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G.O.N.E. Group Outdoor Nature Experience Spring 2019

Join our hikes and connect with new friends while improving your Wellbeing with these ongoing outdoor adventures. Each hike is a chance to explore one of the many beautiful hikes Los Angeles has to offer, RSVPs are required to the leaders listed below.

DATE	TIME	HIKE/WALK/EVENT NAME	DISTANCE	LEADER	RSVP REQUIRED
Thur 01/24	6:00pm	Echo Mountain Night Hike	5 miles	Chris	ChrisWFO@aol.com
Sat 02/02	9:00am	Towsley Canyon Loop	5.4 miles	Joji	jldejesus7@yahoo.com
Sun 03/03	7:30am	Circle of Stones Hike	4 miles	Marian	hotpepperstudio@gmail.com
Sun 03/17	9:30am	Lucky Shamrock Ride	20 miles	Sue	sue.trautman8@gmail.com

Connect with Rosanne at Rosanne@ymcafoothills.org for more information

Hike Details and Descriptions

Thursday, January 24th– Chris' Echo Mountain Night Hike

Distance: 5 miles round trip, moderate, 1,400 ft of elevation gain/loss

Meeting Time and Place: 6:00pm at the top of Lake Ave in Pasadena

Join us on this popular trail above Pasadena for a great workout and a beautiful view of the city lights. This moderate hike has an elevation gain of 1,400 feet. Bring water, snacks, a flashlight or headlamp, jacket, hat and/or gloves. Bring rain gear as needed.

Directions: The hike will begin at the top of Lake Ave. To avoid the traffic in Pasadena, take the 210 and exit Windsor Ave., head north and at the stop sign, make a right on Ventura St. (only option). Make a left on Lincoln Ave. and then a right on Loma Alta Dr . Loma Alta dead ends at the top of Lake and the trail starts there. Park on either side of Lake or Loma Alta and chock your wheels.

Contact Person: Please RSVP to Chris at ChrisWFO@aol.com or call/text 818-522-2433

Saturday, February 2nd– Day Before Superbowl, Joji's Towsley Canyon Loop

Distance: 5.4 miles, moderate, 1,075 ft elevation gain/ loss

Meeting Time and Place: 9:00 am at the Ed Davis Park parking lot

Come and hike with us the day before Superbowl and feel less guilty about eating those calories the next day! This hike delivers a scenic hike up two canyons and across the ridges in between, passing pleasant oak groves and panoramic views. Bring lots of water, snack, and a hat to shade the sun.

Directions: 24255 The Old Road, Newhall, CA 91381. Take the 210 west to 5N. Exit on Calgrove. Turn west back under the freeway and take the Old Road south to Ed Davis Park at Towsley Canyon.□

Conatct person: Please rsvp to Joji de Jesus @ jdejesus7@yahoo.com

Hike Details and Descriptions Continued

Sunday, March 3rd – Marian's Circle of Stones Hike

Distance: 4 miles round trip, moderate

Meeting Time and Place: 7:30 am upper parking lot of Deukmejian Wilderness Park Don't forget the incredible views right here at home! We'll begin our hike on Dunsmore Canyon Trail and veer to the right, connecting to the steep and winding Crescenta View Trail. If you like switchbacks with spectacular views you will be in heaven! The trail is narrow with some steep drop offs. Wear hiking boots. Bring plenty of water. Poles are a plus. We will hike to the circle of stones, built in 1970 by a 13 year old boy and his hiking pals, little by little, over many hikes. There are fabulous views of the Crescenta Valley all along the way. Back in time for your weekend plans!

Contact Person: Please RSVP to Marian at hotpepperstudio@gmail.com

Sunday, March 17th– Sue's Lucky Shamrock Ride

Distance: 20 miles round trip but at any point people can turn around if mileage or time is a concern

Meeting Time and Place: 9:30 am at Dock 52, 13552 Fiji Way, Marina Del Rey, CA 90292 (parking is free)

Description: There are only two gentle hills on this roundtrip ride from Marina Del Rey to Hennessey's Tavern at Hermosa Beach. Bring a bike lock or arrange ahead of time to lock up with someone else. Bring two bottles of water and wear sunscreen. Wear green or get pinched!

Contact Person: Please RSVP to Sue at sue.trautman8@gmail.com

DISCLAIMER:

The organizer(s) of this Meet-up are amateur hikers/outdoor enthusiasts, not professionally trained or paid guides. We HAVE NOT HIKED ALL OF THE HIKES listed on these Meetups and should be considered equal participants, not leaders. Outdoor adventures and hiking are inherently dangerous and we cannot guarantee your safety. You are responsible for your own safety. By signing up for this adventure, you agree to hold harmless the organizer(s) of this group for any injuries or discomforts sustained on this adventure and agree to take all necessary precautions for your own safety (including, but not limited to bringing essential items, wearing appropriate clothing/footwear, knowing your own physical capabilities, researching each adventure, etc.)