

Newsletter of the Wilderness Adventures Section

January-March 2020

# AVENUES



SIERRA  
CLUB

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Newsletter of the Wilderness Adventures Section  
**AVENUES**

*Avenues* is a quarterly publication of the Wilderness Adventures Section of the Angeles Chapter of the Sierra Club.

**Editor:** Terry Ginsberg  
**Layout:** Carole Scurlock  
**Contributors:** Mark Mitchell

**Avenues Submissions**

Did you have a special outing experience or want to report on a pressing conservation issue? Story and photo submissions to *Avenues* are welcome. All submissions are subject to editing. Deadline for submissions to the April-June 2020 issue is March 15, 2020. Send submissions to Terry Ginsberg  
terryginsberg@gmail.com

**Outings Submissions**

Outings write-ups should be sent to Mark Mitchell for approval:  
markamitchell@att.net.

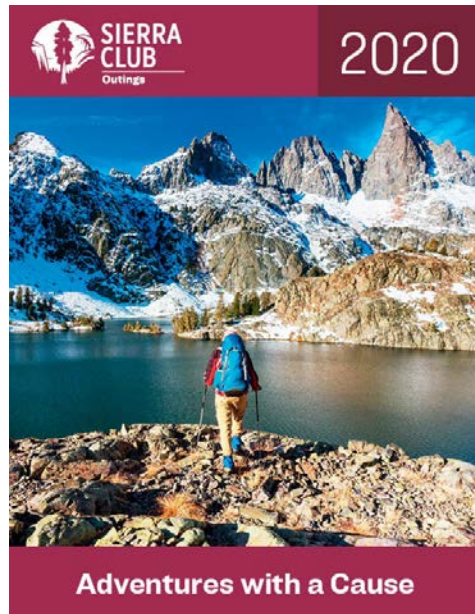
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Cover:  
Skiing on road to West Waterman  
Photo: Carole Scurlock



**Vetter Lookout December 3, 2019** - On a snow hike to Vetter Mt., we got a close up look at the progress on reconstruction of the lookout using fire resistant materials—steel and concrete. Photos: <https://www.flickr.com/photos/cscurlock/albums/72157712047948677>



**Sierra Club Offers Adventures with a Cause**

(trips previously listed in *Sierra* magazine)

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# Fire and Rain

## Josephine Peak Hike, December 8, 2019

Article and photos by Mark Mitchell



Seven hardy souls went on this hike, notwithstanding a very high probability of rain in the forecast. The hike was scheduled in observance of the tenth anniversary of the largest known fire in LA County — the 2009 160,000-acre Station Fire. The idea was to see how the ecosystem had progressed since 2009 along the Josephine Peak fire road where the fire burned through on its second day, and to see some great views from the summit of Josephine. There were plenty of vestiges of the fire such as burnt trees and shrubs still standing, some completely dead and some whose root systems had stayed intact enough to sprout new growth. The flora that seems to have recovered best is the native chaparral, along with the non-native Spanish Broom. When we reached the top of our hike, there wasn't much of a view due to the clouds that shrouded the summit, and the cold, wet winds encouraged us to take a very fast lunch break. But the rain made for some beautiful scenes of mists and water flowing all around and, as a bonus, we got to thoroughly test out our rain gear! ■





# 2019 Annual WAS Wilshire Walk

By Terry Ginsberg



Start of walk at 1 Wilshire Blvd. Mary Forgione second from left.

The Wilshire Walk of 15.8 miles from 1 Wilshire downtown to Palisades Park in Santa Monica initiated by Bobbie Peyser has been a tradition of the Wilderness Adventures Section for decades. Mary Forgione has continued the activity regardless of her physical condition. In 2019 despite recent removal of a cast on her foot, she led the walk which started with around 15 people but whittled down to about 8 at the end of the day. I recall her final response about how she was feeling at the end of the excursion was “my foot isn’t talking to me”.

The walk is enjoyable to me despite the pavement because I can see how life has changed along this major artery: Classic department stores

become law schools, fast food buildings, banks and gas stations morph into retail stores, etc. Whole shopping malls disappear! There are places that will imprint tattoos or erase them, and places that will remove lice. There is incredible growth in the variety of ethnic restaurants as well as coffee shops.

Yeah, I know street walking is considered *de rigueur* for hardy peak baggers, but variety can be the spice of life. You can see and experience far more of a city’s gestalt by walking through it as opposed to driving through as fast as traffic allows. For those on the more modest side of the spectrum, you never have to do the entire walk because local transportation will allow you to turn back easily.

We all had a wonderful day and are eager to share this experience with you next year. ■



The survivors in Santa Monica.

# 2020 Outings

In order to participate in a Sierra Club outing, you will need to sign a liability waiver/participation agreement, usually included on the sign-in sheet. If you would like to read a copy of the waiver prior to the outing, please see the following: <https://www.sierraclub.org/sites/www.sierraclub.org/files/sce/leadership-training-committee-and-outings-management-/Angeles-Outings-Sign-In-Waiver-Oct2019.pdf>

**Carpooling/Ridesharing:** In the interests of facilitating the logistics of some outings, it is customary that participants 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 the participants. Participants assume the risks associated with this travel.

**Cancellation Policy:** Reservations: For outings costing over \$10, arrange reservations in advance by sending a check payable to Wilderness Adventures. Unless otherwise noted, cancellation is without penalty up to 30 days before departure; thereafter 90 percent refundable only if a suitable replacement is found. For trips where group size is limited by permits or safety, up to a \$50 deposit can be required (in addition to any permit or reservation fees), refundable at the trailhead if you show up, and participate in the outing. No-shows' checks will be forfeited. For all trips that charge a fee to participate, other than a permit fee, the chapter is registered as a California Seller of Travel #CST 2087760-40. Registration as a seller of travel does not constitute approval by the State of California. Questions? Contact the leaders.

## Weekend & Overnight Outings

Unless otherwise noted, all outings are fully sponsored by the Wilderness Adventures Section. To contact hike leaders, see Leaders, page 10.

**January 18, Saturday**

**OCSS, Wilderness Adventures**

**I: Mt. Pinos Backcountry Ski Tour:** Moderately strenuous 4+ mile, 500' gain to panoramic vista. Ski from end of Mt Pinos Highway to summit at Condor Point. Possible side trips to Inspiration Point, other destinations, or just playing may add a few miles + a few 100 feet elevation loss & gain. May ski lower on mountain if conditions warrant. Part of route may be in pre-existing tracks, but recent snowfall or aesthetics may require breaking new trail. Intermediate X-C skills required & metal-edged, backcountry skis & backcountry boots highly recommended. Bring winter clothing, water, lunch. No snow or likely blizzard cancel trip. Send e-mail or phone leader w/ experience level/conditioning for trip details in the 2 weeks before trip. Leader: Mark Mitchell, Co-Ldr: Mark Fleming. Cars parked in National Forest will need to display Adventure Passes.

**Saturday, January 18 to Monday, January 20, 2020**

**Wilderness Adventures**

**I: Anza-Borrego Carcamp:** Spend 2 nights at campsites in the pretty and comfortable Borrego Palms Campground in Anza-Borrego state park (running water and showers). Optional early arrival Friday nite. Day hikes include a backcountry hike to the Calcite Mine (about 5 miles, 1000 gain), an interpretive trail to a palm oasis (3 miles, 500 gain), and a downhill section of the California Riding and Hiking Trail (8 mi, 3300 loss). Calcite Mine hike will require moderate rock scrambling. Optional group dinner in the town of Borrego Springs Sun. night, happy hour and campfire Sat.

night. Campground fee will be split among participants, max \$40/person, collected on trip. Send email address, experience, conditioning, phone numbers, rideshare information to Leader: Dean Wallraff. Co-leaders: Beth Martin, Keith Martin

**January 24- 26, Friday-Sunday**

**OCSS, Wilderness Adventures**

**I: Winter Combo Getaway Bus Trip to Mammoth Lakes:**

This trip has it all. Enjoy backcountry ski touring and snowshoe touring with leaders; XC ski or snowshoe on your own at Tamarack Nordic Ski Center; Downhill ski or snowboard on Mammoth Mtn; Learn to cross-country ski in the backcountry with our instructors (must preregister for free lessons). Newcomers and non-skiers welcome, tons of stuff to do in Mammoth! Stay at Sierra Nevada Resort (2 per rm, 2 beds, priv.bath) close to shopping, night life, free shuttles. Leave O.C. 2 PM with pickup in San Fernando Valley. Return O.C. Sunday 10PM. Includes bus, lodging, breakfast bagels, happy hour, Sunday dinner, bus refreshments and driver gratuity. Send email address (or 2 SASE), phone#, \$320 with Sierra Club number or \$335 non-members (check payable OCSS) to Reservationist/Asst Leader: Donna Specht, 22221 Wood Island Lane, Huntington Beach, CA 92646. Just need a ride or a room? Ask about Transportation or Lodging only cost. Leader: Mark Fleming, Ski Leaders: Homer Tom. Backcountry Ski Instructors: Julie Smith-Meek & Scott Meek. Snowshoe Leaders: Todd Clark and Sylvie Cote.

**February 1, Saturday 9:00 AM**

**Natural Science Section, Pasadena Group**

**O: Snowshoe Walk in the San Gabriel Mountains:**

A relaxed walk on unplowed roads, looking for tracks and  
*Outings continued on page 6*



## **Outings** continued from page 5

other signs of winter life. Dress in layers and bring water, lunch, and your preferred equipment. Possible locations depending on snow conditions are Charlton Flats Picnic Area, Chilao Campground, or Buckhorn Campground. We will meet at the La Canada carpool point at 9 am and carpool to our location. Forest Service pass and chains required. Call or email leaders the week before the trip for snow condition updates. **Leaders:** Ginny Heringer (626-793-4727, ginnyh@ix.netcom.com), Pam Allen (626-296-6911, ezadorah@hotmail.com), and Terry Ginsburg (626-296-6911, terryginsberg@gmail.com).

### **February 29, Saturday**

#### **OCSS, Wilderness Adventures**

**I: Angeles Crest Backcountry Ski Tour:** Get that high mountain snowy woods feeling just minutes from LA! Moderately strenuous 6+ mile, out and back. Ski from snowgate at road closure along Angeles Crest Highway. Possible side trips up snow bowls may add a couple more miles + several 100 feet elevation gain & loss. Intermediate X-C skills required & metal-edged, backcountry skis & backcountry boots highly recommended. Bring winter clothes, water, lunch. No snow or likely blizzard cancel trip. Send e-mail or phone leader with experience level/conditioning for trip details in the 2 weeks before trip. Leader: Mark Mitchell, Co-Ldr: Mark Fleming. Cars parked in Angeles Nat. Forest will need to display Adventure Passes.

### **March 20-22, Friday-Sunday**

#### **OCSS, Wilderness Adventures**

##### **I: Winter Combo Getaway Bus Trip to Mammoth Lakes:**

Ski Downhill or Snowboard on Mammoth Mtn. Daily backcountry ski tours and snowshoe tours with the leaders. XC Ski or Snowshoe on your own at Tamarack Nordic Center. Past Beginner Backcountry ski lesson students, Newcomers & Non skiers Welcome. Tons of stuff to do in Mammoth in Winter. Sierra Nevada Resort Lodging, two per room, 2 beds/private bath, Close to shopping, night life, casual and fine dining, free shuttles. Leave Orange County 2:00 pm, Sylmar pick-up later. Return Orange County Sunday approx 10pm. Includes bus, lodging, breakfast bagels, happy hour, bus refreshments, Sunday dinner. Send 2 large sase, OR E mail address, phone, cell phone, pick up location (Orange County or San Fernando Valley), \$320 with Sierra Club #or \$335 for non members (check payable to OCSS) to Asst Leader/Reserv: Donna Specht, 22221 Wood Island Lane, Huntington Beach, CA 92646 (donnaspecht@juno.com). Ask about Transportation or Lodging only costs. Leader: Mark Mitchell. Staff: Mark Fleming, Fran Penn, Tejinder Dhillon

### **May 22-25, Friday - Monday**

**O: Memorial Day in Wawona Cabin Trip:** Rideshare Fri to stay in a cabin in the Wawona area near Yosemite's south entrance for moderately paced 8-12 mi, 1200'-3000' gain hikes each day. Depending on conditions: options include cascading Chilnualna Falls, panoramic vistas of Yosemite Valley from the Panorama Trail and Glacier Pt, hikes through the Mariposa Grove of Sequoias, day trips down to Yosemite Valley (will require advanced reservation with YARTS, cost not included) and other possible venues. Not suitable for beginners or sightseers. Cost includes 3 nights lodging in modern cabin with all amenities (2-5 per bedroom with shared bathrooms and kitchen), 3 continental breakfasts, 2 dinners, 3 lunch fixings. Send \$305 (Wilderness Adventures - \$40 cancel penalty, no refund of balance after 4/21 unless trip is full and suitable replacement found), 2 sase (or 1 sase and email), H&W phones, recent hiking experience to Ldr: Keith Martin, P.O. Box 336, Groveland CA 95321. Email: keithwmartin@sbcglobal.net. Asst: Beth Powis Martin. We will be using our secret procedures to avoid the crowds and traffic jams. There are a limited number of private rooms for couples. If the trip is not filling by April 21, we will need to cancel our reservation. If we get sufficient early interest in the trip, we will consider booking additional cabins with additional leaders. If you are interested in going on this trip you need to have a check in the leader's hands by April 21st. If you want a chance of getting a couple's room, sign up sometime in February or March.

## **Tuesday & Thursday Hikes**

### **January 2 Thursday**

#### **O: Thu Moderate Hikers / Chumash Trail to Fossils:**

Moderately paced 8 (optional 10) mile 1500 gain hike in rolling hills of Santa Susana Mtns. Meet 8:30 AM at trailhead. From 118 Fwy take Yosemite Ave, exit 29, north 0.4 mile, turn right on Flanagan Dr, continue 0.8 mile to end and park. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leaders: Mimi Knights, Reaven Gately

### **January 7 Tuesday**

#### **O: Tue Moderate easy pace Hikers / Malibu Creek State Park Cornell to MASH Site:**

Moderately paced 6, mile 600 ft gain hike including Lookout Trail with great views, Century Lake, MASH site, and Reagan picnic area. Meet 8:30 AM at Cornell & Mulholland dirt parking area. From 101 Ventura Fwy take Kanan Rd exit, go south on Kanan Rd mile, turn left on Cornell Way and veer to right cont. south 3 miles (past Paramount Ranch) to paved entrance for dirt parking area on east side of street just south of Mulholland Hwy. (Entrance on Lake Vista Rd.) Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Mirit Rabinovitz, Asst: Sherry Rendel

*Outings continued on page 7*

*Outings continued from page 6*

**January 9, Thursday**

**O: Thu Moderate Hikers / Malibu Creek State Park:**

Moderately paced 8 mile 1000 gain hike including Lookout Trail with great views, Century Lake, and Reagan picnic area. Meet at 8:30 AM at Cistern trailhead on Mulholland Hwy, about half way between Cornell Rd and Las Virgenes/Malibu Canyon Rd (from 101 Ventura Fwy take Kanan Rd, exit 36, south 1/2 mile, turn left on Cornell and veer to right continuing south 3 miles, past Paramount Ranch, to Mulholland Hwy, turn left and go a mile+ to street parking and trailhead on south side of Mulholland). Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

**January 14, Tuesday**

**O: Tues Moderate easy pace Hikers / Bear Divide to Walker Ranch:**

6 mile, 500 ft gain, 1300 ft loss hike. We will start at the top of the San Gabriel Mtns at Bear Divide, hike the ridge to the Wilson Saddle with great views of the Valleys, then down the Los Pinetos Trail into the oaks at Walker Ranch in Placerita Cyn SP. Meet at Walker Ranch trail head parking area for car shuttle to Bear Divide at 8:30 AM. From Hwy 14 in Newhall take Placerita Cyn Rd exit and go east about 3 miles, passing Placerita Cyn Park entrance, to dirt shoulder parking for Walker Ranch on right. Street parking on Placerita Canyon at Walker Ranch trailhead. Do not block gate. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Pixie Klemic (818) 787-5420 pklemic@roadrunner.com, Mirit Rabinovitz (818) 726-4848 mirit28@hotmail.com

**January 16, Thursday**

**O: Thu Moderate Hikers / Ahmanson Ranch:**

Upper Las Virgenes Canyon Open Space Preserve, Western end of, Victory Blvd, Woodland Hills, CA 91367, United States Enjoy Santa Monica Mtns Conservancy land of rolling grassy hills with oaks on 8 mile (shorter option available) 800 gain hike. Meet 8:30 AM at Victory trailhead (from 101 Ventura Fwy take Valley Circle Blvd, exit 29, north 2 miles, turn left (west) on Victory Blvd continuing mile to parking lot at end). Bring \$3 for parking, 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Muddy when wet. Rain cancels. Leaders: Ted Mattock (818) 222-5581 mattockman@gmail.com, Nancy Krupa (818) 981-4799 nrkrupa@aol.com

**January 21, Tuesday**

**O: Tue Moderate easy pace Hikers / Paramount Ranch:**

Moderately paced 5 mile, 400 ft gain hike around the old (and still active) movie set, although most of the sets are gone after the Woosley Fire. The oak savannas and chaparral canyons are largely intact. Lovely Medea Creek and a side trip to the old Reagan Ranch will complete our visit. Meet 8:30 AM at Paramount Ranch parking lot. From

101 Ventura Fwy take Kanan Rd exit, go south on Kanan Rd mile, turn left on Cornell Way and veer to right continuing south 2 miles to Paramount Ranch entrance on right. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Sherry Rendel, Asst: Richard Shamban

**January 23, Thursday**

**O: Thu Moderate Hikers / Mission Point, Bee Canyon, O'Melveny Park:**

Moderately paced 6 mile 1500 gain hike with great valley views. Meet 8:30 AM at O'Melveny Park paved parking lot. 17300 O'Melveny Park, Granada Hills, CA 91344, United States. From 118 Fwy take Balboa Blvd, exit 40, north about 2 miles to Orozco St, turn left continuing 1/2 mile to end, then left on Sesnon to parking lot on right. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Reaven Gately Asst: Nancy Krupa

**January 28, Tuesday**

**O: Tue Moderate easy pace Hikers / Towsley Canyon, Santa Clarita Woodlands:**

Moderately paced 5-6 mile, 1000 ft gain with great vistas, a chilly narrows, diverse plant life, tar seeps and a fumarole. Meet 8:30 AM Ed Davis Park, Newhall. Take the Calgrove exit from Interstate 5, turn west under the freeway and take the Old Road south mile to Ed Davis Park entrance on right, park in second dirt parking area on the right near kiosk, about 50 yds past entrance gate, before fee area. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Richard Shamban, Asst: Pixie Klemic

**January 30, Thursday**

**O: Thu Moderate Hikers / Cheeseboro Cyn:**

Moderately paced 9-10 mile hike in Agoura Hills to Shepherds Flat, over grasslands and along an old ranch road following a streambed. Meet 8:30 AM at trailhead (from 101 Ventura Fwy take Cheseboro Rd, exit 35, turn north on Palo Comado Canyon Rd then right on Cheseboro Rd, and go north 1 mile to park entrance, turn right and follow road to dirt parking area at end). Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Dians DeMarco Asst: Nancy Krupa

**February 4, Tuesday**

**O: Tue Moderate easy pace Hikers / Solstice Canyon:**

Moderately paced 4 mile 600 ft gain hike on Rising Sun Trail to Tropical Terrace (Roberts Ranch) and Solstice Canyon Falls, then back along the canyon through oak and walnut groves by the stream. Meet 8:30 AM at parking lot kiosk. From 101 Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south to Pacific Coast Hwy. From Malibu Canyon Rd intersection, go west on Pacific Coast Hwy 2 miles, turn inland on Corral Canyon Rd (at 76 Station), drive mile to park entrance, and continue on paved park

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road to parking lot at end. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Richard Shamban, Asst: Phyllis Nicholson

### **February 6, Thursday**

**O: Thu Moderate Hikers / Doubletree to China Flat, Simi Peak:** Moderately paced 8 mile 1200 gain hike in scenic Simi Hills, through chaparral, grasslands and oaks. Meet 8:30 AM at Doubletree trailhead in Oak Park (from 101 Ventura Fwy take Kanan Rd north 2.1 miles to Sunnycrest Dr, turn right and go 0.8 mile to signed trailhead on right and park along street). Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

### **February 11, Tuesday**

**O: Tue Moderate easy pace Hikers / Trippet Ranch to Eagle Rock via Musch Trail:** Moderately paced 5 mile, 700 ft gain hike through Topanga State Park with early wildflowers, grasslands, oak woodlands, chaparral, and coastal sage to great 360 view at Eagle Rock via the Musch Trail. Meet 8:30 AM at Trippet Ranch fee parking lot. From 101 Ventura Fwy take Topanga Canyon Blvd 7 mi. south to Entrada Rd, turn left (east), and go about a mile to fee lot. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Rita Okowitz, Asst: Sherry Rendel

### **February 13, Thursday**

**O: Thu Moderate Hikers / Stunt High Trail to Saddle Peak:** Moderately paced 8 mile 2000 gain hike to Saddle Peak from Stunt Road in Calabasas. Meet 8:30 AM at Stunt High trailhead. From 101 Ventura Fwy take Valley Circle/Mulholland Dr, exit 29, go south, turn right on Valmar Rd (becomes Old Topanga Cyn Rd), then right on Mulholland Hwy for 3 miles, left on Stunt Rd for 1 mile, and park on dirt shoulder on right. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

### **February 18, Tuesday**

**O: Tue Moderate easy pace Hikers / King Gillette Ranch:** Moderately paced 5 mile, 600 ft elevation gain hike around our recent acquisition to the Santa Monica Parklands, now HQ for the SMM NPS. Beautiful valley and coast live oak savanna, grasslands, coastal sage scrub, etc., as well as manicured grounds around the original Gillette Mansion. Meet 8:30 AM in fee parking lot of Ranch. From 101 Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south approx. 5 miles to Mulholland Hwy. Turn left on Mulholland and then right to enter the long eucalyptus alle driveway for Ranch. Park in second lot. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Mirit Rabinovitz, Asst: Sherry Rendel

### **February 20, Thursday**

**O: Thu Moderate Hikers / Weldon Canyon Overlook:** Moderately paced 8 mile 1200 gain hike through oaks, black walnut and fir trees, passing BFI planted oaks as a condition of landfill expansion, to overlooking views of Santa Clarita and San Fernando Valleys. Meet 8:30 AM East Canyon trailhead of Santa Susana Mtns. Take Calgrove Blvd, exit 166, from northbound Interstate 5, turn left (west) under the freeway and take the Old Road south about 1 mile to parking entrance after church on right, and continue past trailhead sign to parking area. Bring \$5 for parking, 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leaders: Mimi Knights, Reaven Gately

### **February 25, Tuesday**

**O: Tue Moderate easy pace Hikers / Hondo Canyon Backbone Trail:** Moderately paced 5 mile 1800 ft loss hike along Fossil Ridge and into a dramatic, scenic canyon. Short shuttle to top of mountain and a downhill hike. Should be lots of wildflowers. Meet 8:30 AM at trailhead, located on Old Topanga Canyon Rd 0.4 mile west of intersection with Topanga Canyon Blvd. Limited roadside parking, so please rideshare. Bring 2 qts water, lunch, lugsoles, hat, sunscreen. Rain cancels. Leaders: Pixie Klemic, Asst: Rita Okowitz

### **February 27, Thursday**

**O: Thu Moderate Hikers / Trippet Ranch, Musch Trail, Eagle Rock Loop:** Moderately paced 8 mile 1200 gain hike in Topanga State Park. Meet 8:30 AM at Trippet Ranch parking lot (from 101 Ventura Fwy take Topanga Canyon Blvd, exit 27, south to Entrada Rd, turn left (east), go about one mile making two left turns to stay on Entrada Rd, and park along Entrada Rd outside lot or pay to park in lot). Bring \$ for parking, 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

### **March 3, Tuesday**

**O: Tue Moderate easy pace Hikers / Red Rock Canyon from Stunt Rd:** Moderately paced 4 mile, 800 ft gain hike up a fire road and then down into hidden Red Rock Canyon with bright brick red rock formations. Seasonal streams, good views, chaparral and sage habitats. Meet 8:30 AM at Stunt Road trailhead. From 101 Ventura Fwy take Valley Circle/Mulholland Dr exit south, turn right on Valmar Rd (becomes Old Topanga Cyn Rd), right on Mulholland Hwy for 3½ miles, left on Stunt Rd for 1 mile, park on dirt shoulder on right. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Mirit Rabinovitz, Asst: Sherry Rendel

*Outings continued on page 9*



*Outings continued from page 8*

**March 5, Thursday**

**O: Thu Moderate Hikers / Upper Zuma Canyon Backbone Trail, Zuma Ridge Rd:** Moderately paced 8 mile 1400 gain hike on scenic trail through lovely canyon that burned in the Woolsey fire, then on fire road with great mountain and ocean views, to Buzzards Roost. Meet 8:30 AM at Newton Canyon Trailhead. From 101 Ventura Fwy take Kanan Rd exit, go south on Kanan Rd to paved trailhead parking area on west side just north of Tunnel 1 (3rd tunnel from 101 about 1 miles past Mulholland Hwy). Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

**March 10, Tuesday**

**O: Tue Moderate easy pace Hikers / East and Rice Canyons:** Moderately paced 5 mile, 800 ft elevation gain by year-round streams into two canyons of the Santa Clarita Woodlands. Explore the wide variety of plant communities. Meet 8:30 AM at East Canyon trailhead, Newhall. Take the Calgrove exit from Interstate 5, turn west under the freeway and take the Old Road south about 1 mile to parking entrance after church on right, and continue past trailhead sign to parking area. Bring 2 qts water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Pixie Klemic, Asst: Richard Shamban

**March 12, Thursday**

**O: Thu Moderate Hikers / New Millennium Trail Loop:** Moderately paced 12 mile 2300 gain loop hike in Calabasas. This loop trail encircles the New Millennium gated development and is composed of several connecting segments. Meet 8 AM at trailhead at west end of Calabasas Road. From 101 Ventura freeway in Calabasas take Parkway Calabasas exit. If northbound on 101, turn left, cross over freeway, then turn right on Calabasas Road and go 1.6 miles to end. If southbound on 101, simply turn right on Calabasas Road and go west 1.5 miles to end. At end of road, make U-turn and park on right (south) side. Bring at least 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Leaders: Diane DeMarco, Ted Mattock

**March 17, Tuesday**

**O: Tue Moderate easy pace Hikers / Malibu Creek SP - Tapia to Century Lake / Backbone Trail:** Moderately paced 500 ft gain, 6.5 mile route from Tapia entrance of Malibu Creek SP. Visit the Rock Pool and Century Lake and return. Meet 8:30 AM at Tapia (south) Entrance to MCSP Park parking lot. From 101 Ventura Fwy take Las Virgenes Rd exit and go approximately 4 1/4 miles south, passing Malibu Creek State Park main entrance. Enter Tapia Park just before Piuma Rd, and park in first parking area in fee lot. Bring 2 qts water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Richard Shamban, Asst: Pixie Klemic

**March 19, Thursday**

**O: Thu Moderate Hikers / Pico Canyon:** Moderately paced 8 mile round trip 1600 foot gain hike through historic Mentryville with ruins of California Star Oil #4 and great views of the Santa Clarita Valley. Meet at 8 AM at trailhead (from Interstate 5 take Lyons Ave west. It will become Pico Canyon, continue on Pico Canyon until it ends at dirt parking area right before green entry gate and park outside gate. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leaders: Mimi Knights, Reaven Gately

**March 24, Tuesday**

**O: Tue Moderate easy pace Hikers / Cheeseboro Canyon:** Moderately paced 6+ mile, 500 ft elevation gain in the lovely Simi Hills, first through ridge grasslands, then along an old ranch road following a streambed/multiple stream crossings with lovely oak woodlands to Sulfur Springs. Meet 8:30 AM at trailhead. From 101 Ventura Fwy take Cheeseboro Rd exit, turn north on Palo Comado Canyon Rd then right on Cheeseboro Rd, and continue 1 mile to park entrance, turn right and follow road to second parking lot at end. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Leaders: Richard Shamban, Asst: Pixie Klemic

**March 26, Thursday**

**O: Thu Moderate Hikers / Hondo Canyon Backbone Trail & Fossil Ridge:** Moderately paced 9 mile 1800 gain hike in scenic canyon and along ridge with great ocean, mountain and valley views. Meet 8 AM at trailhead, located on Old Topanga Canyon Rd 0.4 mile west of intersection with Topanga Canyon Blvd. Limited roadside parking, so ridesharing is suggested. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

**March 31, Tuesday**

**O: Tue Moderate easy pace Hikers / Mt McCoy to Ronald Reagan Library:** Moderately paced 5 mile, 600 ft gain. One of the classic hikes in Simi Valley with scenic vistas for miles in all directions from Mt. McCoy. From the meeting location there is a short walk through a residential community to the trailhead. The hike to Mt. McCoy is 1.5 miles with the 600 ft gain, lots of switchbacks. We will take the Reagan Library Connector Trail descending the mountain a couple hundred vertical feet to the entry road and up a hundred vertical feet to the Library. We will tour the outside of the Reagan Library (free; lots to see) and return by the same route. Meet 8:30AM in the parking lot at the northeast corner of Madera and Royal, just south of the Donut Delite (1424 Madera Rd. Simi Valley). From 101 Ventura Freeway in Thousand Oaks, take the 23 Moorpark

*Outings continued on page 10*



**Outings** continued from page 9

Freeway north. Take exit 17 and head east on Olsen/Madera Road to Royal. Bring water, snack, lug soles, hat, sunscreen. Rain cancels. Leaders: Sherry Rendel, Asst: Mirit Rabinovitz

**April 2, Thursday**

**O: Thu Moderate Hikers / Towsley Cyn, Santa Clarita Woodlands:** Moderately paced 8 mile 1500 gain (optional 6 mile 1200 gain) hike with great vistas, a chilly narrows, diverse plant life and tar seeps. Meet 8 AM Ed Davis Park in Santa Susana Mtns. Take Calgrove Blvd, exit 166, from Interstate 5, turn west under the freeway and take the Old Road south mile to Ed Davis Park on right, drive past Santa Clarita rideshare parking area outside entrance, go through gate and park in large dirt parking area 100 yds beyond the gate. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leaders: Mimi Knights, Reaven Gately

**April 9, Thursday**

**O: Thu Moderate Hikers / Las Virgenes Canyon:** Moderately paced 8-9 mile 800 to 1200 gain hike in a delightful Santa Monica Mtns Conservancy canyon, with various options depending on weather. Meet 8 AM at trailhead kiosk. From 101 Ventura Fwy take Las Virgenes Rd, exit 32, north 1+ mile to end, street parking. Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa

**April 16, Thursday**

**O: Thu Moderate Hikers / Valley to the Sea:** Moderately paced 11 mile 1600 gain 3000 loss hike across Topanga State Park from Tarzana to Sunset Blvd/PCH in Pacific Palisades. Ride 3 buses back to start. This is an all day adventure, lots of fun. Meet 8 AM on Mecca Ave just south of Ventura Blvd for car shuttle to trailhead (from 101 Ventura Fwy take Reseda Blvd, exit 23, south to Ventura Blvd, turn right and then left at next corner, Mecca). Bring \$ for bus fare, 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leaders: Mimi Knights, Reaven Gately

**April 23, Thursday,**

**O: Thu Moderate Hikers / Chumash Trail to Rocky Peak:** Moderately paced 8 mile 1500 gain hike in Santa Susana Mtns. Meet 8 AM at Chumash trailhead in Simi (from 118 Fwy take Yosemite Ave, exit 29, north 0.4 mile, turn right on Flanagan Dr, continue 0.8 mile to end and park). Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Reaven Gately Asst: Nancy Krupa

**April 30, Thursday**

**O: Thu Moderate Hikers / Nike Missile Radar Site:** Moderately paced 8 mile 1100 gain hike with great mountain and valley views. Meet 8 AM at Caballero Canyon trailhead in Tarzana (from 101 Ventura Fwy take Reseda Blvd, exit 23, south 2 miles to east side of street across from entrance to Braemar Country Club). Bring 2 quarts water, lunch, sturdy hiking footwear, hat, sunscreen. Rain cancels. Leader: Diane DeMarco Asst: Nancy Krupa ■

**According to a source in British Columbia, hiking may lead to:**

- Lower stress levels, improved mood, and enhanced mental wellbeing
- A reduced risk for heart disease
- Lower blood pressure
- Lower cholesterol levels
- Improved control over healthy weight
- Lower body fat
- Improved bone density
- Improved osteoarthritis outcomes
- Increases in flexibility and coordination
- A better quality of life
- Enhanced relationships with friends and family

**Let's keep it going in 2020!!**



# AVENUES

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# AVENUES

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