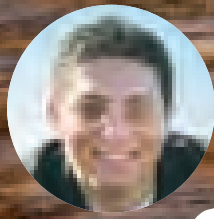
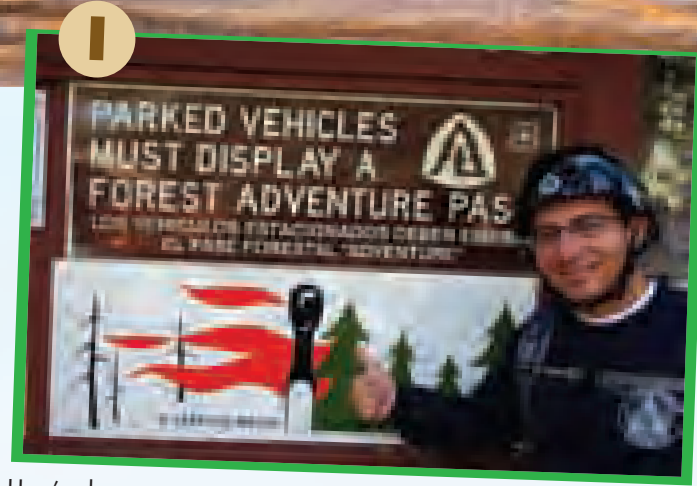


Angel's Be Alive!



Angel Gomez, Member Services Manager

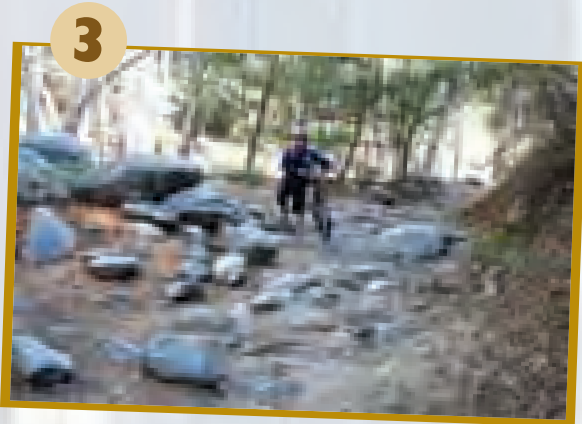


Here's where you start. Remember to buy your Adventure Pass before you go.

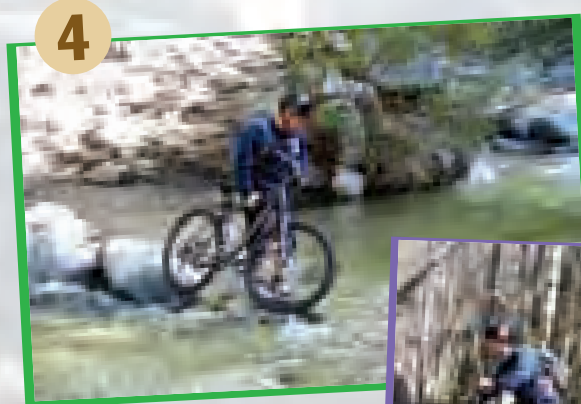
The Gabrielino Trail



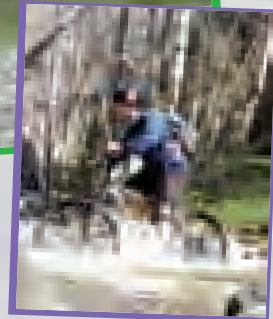
The trail starts out fairly flat and smooth. Make sure you slow down when you approach hikers.



You will soon encounter rough terrain. Just go slow and easy.



You'll be crossing the Arroyo Seco many, many times; and on most occasions, you'll be carrying your bike on your shoulder.



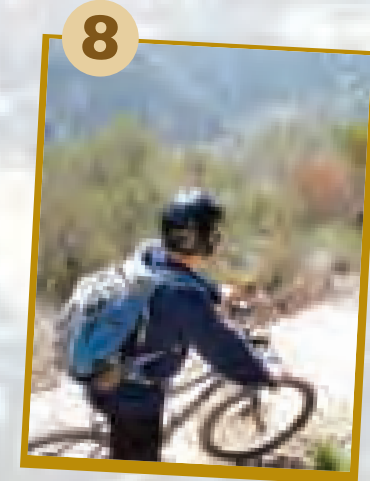
You'll also be traversing quite a few boulders



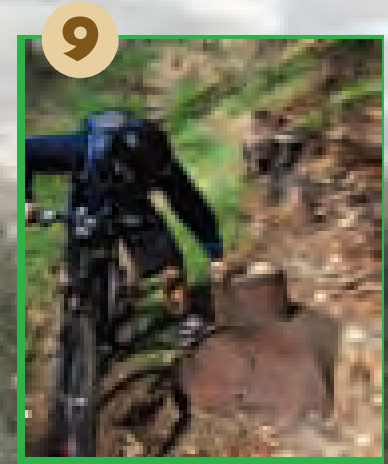
At 1.28 miles, you'll come to this sign. Bear to the right crossing the stream and going up a steep switchback. Continue up the trail for a half-mile and be very careful -- the canyons are extremely steep.



At 1.62 miles, you'll come to a fork in the trail. This is a good place for a break. Bear right.



And now it's time for some very enjoyable single-track riding! At 2.35 miles you'll start the descent into the canyon and at 2.86 miles the trail will start flattening out and getting nice and shady.



At mile 4.5, you'll come across some remnants of what looks like mining equipment.

Hello again, everyone!

Do you consider yourself a pretty good mountain biker? Do you think you have a pretty good mountain bike? If you want to test both your biking skills and the toughness of your mountain bike, do what I did: Ride the Gabrielino Trail from Switzer's Campground to the Jet Propulsion Laboratory (JPL) in La Cañada Flintridge. I guarantee you, when you are finished you will not only be at one with your bike, but you will feel an overwhelming sense of accomplishment. And hey, if you aren't an avid mountain biker, this trail makes a great hike as well.

The Switzer picnic area is named for Commodore Perry Switzer. With Bob and Elizabeth Waterman, he began Switzer's Camp, one mile down the Arroyo Seco, in 1884. That camp was accessed only by hiking up from Pasadena across 60 stream crossings!

I did this ride as a shuttle ride; that's where you and a buddy leave one car at the parking lot near JPL and drive the other car with your bikes up to Switzer campground. When you're done, you drive yourself, your bikes and your buddy back to your car at Switzer's to pick up your second car. That allows you to make a one-way trip, and not have to trek all the way back to get back to your car.

A one-way trip on this trail can take three to five hours.

Note: Cougars (mountain lions) have been seen in the area. Go to: www.arroyoseco.org/cougar.htm for cougar safety tips.

Be Alive! and have fun!



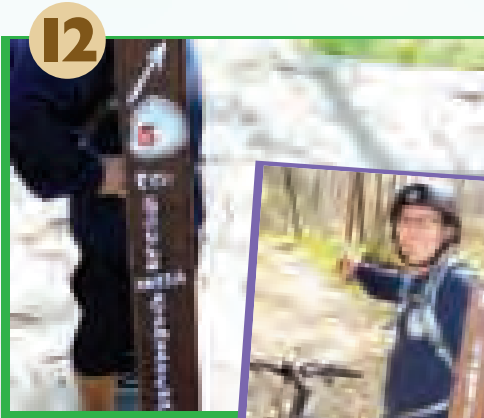
10

At mile 4.92, you get to the Shangraws rest area. Take a break, but keep an eye out for ticks.



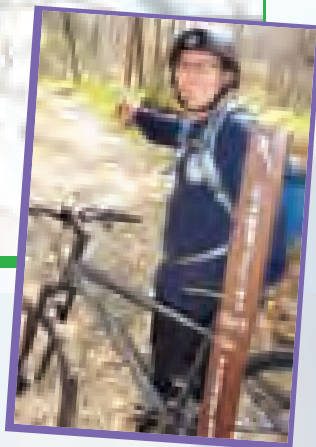
11

At 5.56 miles, you'll come across the Oakwilde Campground.



12

Look for the sign that points you in the direction of Gould Mesa (you'll cross the stream here).



Stay on the Gabrielino route.



13

At 6.87 miles, you'll reach the Paul Little picnic area. Veer left and cross the road (there may be water crossing the road). Continue heading downstream, and be prepared to get wet; you'll be making numerous stream crossings. At 10.8 miles, if you arrive at JPL, find your car and then check for ticks.



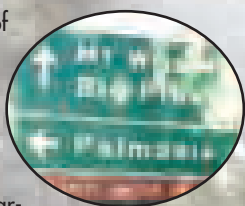
I had one on my neck, but thanks to a special tick removing tool that I bought at Sport Chalet, I was able to get it off me in no time. I carry this tick removal tool with me anytime I go into the mountains and it came in handy this trip.



Directions:

Getting to Switzer's Campground:

From the 210 Freeway, take the Angeles Crest Highway exit (also known as the 2 Highway). Go north. Reset your trip odometer because the turnoff to the campground will be almost exactly 10 miles up Angeles Crest Highway (the sign for Switzer's was knocked down when we visited, so unless you set your odometer you may have trouble finding it). Just shy of 10 miles, you will see this sign. Keep going toward Mt. Wilson. About a quarter of a mile past this sign, keep your eye out



for a turnoff on the right. This is the entrance to Switzer's Campground (mile marker 34.2). You can either park up off the highway or go past the big pipe gate down to the campground. If you go past the pipe gate, make sure you know you're going to be back before 4:30 p.m., because that's when they lock the gate. (This ride can take from three to five hours.)

Parking near JPL:

From the 210 Freeway, exit at the Windsor/Arroyo exit. Go north for about a mile and park in the paved lot at the left. The trail starts just past this parking lot beyond the big pipe gate.



March Events

Cabrillo Whalewatch

- Sunday, March 16
- 9:30 a.m. – 2 p.m.

Join Larry Fukuhara, CMA Programs Director, in the John M. Olguin Auditorium at 9:30 a.m. for an informative and fun slide presentation, followed by a voyage in search of Pacific gray whales, other marine mammals and sea life, returning at 2 p.m. Fee: \$20 (\$18 Friends members). Pre-registration required. For further information, call Programs Director Larry Fukuhara at (310) 548-7562, x223.

St. Patrick's Day Parade and Party

- Monday, March 17,
- 11:30 a.m. to 1:30 p.m.

Enjoy the LAFD's annual St. Patrick's Day parade, which begins near Olvera Street and winds its way through downtown, ending at Pershing Square. There, in the Square, Rec and Parks presents its annual St. Patrick's Day party, with food and drink (for purchase) and a free concert by well-known local Irish band the Young Dubliners. See the stories on page 27.

- Information: www.laparks.org/pershing-square/stpaddys.htm

Easter Egg Hunts

- Easter Saturday, March 22

Rec and Parks sponsors dozens of Easter egg hunts to celebrate the holiday. The biggest is probably at Pershing Square, but chances are there's an event in a Rec and Parks facility near you.

- Information: www.laparks.org

Warner Grand Theatre

- All month

Have you been to the revived Warner Grand Theatre in San Pedro? The theatre, which retains its atmosphere and décor from the day when it was built, in 1931, is managed by Cultural Affairs and presents a lively schedule of film festivals (both classic Hollywood and foreign), live performances from area entertainers and theatre companies, and is the launch location for area walking tours and preservation tours. It is truly one of the City's gems.

- Information: www.warnergrand.org

Ticket Guy Recommends:

Movie tickets, purchased with the great Club discount, are a perfect way to survive L.A.'s rainy season. "Take somebody you like," Ticket Guy says. "And if you can't find anybody, take me!"

