautiful relationship with the Sierra Club over that span of time. The beginnings were rocky; the Sierra Club was not interested in a separate gay and lesbian section and had to be wooed. Fortunately, the founders took the advice of Gandhi: "Be the change you want to see in the world." They decided that if they acted like a section, they would BE a section, and finally, it was so. In October, we will celebrate the longevity of our section, remembering the past and eagerly anticipating the future, at a fabulous party at Harwood Lodge. The organizers and the Board agree that this party must continue the theme of inclusiveness; therefore, all of you are welcome, whether you were there in the very beginning or have only just found us, or fall somewhere in between- all of you make GLS what it is today, and that's something to celebrate.

The party will be held over the weekend of October 5-7 at Harwood Lodge on the slopes of Mt. Baldy, and we're already planning a fun-filled agenda, starting with an evening arrival at the historic Lodge on Friday, followed by a day and a half of hiking, relaxing, playing games, talking, enjoying a roaring fire or a sunny terrace, depending on the weather, and much more. Saturday evening's dinner will be the main event, and you won't have to bring anything! We intend to provide that dinner, as well as continental breakfasts Saturday and Sunday, and lunch fixings, too. Vegetarians will be kept in mind as we plan our menus, as will anyone with serious food allergies. Please advise us if you are one of those folks when you sign up.

Although the fees have not been officially confirmed, the Board is working to make them extremely reasonable. We want everyone to participate who can make

it that weekend, so don't let the price stop you if you really want to be there- talk to any board member or Marie Ammerman about it once the cost is announced. We'll be happy to work with you.

We are also looking for as many volunteers as we can get - we need people to help transport food, assist with serving food, setting up the Lodge, maintaining the Lodge, organizing activities, and many other things. If you want to help but don't know exactly what you'd like to do, that's fine - just contact Marie and let her know you're interested. Enthusiasm and willingness are really all you need.

Just as it takes all of us to make GLS what it is, it will take all of us - guests, organizers, volunteers - to make this party a shining memory in GLS history for the next twenty-five years. So sign up as soon as registration opens; volunteer a little or a lot; talk it up and get ready to have a wonderful time. See you in October!



On Bedford Peak, with the San Gabriels in the distance

## Bedford Peak *Jeff Johnson*

The hike up the old Silverado Motorway from Silverado to Bedford Peak is my frequent choice for a morning of moderate outdoor exercise and broad northern views to the San Bernardino and LA mountains. The trail climbs moderately through switchbacks, each switchback giving a larger view to the south and, eventually, to the north as well. On Feb. 8, there was no snow on the distant mountains, but we had good weather and even the unpredictable gate before the trailhead was open.

This route has been closed to motor traffic for decades but the area around it, and around the road on the main ridge of the Santa Anas, used to be torn up by

motorcycles and mountain bikes going wherever they wanted. It was so discouraging, I started staying away. Then they did some substantial intervention after the big fires nearby in 2007. More effective barriers were installed, and hummocks and gullies were dug across damaged areas.

Now, the motorcycles and mountain bikes mostly stay on the roads and paths, and the greenery is recovering.

One casualty in 2007 was the Bedford Peak benchmark. The monument on the peak, which marked a point where the boundary between Orange and Riverside Counties takes a turn, was knocked out by earthmoving equipment. We ate lunch by the modest wreckage. A new alternate marker is safely down the hill, under some bushes.

This trail is popular with bicyclists, who often ride a big loop starting in Black



Parasite dodder on trailside sage

Star Canyon and descend this trail. We saw a lot of them whizzing by — on the trail — with their brightest outfits and most expensively engineered equipment. They told us a big ride over these trails was coming soon, and many of them many were training for that. We also heard that a local bicycle club has been doing maintenance on this trail for a while, another reason perhaps that the trail is in relatively good condition these days.

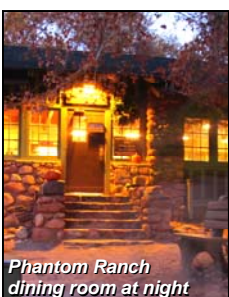


Parasite mistletoe on a trailside sycamore



Susan's group at Ribbon Falls on Saturday

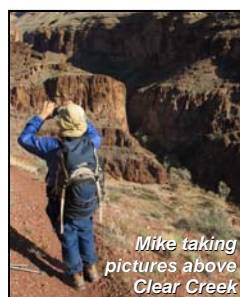
Ribbon Falls photos from Susan



Phantom Ranch dining room at night



Saturday, leaving for Clear Creek before dawn



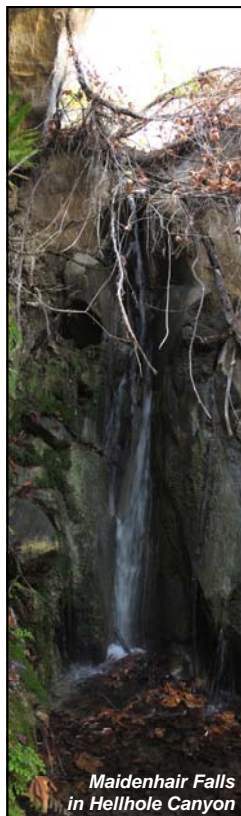
Mike taking pictures above Clear Creek



Ribbon Falls from below



Palms and boulders in Hellhole Canyon



Maidenhair Falls in Hellhole Canyon



Leader Barb heads the pack up Palm Canyon  
Photo Wendy T.



Leah's feet feel good in the stream water  
Photo Teresa



Lunch on the boulder facing the waterfall

## Anza Borrego

(Continued from the front page)

She yanked out the thicket of needles one by one while the rest of the group wondered why \*we\* weren't packing such a crucial gadget in thorn country.

That launched a lively discussion of whether we should amend our "Ten Essentials" list to include pliers. Not long after all this, disaster struck another one of our girls on the trail -- she broke one of her perfectly polished fingernails while rummaging in her pack for lipstick or something.

Worse, no one had an emergency nail-repair kit tucked in their pocket. The best we could do was politely advise her to add that to her "Personal Ten-Essentials List."

And then, just to leave no stone unturned, so to speak, we suggested she double-check her list for other important items... folding vanity mirror, corkscrew plus a spare, palm fronds for the cabana girls to wave (or wear? disagreement over that one), box of Godiva chocolates, and an inflatable chaise lounge which could double as a life preserver in the event of a water rescue.

Our frou-frou gal demurely declined to reveal exactly which emergency items she remembered to include in her pack, which, for the record \*did\* resemble a purse.

The next day we hiked to another oasis, in Palm Canyon. As on the Hellhole

Canyon hike, we kept scanning the canyon walls for desert bighorn sheep, which have an amazing ability to scamper up sheer rock faces without losing their footing.

We didn't see any wild sheep, but we did spot something else that fascinated us: an enormous beehive perched on a perpendicular rock cliff. We could see the bulging honeycomb from several hundred feet away. A nice bit of serendipity... proving once again that anyone who says the desert is barren and boring just hasn't looked very hard.

All those bees have to have something to keep them going in desert, and that would be wildflowers. Despite the lack of rainfall, every spring the desert gets a colorful burst of floral vegetation. Two of the prominent ones in Anza Borrego are the ocotillo cactus with its bright red blooms on the tips of thorny, upward-curving branches, and the desert lavender bush, which produces delicate purple starbursts.

And, to keep the flowers going, there was a surprising amount of water in the

*Continued next page*



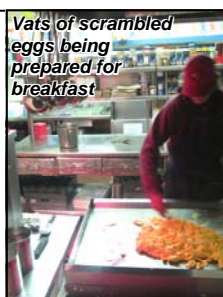
Gathering around the windy campfire after dinner



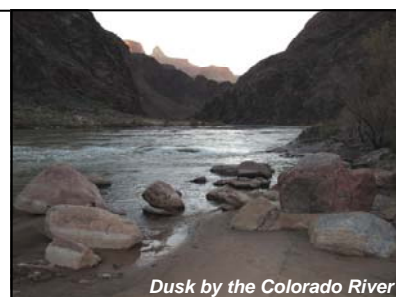
Yellow cottonwoods in Bright Angel Cyn



New Year Eve party in the dining room



Vats of scrambled eggs being prepared for breakfast



Dusk by the Colorado River

## Anza Borrego

(Continued from prev. page)

trailside stream. While munching snacks at the oasis, we contemplated the power of flowing water in the desert. All along the upward-sloping bottom of the canyon we had just hiked, we saw palm tree trunks that had been ripped out by the roots during flash floods and flung into the ground or wedged between huge boulders at odd angles. There had to be a \*lot\* of water gushing through there to do that.

On Saturday night we had our usual potluck feast to replenish the calories we'd worn off. We needed three picnic tables to hold all the serving dishes -- everything from turkey chili to Asian noodles to grilled salmon.

Unfortunately, not long after we sat down at the group campfire to enjoy this sumptuous spread, a devilish wind started flipping over all the goodies on the tables. We had to scramble out of our comfy camp chairs and put everything away early. But the wind died down and we all settled in front of the fire for a long evening of good food, good camaraderie, good jokes, and gazing silently at the star-filled desert sky.



Cholla cactus  
Photo Wendy T.

## Nina's Provisional

By Nancy Beverly, story and photos

We're always thrilled when someone in GLS wants to become a leader — and our newest one is Nina B. She very capably led us on her provisional hike in the Laguna Coast Wilderness January 7, 2012, with Jeff J. as her co-leader and evaluator. A total of ten enthusiastic hikers showed up — with lots of new faces in the crowd. Jackie was there all the way from China by way of Florida (where he lives) and was looking for something to do on his vacation. He found GLS — how cool is that? Ginger brought along her step-sister Tina, whom she knew growing up but had

lost contact with until they were-connected through Facebook.

The fog cleared and the sun sparkled on the ocean waters off Laguna, making for heart-opening views. Several of us gathered for lunch and wine-tasting at the Laguna Culinary Institute afterwards. I know nothing about wine and it was fascinating to hear everyone else evaluate what was good and what wasn't ("The wrong end of the goat...") I took to mean a "pass" on that particular wine). Well done, Nina!



At the lookout  
point above  
Laguna Beach



Tippling at the Laguna Culinary Institute

## Sweep's Song

By Marie Ammerman

Listen now, and hear the tale  
of many a poor sweep,  
and drink a toast with your best ale  
to the hikers who never sleep.

The sweep is always last, you see,  
the rag-tag, trailing end,  
but if you have to stop and pee,  
the sweep is your best friend.

The stragglers and the chit-chat folks  
Are all the sweep's great care,  
to see that amid the laughs and jokes,  
each hiker makes it there.

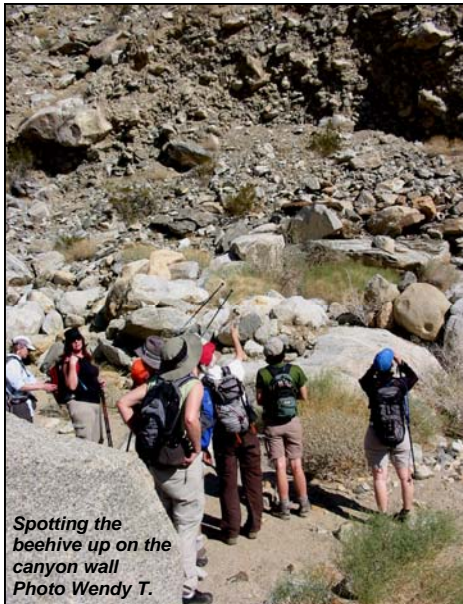
If once, upon the trodden way  
you fall and hurt your knee,  
the sweep will come without delay  
and very helpful be.

Good leaders know the sweep is gold,  
A treasure very fair,  
And never wait until they're told,  
But ask "how's it going there?"

The slower hikers bless the sweep  
who never sighs or pushes,  
and in return their footsteps keep  
from tangling in the bushes.

The sweep will many dangers face,  
which include complaining trolls,  
naughty leaders who like to race,  
and flailing hiking poles.

So bless the sweep,  
when at day's end,  
all safe and warm in bed,  
you close your eyes and go to sleep,  
at home, alive, not dead.



Spotting the  
beehive up on the  
canyon wall  
Photo Wendy T.



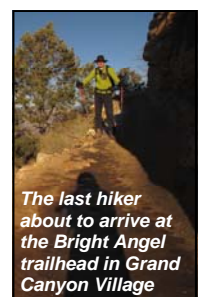
The beginning of the long  
climb at dawn on Sunday



Looking down — way down — at  
the Colorado from Plateau Point



Chilly rest stop in the  
shade at Indian Springs



The last hiker  
about to arrive at  
the Bright Angel  
trailhead in Grand  
Canyon Village



## Griffith Park Hikes

By Susan Campo, photos by Tedd Wenrick

### Two Hikes for One, Feb. 10 & 11, 2012

On Feb 10 Susan flew back from South Dakota to act as a substitute for Grace on a hike across Griffith Park. Grace is recovering well, and Susan could only help on Sat. In spite of everyone's attempts to inform possible trip participants by weekly email of the date change, we feared that some people would not get the word. We know how important it is to "be there" as a club presence for new hikers. No one wants to arrive at the trail and be there alone or



confused about a hike date! Therefore, Leader Dora volunteered to return to Griffith park AGAIN on Sunday and offer another hike so no one would be left out. Nancy assisted her in this endeavor. The moral of the story is nothing new to leaders: One should never try to change a date of an outing AFTER it is published!

Seven GLS hikers did a 10 mile jaunt around Griffith Park on Sat. We reached Bee Rock, Mt. Bell, Lee Peak, Cahuenga Peak, Chapel Peak, passed across Mt. Hollywood, stopped to smell the flowers at Dante's View, circled Glendale Peak and even waved to Grace from the top of Beacon Point. Tedd showed us all what the word "macho" means as he bagged the peaks in ease. We tried to convince him that he could also do the Grand Canyon easily! Next time! Marie Ammerman did not just talk about nature ethics; she showed us! She filled three bags with trash along the hike.

Then on Sunday Dora and Nancy met for more fun! They had a turnout of 8 for the that Griffith Park hike; some new people as well! The repeat performance hike was trimmed to 6-7 miles. Dora's dog" little Sister" wasn't as energetic as the day

before, but everyone else was happy! Hurray for Dora and Nancy!

### February 25, 2012

On Saturday, Feb. 25 GLS hikers saw another section of Griffith Park. Because of Susan's leg operation, Diane substituted for Susan and did a terrific job.

Before the medical procedure Susan made sure that Diane knew the loop, and hiked it several times with her. Dora provided happy dogs and a good sweep for the trip. Twelve people showed up and were not disappointed at the unique loop route. They passed through scenic homes of Hollywoodland residential neighborhood. Solomon won the prize for the closest count of the unique stairs placed through the neighborhood. There were 450 stairs total in the three hidden staircases. After hiking over the 2 highest peaks in the park, they enjoyed lunch at the famous WONDER TREE which is a landmark visible from many places in LA. Tedd took great photos and called it the Wisdom Tree.

I hope everyone felt smarter after that hike!!!!

## January 1, 2012, in the Grand Canyon

By Leah Ross

The landscape lit by a quarter moon and a headlamp now and then, we started out of the canyon on New Year's Day at 6:30 a.m. We walked quietly through the camp, past where the mule deer had incuriously grazed the day before, to the Colorado River. There, we tramped across a suspension bridge which gently bounced as the river roared far below our boots. Once on the other side, Susan started her lesson on how to hike out of the Grand Canyon, pain-free and happy. Even though the ground had not yet started its inexorable rise to the top, we started our breathing exercises: deep inhales and long exhales. Then Susan showed us how to stride downhill, swinging our legs in a loose, muscle-relaxed manner. Susan looked like a merry piper leading her pals on a jolly jaunt. When the uphill

terrain appeared, Susan coaxed us through with imagery of floating our feet up as though balloons were helping us along and this was just one big elevator ride. I was feeling fine although a little daunted whenever I craned my neck up to see the tiny trees at the top that we were aiming for. But Susan's encouragements never flagged. "Look," she said, "we now only have to climb up past the red section, then the beige and a little white at the top, and we'll be there!" Piece of cake! I felt great with Susan's slow, steady pace. We put on crampons for the last three icy miles, just about where a helicopter had landed to pick up an injured woman whose mule had stumbled and sent her flying. We heard that she would be alright, and I trekked on, grateful to be on my own two feet. Snack breaks were brief because of the cold, but

the slow, steady pace paid off. I reached the top and felt that I could hike the canyon again! We met two guys who asked about our trip. One fellow said he had hiked to the bottom several years ago and remarked how hard the hike out had been. "Not for us," we laughed, and pointed to our leader. "We feel great, thanks to Susan!" Thank you, Susan, for all the fun we had.



Photo Susan Campo

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# Outings & Events

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## March 2012

**March 3, Saturday**

**O: Placerita Canyon**

**Dora Olea, Grace Hengst, Judy Demarah**

Come and help us celebrate the March/April Birthdays at Placerita Canyon in Santa Clarita Valley. Explore the broad, expansive oak woodlands and chaparral-covered hillsides making the canyon a popular hiking destination. The canyon trail follows the creek to Walker Ranch and then to Placerita Falls. Watch out for wildlife! Approx. 5.20 miles round trip. 400 ft elev. gain/loss. Bathrooms and water on trail. K-9 welcome. Bring water, lug soles, sunscreen, and a potluck-lunch item to share upon return to picnic area at trailhead. Meet 9 am. From Freeway (5) North to Antelope Freeway (14) towards Palmdale, exit onto the Placerita Canyon Rd. and turn right. At about two miles, Placerita County Park is on the right. Plenty free parking. Meet at the Nature Center.

**March 10, Saturday**

**O: Serrano Canyon Loop**

**Tom Molloy, Mike Brostoff**

This hike starts out moving north on the pleasant Sycamore Canyon trail for about a mile and a half, where you come to the junction with Serrano Canyon Trail. The Serrano trail takes you east into a densely wooded narrow canyon, with a lovely seasonal stream crisscrossing the trail numerous times, and abundant wildlife. As the trail begins to gain elevation and move north away from the stream, a stunning

vista begins to emerge.. The trail traverses gently rolling grasslands set against the steep outlines of Boney Mountain. You continue through the valley, eventually connecting up with Old Boney Trail, which drops back into Sycamore Canyon, forming a loop. 9 miles, 800' elevation gain. Meet at 9:00 A.M. in the parking lot in the Big Sycamore Canyon Campground, located about 5 miles south of Pt. Mugu on Hwy 1 (PCH). Questions? Tom at 310-589-9125.

**March 17, Saturday**

**O: Inspiration Pt., St. Patrick's Day Hike  
Dora Olea, Marie Ammerman**

Come celebrate St. Patrick's Day in the springtime green above Pasadena. We'll hike to Inspiration Point via Castle Canyon Trail and get a wonderful view of the LA area. Meet at 8:15 a.m. at the north end of Lake Ave. in Pasadena. Hike is about 9 miles RT, approx. 2000 ft. gain. Bring a little something to share for a potluck lunch break, at least 2 liters water, lugsoles, layers for weather, and something green! Prizes for the best green apparel and the best green food. Rain cancels. Dogs on leash are welcome. Questions contact Dora at doraolea@yahoo.com.

**March 25, Sunday**

**O: O'Melveny Park**

**Dora Olea, Jeff Johnson**

The second-largest park in L.A. County, second only to the expanses of Griffith Park on the opposite site of the Valley, offers the best view of the San Fernando Valley. We will take a stroll along citrus groves, grassy fields, and a riparian canyon in this tranquil park situated in Granada Hills. The first 0.9 mile explores the initial section of the well-maintained lawns shaded by oaks and eucalyptus trees

extended over a quarter-mile into Bee Canyon Trail. For a better view of the Valley and a good workout we will hike up the challenging Mission Point Trail that climbs over 1,000 ft in 1.5 miles. A moderate pace hike with approx. 4 miles round trip. 1,400 ft. elev. gain/loss. Short car shuttle. Bathrooms and water at the trailhead. K-9 welcome. Bring water, lug soles, sunscreen, and a potluck-lunch item to share. Meet 9 am. From CA 118, exit at Balboa Blvd. and head north 2.3 miles to Sesnon Blvd. Make a left on Sesnon, following it for just over 0.5 miles to the entrance of O'Melveny Park on the right. Free parking, carpooling is recommended. Questions? Dora at 213-200-0239.

**March 31, Saturday**

**O: West Fork San Gabriel River Bike Ride  
Amanda Smith, Nancy Beverly**

Join us for an easy-to-moderate bike ride along the West Fork of the San Gabriel River. This 13-mile roundtrip ride takes an incredibly scenic paved service road along the bank of the West Fork river -- the road is closed to auto traffic and typically only used by cyclists, hikers & people fishing. Along the way, we'll pass scenes of idyllic natural beauty, campgrounds and waterfalls. The road gains about 450 feet of elevation on the way out, but it's a very gradual climb, and suitable for beginners as well as more experienced riders. We'll stop several times along the way for rest breaks, water & snacks. There are pit toilets at the beginning & middle of the ride. Rain cancels. Meet at 9AM. Mountain bikes, hybrids and road bikes welcome. Helmets are mandatory – you will not be allowed to participate in the ride without one. Please also bring extra tire tube(s), patch kits,

*(Continued next page)*

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## Weekly Griffith Park Conditioning Hikes

**What:** Every Wednesday night, join us for a moderate (strenuous if you are out of shape) hike to Mt. Hollywood, 5 miles, 1145' gain/loss. This is a great mid-week workout. Lugsoled boots are best for traction, but some hikers wear sneakers. Bring a quart of water, snacks if you like, and a flashlight if not used to hiking in the dark. We have a few tiny breaks on the way up, stop at the top, gawk at the city lights until we get a chill, and then return to our cars by approx. 9:30 PM Dogs are welcome; bring a leash and

extra water. Rain cancels.

**When:** Every Wednesday, (except holidays) 7 PM sharp, end by 9:30 PM

**Where:** By the flagpole near the vending machines at the Crystal Springs Griffith Park HQ/Visitors Center, 4730 Crystal Springs Drive, LA. (Note: Mapquest, Google Maps, etc. may be misleading.)

**Directions:** (1) If driving north on I-5, exit at Griffith Park exit, 0.25 mi. beyond Los Feliz Bl. Make a right turn at the 3-way stop sign. Proceed 0.6 mi. and turn in the driveway just before the Ranger Station. If you

miss the driveway, proceed 0.1 mi, turn right at the stop sign, drive 0.15 mi. to the parking lot.

(2) From Los Feliz Bl., turn north on Riverside Drive, which becomes Crystal Springs Dr. Proceed 0.5 mi. to the 3-way stop sign, go straight, and then follow (1) above directions to the Ranger Station.

(3) Driving on Fwy 134 going west, exit at I-5 south toward Los Angeles. Exit I-5 at Los Feliz Blvd West toward Hollywood. Proceed to Signal light and turn right at Riverside Drive. Proceed as in (2) and (1) above to Ranger Station

parking lot.

(4) From Fwy. 134 East, exit Victory, turn right at bottom of ramp. Make immediate left onto Zoo Drive. Drive through the park, passing the zoo on your right and the Gene Autry Museum on your left. Curve around and pass the golf course. You'll come to a stop sign at Griffith Park Drive & Crystal Springs Road (which is the road you're on now, it changes names). Proceed one more block to the next stop sign at the Ranger Station and turn left. Drive all the way around behind the Ranger Station to park

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## Outings and Events

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snacks, water. Rain cancels.

**DIRECTIONS:** From Los Angeles: take the 210 Freeway East and exit at Azusa Ave/Highway 39 (it's about a 30 minute drive from the Valley, or Silver Lake neighborhoods). At the exit, turn left towards the mountains. The name of the road changes from Azusa Ave to San Gabriel Canyon Road as you head north. A couple of miles from the freeway, you'll pass a ranger station on the right, just before you enter Angeles National Forest. An Adventure Pass is required for each car, so carpooling with someone who has an Adventure Pass is recommended. If you don't have one, stop at the ranger station and buy one (\$5) or risk getting a ticket. After passing the ranger station, proceed another 12+ miles up the same road. You'll reach the West Fork River after you've passed the East Fork River; it's about a 30-minute drive from the 210 Freeway. Turn left into the parking lot immediately after you've crossed the West Fork bridge and look for our group with bicycles.

## April

**April 8, Sunday**

**O: San Gabriel River Trail Bike Ride  
Nancy Beverly, Mary Conte**

Here's a lovely bike ride on a dedicated bike path (no cars!) that's relatively flat (only one hill coming back) – who could ask for anything more? Meet at 9 a.m. at the Lario San Gabriel River Trail, 15701 W. Foothill Blvd., Azusa. Exit the 210 Freeway at Irwindale Ave, go north, and turn left on Foothill Blvd (Irwindale ends at Foothill and the rock quarry). On Foothill, drive a short 1/4 mile to the entrance on the right – watch for the Lario San Gabriel River Trail decorative sign. If you go over the river, you've gone too far. Once you've turned into the park, continue up the driveway, and we'll meet at the picnic tables by the restrooms at the front of the parking lot. We'll ride approximately 20 miles and then enjoy our lunches at the Santa Fe Dam park on our way back. Bring: bike, helmet (mandatory), spare inner tube, 2 liters of water, lunch, sunscreen. Easter bunnies welcome! Questions? Call Nancy at 818-681-5192.

**April 15, Sunday**

**O: Switzer Falls  
Nancy Beverly, Dora Olea**

The hike down to Switzer Falls is one of

the prettiest jaunts the San Gabriel Mountains has to offer. It's also not too difficult – 4 miles roundtrip, 600' of loss and gain (a half mile steep climb out of the canyon). Do be aware there are numerous stream crossings (it's a small stream), lots of rock hopping, plus shimmying over several fallen trees (the windstorms really did some damage to the area). Meet at 9 a.m. at the La Canada carpool site: exit Highway 2, a.k.a. Angeles Crest Highway, off the 210 in La Canada and turn north towards the mountains and away from the Shell gas station (which is at 4530 Angeles Crest Highway.) Drive up half a block and park on the side of the road (but not in the neighborhood). Adventure Pass needed for the Switzer parking lot. Bring a liter of water, some snacks, hiking boots, layers for the weather – and hiking poles if you like them. Dogs welcome but must be on leash, this can be a busy hiking spot with lots of hikers and canines. Rain cancels. Questions? Contact Nancy at 818-681-5192 or Dora via email, doraolea at yahoo.com

**April 22, Sunday**

**O: Los Angeles Arboretum and  
Botanical Garden  
Barbara Edwards, S.K. Chiou**

Occupying the heart of the historic Rancho Santa Anita, the Los Angeles County Arboretum & Botanic Garden is a 127 acre botanical garden and historical site. Home to plant collections from all over the world, including many rare and endangered species, The Arboretum also houses outdoor historical landmarks that include Native American, Rancho Period, and late 19th Century treasures. The Arboretum is also an animal sanctuary. In addition to The Arboretum's famous peafowl, visitors will see species of resident and migratory birds, aquatic creatures, as well as numerous species of small reptiles and mammals. Plan on a 3 mile stroll with 200 ft. gain. We will return to our cars for an early picnic, and then continue on our walk. If we are lucky, we will see the Pink Trumpet Tree, a South American native that produces its brilliant display of color in early spring through early summer. Meet at 9 am at the entrance. Bring lunch. Rain or excessive heat cancels outing. Admission \$8 adults, \$6 seniors. Free parking. Please RSVP to leader if possible, in case of last minute changes, greyhound@sbcglobal.net. From the 210 heading east, exit Baldwin, turn R (south); go for 1/4 mile. The Arboretum is on the right, 301 N. Baldwin Ave, Arcadia, CA, 91007, <http://www.arboretum.org/>

**April 28, Saturday**

**O: China Flat and Simi Peak  
Dora Olea, Jeff Johnson**

China Flat is a high, oak-dotted grassland meadow with sedimentary rock outcroppings. The Flat is perched on the west side of Palo Comado Cyn. beneath shadows of Simi Peak, the highest peak in the Simi Hills. The China Flat trail is a moderate-steep hike with awesome, panoramas views of Simi Valley, Oak Park, Agoura Hills, and Westlake Village. We begin our hike at a large duck pond, and cross streams before making our ascent. Looking for a huge stock pond, we will get to the impressive rock "pointing to the peak". We will then hike up Simi Peak (2,403 ft.) the highest point of our hike. Moderate-pace hike, some steep up and down sections, steep descent near the end, 8 miles round trip, about 5 hours, 2600 ft. gain/lost. Bring lug soles, a potluck item to share, sunscreen, hat and sunglasses as well as plenty of water. Dogs must bring their own water. Bathrooms at the trailhead. Meet at the parking lot at 8:50 am sharp. From the Ventura Freeway/Highway 101 in Thousand Oaks, Exit 36 on Kanan Rd. going North drive about 2 miles, cross Hollytree Dr., then turn right into the Oak Community Center parking lot, where we will meet. Rain cancels. Questions? Contact Dora at 213-200-0239 or doraolea@yahoo.com.

## Future Outings

**May 5, Saturday**

**O: Channel Island Day Hike  
Mike Brostoff, Tom Molloy**

The Channel Island day hike has now become an annual GLS tradition, attracting over two dozen participants each time. We will be taking a ferry to Santa Cruz Island where we will be offering a variety of hikes for different levels. There is no drinking water or food on the Island. So pack you pack like a normal outing. After returning to the mainland, we will head over to a nearby restaurant (optional.) We will meet at Island Packers 1691 Spinnaker Drive Ventura Harbor 93001 at 7:15 AM (805) 642-1393. The boat leaves at 8:00 AM. The ride is an hour and we should return to Ventura Harbor by 6:30 PM. The cost for the trip is \$60.00. Most of the fee pays for the ferry, the extra will be sent to Sierra Club conservation. Send a check made

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## Outings and Events

payable to GLS to: Mike Brostoff, 11220 Moorpark #110, Studio City CA 91602. Please include a note indicating whether you are interested in dinner afterwards, your e-mail address and the best phone number to reach you at. If you do not have e-mail then please include a SASE. Bring minimum 2 quart water, lugsole hiking boots, snacks, & 10 Essentials. Note: in the rare case that weather may be poor, call 805-642-1393 after 5:30AM on the day of the trip. A recording will indicate if the boat is canceled. Questions? Mike at 818 399-4035.

**May 12, Saturday**  
**O: Bronson Caves**  
**Dora Olea, Nancy Beverly**

More info to come.

**May 19 - May 20, Sat - Sun**  
**O: Long Beach Pride**

We are again planning to have a booth at Long Beach Pride. More info to come.

**Jun 7 - Jun 10, Thu - Sun**  
**O: Pismo Beach St. Pk., Oceano Carcamp**  
**Barbara Edwards, Judith Demarah,**  
**Grace Hengst**

Join us for a weekend of fun, just 3 hours, 175 miles, northwest of L.A. on the central coast. This area is home to the endangered Pismo clam, and our campground lies adjacent to a freshwater lagoon that attracts both indigenous and non-native migratory birds. A wooded nature trail will take you around the lagoon and a short hike will lead you through the dunes to the beach. The Oceano sand dune area is recognized by scientists and conservationists as the finest, most extensive coastal dunes remaining in California. Activities could include hiking, bird watching, beach and dune walks. The charming town of Pismo Beach is a mile away and the Monarch Butterfly Grove, home to a large colony of monarchs every winter, is also nearby. Cost is \$55 per person for 3 nights camping. Or \$45 per person for 2 nights camping (Fri and Sat) This price includes all parking fees. Hot showers available. LEASHED dogs permitted in campground but not on State Park trails. Send check made out to GLS to: Barbara Edwards, 1739 S. Sherbourne Dr., L.A. 90035.

**Jul 29 - Aug 3, Sun - Fri**  
**O: Sierra Mule Pack Trip**  
**Susan Campo, TBA**

Mule drop on McGee Creek out of McGee

Creek pack station. 5 hrs drive from L.A. We can have a fire, and do lots of day hikes etc. OK for beginners. More info next Tracks.

**Aug 10 - Aug 15, Fri - Wed**  
**O: Sierra Mule Pack Trip**  
**Susan Campo, TBA**

Dunnage drop over Piute Pass out of North Lake (Bishop area). No fires allowed, but lots of side hikes to Humphrey Basin. Desolation Lake and much more from our base camp. More info in upcoming Tracks.

**Aug 18 - Aug 19, Sat - Sun**  
**O: Ice House Cyn. loop and Mt. Baldy hikes (with optional Harwood Lodge)**  
**Dora Olea, Susan Campo**

Stop thinking that it is too hard! Yes, you can hike up Mt. Baldy!! On Sunday we will hike Baldy at a moderate pace. 8.5 mi. rt., 3900' gain/lost. You can attend either hike or both that week-end and stay in the area at Sierra Club's economical Harwood Lodge on Saturday night for standard overnight fee (\$12/\$15), payable at the lodge. Hot shower, kitchen, and bunk beds are available. You MUST bring your own food to cook and a sleeping bag for the dorm. Weekend Hikes: (1) Sat. at 10 am meet at Ice House Canyon Trailhead, just off the Mt. Baldy road. USFS parking pass required. We will do a moderate hike, only 6.5 miles loop on the Icehouse/Chapman trails, 2500 ft. gain. Then depart or follow us to the Lodge. (2) Sun. meet 8 am at Manker Flats to hike Mt. Baldy. USFS parking pass required. Bathrooms are at the trailhead. We will go from Manker Flat trailhead to summit via the Sierra Club Ski Hut and return via the Backbone Trail to Baldy Notch and the road under the ski lift. Optional descent from Baldy Notch uses the ski lift (\$10). Bring 10 essentials, 3 qts water (more if it's hot out), lunch, snacks, lugsoles, sunscreen, hiking poles. Directions: 210 E. exit on Baseline Rd. Turn left, Next light turn right on Padua Ave., Right onto Mt. Baldy Rd. Go past Mt. Baldy Village 2 mi. turning left at Icehouse Cyn. (or right if you are meeting us on Sat.) If you are meeting us at Harwood Lodge, it shares a driveway with Zen Center across from Snow Crest. Or for Sunday's Baldy hike, keep driving 2mi. to Manker Flat trailhead on your left- hand-side. Questions? Dora, doraolea@yahoo.com.

**Aug 30 - Sep 3, Thu - Mon**  
**O: Rock Creek**  
**Barbara Edwards, Judith Demarah**

Rock Creek, Palisades Group site, elev. 8500 ft. Carcamp, south of Mammoth. More info to follow.

**Oct 5 - Oct 7, Fri - Sun**  
**O: SAVE THE DATE!**  
**Marie Ammerman, TBA**

In 2012, GLS will celebrate its 25th anniversary in many ways, one of which will be a fabulous weekend party at the Sierra Club's Harwood Lodge, near Mt. Baldy, on the weekend of October 5-7. Mark your calendars and stay tuned for more details. To volunteer to help with this event, please contact Marie Ammerman at ammermanm@yahoo.com or 818-842-6401.

## Outside Events

*The following are not sponsored or administered by the Sierra Club or the Angeles Chapter, which takes no responsibility and makes no representations or warranties about the quality, safety, supervision or management of these trips. They are published as a reader service because they may be of interest to recipients of this publication.*



**Friday-Monday, March 16-19, 2012**  
**Death Valley Camping Trip**  
**Ratings: Varied**

Join Loma Prieta GLS for our fifteenth annual Death Valley Campout. Death Valley offers countless opportunities for exploration and adventure. Hike Golden Canyon, climb a peak, explore old mining sites, take a starlight stroll through the dunes or just hang out at the pool. We plan to offer a variety of hikes from easy to strenuous. The cost for three nights of camping is just \$35. Carpooling is strongly encouraged. Members of all GLS chapters and SF Hiking Club are invited to join us. Certified hike leaders from any GLS chapter are welcome to lead or co-lead hikes. Contact Tina Schiffman to sign up. Leaders: Tina Schiffman, bschiffy@yahoo.com.

**2012 April 22, Sunday.**  
**O: City of Angels Ride.**  
**Nina Burokas, Nancy Beverly**

Volkswagen City of Angels Fun Ride. Two Options: "Advanced" (48 miles, 15-18 mph, 1750' gain) or "Recreational" (31 miles, 10-12 mph, 1000' gain). Join us for a tour of Los Angeles as you've never seen it: by bicycle, with rolling traffic closure provided by the LAPD Special Event Motors Unit. Route & elevation: <http://www.coafunride.com/route.asp>. Both rides start and finish at the Los Angeles Police Academy in Elysian Park. Advanced ride starts 7:30A. Recreational ride starts 7:45A. Lunch is from 11:00A-12:30P. Registration (<http://www.coafunride.com/register.asp>) is limited to the first 1,000 riders. Registration fee (\$55/60/70 depending on date) includes parking, ride support, provisioned rest stop, lunch & t-shirt. Meet at 7:00A in Elysian Park. RSVP for logistics details. Once you register & receive confirmation, email your RSVP and choice of route to Nina at nina.burokas@gmail.com. Questions? Email or call Nina at 949-226-4316.

## March and April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAR 4</b>	<b>5</b>	<b>6</b>	<b>7</b> Griffith Park Amanda, Dora	<b>MAR 1</b> <b>8</b> 	<b>2</b> <b>9</b>	<b>3</b> Placerita Canyon Dora, Grace, Judy, Anna <b>10</b> Serrano Canyon Loop Alan, Mike
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Griffith Park Maria, Amanda	<b>15</b>	<b>16</b>	<b>17</b> Inspiration Point, St. Patrick's Day Hike Dora, Marie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Griffith Park Anne, Marie	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> O'Melveny Park Dora, Jeff J.	<b>26</b>	<b>27</b>	<b>28</b> Griffith Park Dora, Anne	<b>29</b>	<b>30</b>	<b>31</b> West Fork San Gabriel Bike Ride Amanda, Nancy
<b>APR 1</b>	<b>2</b>	<b>3</b> 2	<b>4</b> Griffith Park Amanda, Marie	<b>5</b>	<b>6</b> 	<b>7</b>
<b>8</b> San Gabriel River Trail Bike Ride Nancy, Mary	<b>9</b>	<b>10</b>	<b>11</b> Griffith Park Dora, Nancy	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> Switzer Falls Nancy, Dora	<b>16</b>	<b>17</b>	<b>18</b> Griffith Park Nancy, Dora	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> Los Angeles Arboretum and Botanical Garden Barb, SK	<b>23</b>	<b>24</b>	<b>25</b> Griffith Park Anne, Dora	<b>26</b>	<b>27</b>	<b>28</b> China Flat and Simi Peak Dora, Jeff J.
<b>29</b>	<b>30</b>	<b>MAY 1</b>	<b>2</b> Griffith Park TBA	<b>3</b>	<b>4</b>	<b>5</b> Channel Island Day Hike Mike, Tom

## GLS Leader Contact Information

Please call after 9 AM and before 9 PM

Alan Schimpff	310-589-9125	alanschimpff@netscape.net
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Tom Molloy	310-589-9125	tomsmolloy@yahoo.com

## GLS Outings Volunteers

### Mike Brostoff, Outings Schedule

Contact Mike about scheduling outings, to check for available dates, and to submit writeups

### Dawn Wilson, Outings Liaison to Angeles Chapter

Contact Dawn about questions of leadership requirements and Sierra Club Outings Policy. Dawn is the primary person to read the communications from the Angeles Chapter regarding outings and inform the rest of the leaders.

### Laura Rainey, Weekly Reminder

Laura sends out the weekly email announcing upcoming events. If an event needs to be altered or canceled after publication, e-mail Laura, and cc Mike.

### Dave Benson, Outings

#### Submission to Angeles Chapter

Outings to be published in the Angeles Chapter Schedule must adhere to Chapter formatting guidelines. Mike B. forwards outings for the chapter schedule to Dave, who ensures that they meet these guidelines before sending them to the Chapter.

### Anne Mullins, Trail Maintenance/Leader Meetings

Three times a year, we volunteer for trail maintenance for one of the local parks. Afterward, we hold a potluck followed by a leaders meeting. Anne coordinates the trail maintenance work and the potluck. Mike facilitates leaders' meetings.

## Important Outing Information

### Waiver

To participate in a Sierra Club outing, you must sign a liability waiver. If you would like to read a copy of the waiver before the outing, go to: <http://www.sierraclub.org/outings/chapter/forms/>, or call 415-977-5630.

### Rating Codes

*These codes indicate the technical difficulty, not the strenuousness.*

**O** Applies to uncomplicated outings such as hikes on trails or the equivalent (with minimal navigation skills).

**I** Includes outings that involve cross-country travel where navigation is necessary. Rougher ground than "O" outings may be traversed, and use of hands for balance may be necessary. Climbing level: 2nd class terrain.

**C** Events under external

control of a non-Sierra Club entity, (i.e. ranger, guide, concessionaire).

### Outing Reservations

Reservation fees of from \$5-\$15 are refunded only when you show up and if they aren't needed to offset costs.

Cancellation policy on more expensive trips is as follows: Cancellation within 30 days, no refund without replacement. If your spot is filled, 90% will be refunded. This policy is in effect unless the leader states otherwise in writing. Always send two SASEs, contact and drive/carpool information. Make checks payable to "GLS".

### Dogs

For most people, the presence of a well-behaved dog can be entertaining, or at worst a mild annoyance. However, this is not true for everyone. Some people suffer from various

levels of fear of dogs. Because of this, and the potential intrusion on wildlife, the Sierra Club policy is that dogs are not allowed on Club outings unless the write-up states DOGS OK. Make sure you bring adequate food, water, a bowl, and a long leash.

### Seller of Travel Notice

CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.

### Adventure Pass

National Forests in Southern California (Los Padres, San Gabriel, San Bernardino, and Cleveland) require parked cars to display an Adventure Pass. The pass is available from ranger stations, sporting goods stores, and other local merchants and costs \$5 per day or \$30 per year. Plan on getting it before your outing, as most outlets do not open early. Many Sierra Club members dispute this user fee and

protest it by not buying a pass, possibly incurring a ticket. The choice is yours.

### Carpooling

To facilitate the travel logistics for outings, participants often make carpooling arrangements. The Sierra Club does not have insurance for carpooling arrangements and assumes no liability for them. Carpooling, ride-sharing, or anything similar is strictly a private arrangement among participants. Participants assume the risks associated with this travel.

### Rideshare Points

Directions to all rideshare/carpool points in the Angeles Chapter Schedule of Activities or at: <http://angeles.sierraclub.org/pvsvb/pages/rideshare.html>

### La Canada Rideshare Point

Exit 210 at Rte 2 / Angeles Crest Hwy. Go N 1/4 mi on Rte 2, park at curb on right, on long uphill.

# TRACKS

SIERRA CLUB/GLS  
P.O. BOX 1300  
SOUTH PASADENA, CA 91031-1300

# TRACKS

Subscribe to TRACKS, the GLS newsletter, and find out about all the GLS outings and events every month. You do not need to be a Sierra Club member to subscribe.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

- New  Renewal  Gift  Change of Address
- Send print TRACKS by US mail \$15 - 1 yr; \$35 - 3 yr
- Send email TRACKS (pdf file) \$10 - 1 yr; \$20 - 3 yr
- Send print and email TRACKS \$25 - 1 yr; \$55 - 3 yr

Fill in this form and send it with a check made out to GLS to:  
GLS  
P.O. Box 1300  
South Pasadena, CA 91031-1300



Contributions, gifts and dues to the Sierra Club are not tax-deductible; they support our effective citizen-based advocacy and lobbying efforts. Of your dues, \$7.50 goes for a subscription to *Sierra* magazine, and \$1 for your chapter newsletter.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Category:	Individual	Joint	Mail to:
Introductory	\$25		Sierra Club Membership Dept. P.O. Box 52968 Boulder, CO 80322
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Supporting	\$75	\$100	
Contributing	\$150	\$175	
Life	\$1000	\$1250	
Senior	\$24	\$32	
Student	\$24	\$32	
Limited Income	\$24	\$32	

When you join the Sierra Club, please use this form. The FRIP no. on the form brings part of your membership dues to GLS

FRIP#  
F94QW04721