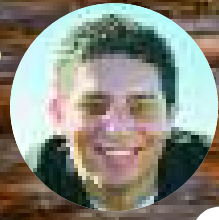


Explore... Enjoy... Relax... Share... Hike... Join... Fun... Excitement... Active... Involved...

# Angel's Be Alive!



Angel Gomez,  
Member Services  
Manager



This educational board is for the children on tours and hikers alike.

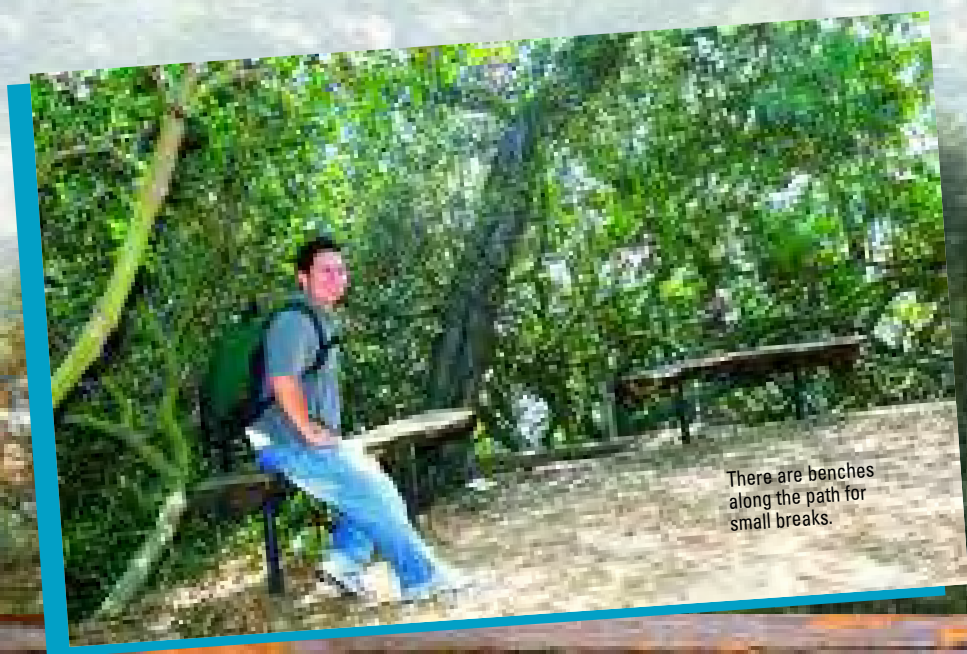
The TreePeople have a lot to do with the success of the park. The TreePeople have a lot to do with the success of the park.



When I reached the end of path to the neighborhood, there was a different name on this side of the path. If you start at this end, you will have to pay a parking fee (\$1).



This path leads to the first uphill. You can see it in the distance.



There are benches along the path for small breaks.

# COLDWATER

## ■ This Rec and Parks facility in the mountains above Beverly Hills is maintained through the assistance of TreePeople.

CLUB HEADQUARTERS — I enjoyed my afternoon in Coldwater Canyon Park, high in the mountains above Beverly Hills. It's a great place. I think you will enjoy hiking here, too.

Coldwater Canyon Park is a wilderness area situated in the middle of a major metropolis. There is shade and greenery with the chaparral covered canyons and panoramic views of the San Fernando Valley.

Coldwater Canyon Park is owned by the City of Los Angeles and is part of a 1,000-acre cross-mountain park that includes Wildacre State Park, Fryman Canyon State Park and Franklin Canyon Park.

Coldwater Park is the home of TreePeople, a nonprofit organization known for planting more than a million trees, educating thousands of school children in environmental responsibility, and training hundreds of volunteer citizen foresters to become community leaders in the care of our City forest.

The trail was about two miles long. You can start from different locations. I started from the main entrance at 12601 Mulholland Dr. Parking is free.

The trail takes about one hour to walk, and many people travel round trip. Everyone was very friendly, and dogs are allowed. The trail is very wide. There is a slight elevation in the terrain, but it's not too bad.

Remember to bring walking shoes and snacks, and don't forget to bring water. In case you do forget, on your way to this trail you will find two gas stations and a supermarket (Coldwater Canyon Avenue and Ventura Boulevard).

### Features of the park:

- It's dog friendly (on leash)
- Free parking
- There are picnic tables
- Several short distance trails are ideal for families with small children
- The park also connects with the Betty Dearing Trail to Wilacre Park (Laurel Canyon Boulevard and Fryman Road). One-way distance is 1.3 miles.
- TreePeople staff works from seven all-weather yurts that are open to the public
- Volunteer opportunities occur every month in the park and provide exercise and a way to meet new people and get to know the park better.

If you want more information, you can go to these Websites:

- [www.treepeople.org/vfp.dll?OakTree~getPage~&PNPK=46](http://www.treepeople.org/vfp.dll?OakTree~getPage~&PNPK=46)
- [www.treepeople.org/vfp.dll?OakTree~getPage~&PNPK=39](http://www.treepeople.org/vfp.dll?OakTree~getPage~&PNPK=39)
- [www.treepeople.org/vfp.dll?OakTree~getPage~&PNPK=158](http://www.treepeople.org/vfp.dll?OakTree~getPage~&PNPK=158)

Thanks to Laurie Kaufman of TreePeople for her valuable information

## Have fun!

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# CANYON PARK

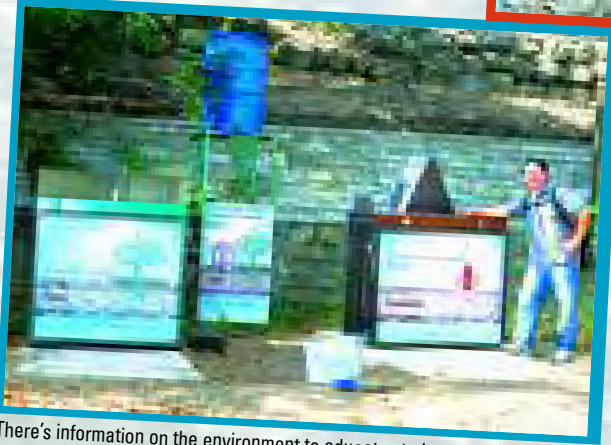
Stay to the left and continue down the path (the trail begins here)



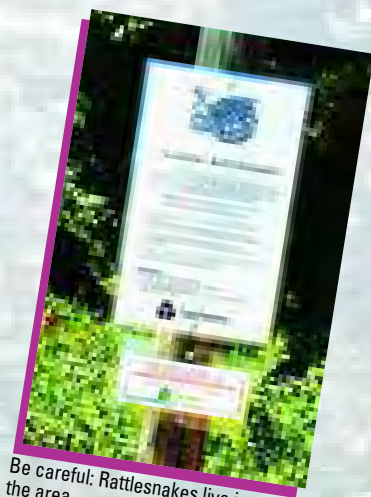
This education station talks about different types of rocks.



Here's more educational information.



There's information on the environment to educate students on eco-tours.



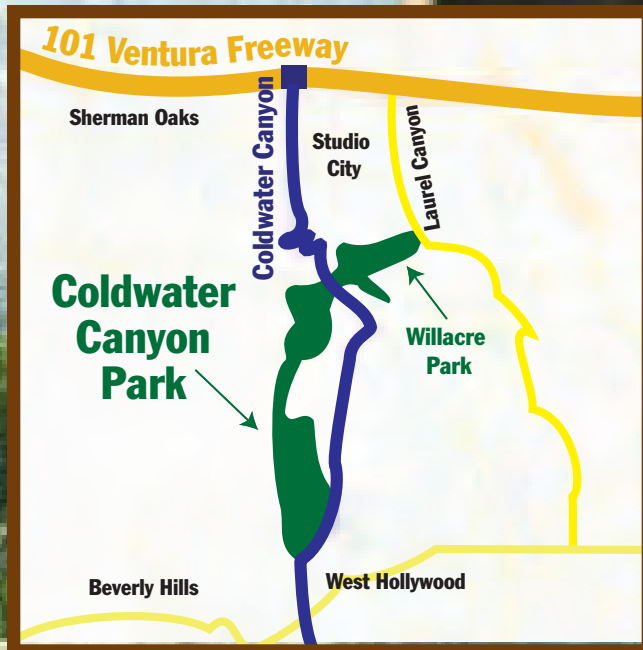
Be careful: Rattlesnakes live in the area.

## How to get to Coldwater Canyon Park

How to get there: Take the 101 (Ventura) Freeway to the Coldwater Canyon exit. Then, go south about a mile.



The sign for Willacre Park, on the opposite end of where I started.



## July Events

### Fort MacArthur Days

The 20th annual Old Fort MacArthur Days and Artillery Show is set for July 7 and 8 in Willmington. For 20 years, this event has brought together a wide variety of reenacting groups from the times of the Roman legions to the Cold War. The groups set up encampments, educational displays and demonstrate the equipment and tactics used in their time period. This is the principal fundraiser for the Fort MacArthur Museum.

### Pershing Square Summer Concert Series

The park in downtown continues its annual series of lunchtime concerts, "Swingin' Summer Nights" and Salsa Sundays. Information: [www.laparks.org/pershingsquare/pershing.htm](http://www.laparks.org/pershingsquare/pershing.htm)

### Grunion Run

Head to the Cabrillo Marine Aquarium in San Pedro for the viewing of grunions as they land on the beach. Dates in July: Mon., July 2 (10:20 p.m. to 12:20 a.m.) and Monday, July 16 (10:35 p.m. to 12:35 a.m.). Information: [www.cabrilloaq.org](http://www.cabrilloaq.org)

### Shakespeare by the Sea

Another season of Shakespeare by the Sea arrives at Point Fermin Park in San Pedro. Two great comedies, The Taming of the Shrew and The Merchant of Venice, will be performed Thursdays through Saturday, July 14. Free admission. Information: [www.shakespearebythesea.org](http://www.shakespearebythesea.org)

## Ticket Guy Recommends:

### Catalina Express

Are you ready to experience enchantment and beauty on Catalina Island? The adventure begins on board Catalina Express, where sitting on an outside upper deck you can take in ocean breezes or keep your eyes peeled to catch a glimpse of white-sided dolphins. Or come inside and enjoy a snack or refreshing soda or cocktail as you relax in airline-style seats. Purchase your tickets from the Club, and you'll get a nice discount! See page 65 for details.

