

Angel's Be Alive!



Angel Gomez,
Member Services
Manager

Off Las Virgenes Road, at the entrance to the Park.



Malibu Creek State Park

Hey everybody!

How's your New Year going so far? Let's prove this year that being fit and having fun can happen at the same time! All right!

For this month, we're heading to Malibu Creek State Park in Calabasas, on Las Virgenes Road between the 101 and the Pacific Coast Highway. It has some great trails, covering more than 7,000 acres, and it's only 25 miles from downtown Los Angeles. Recreation activities in the park include: bird watching, hiking, mountain biking, rock climbing, fishing and picnicking. The Backbone Trail System, a multi-use long-distance trail spanning the Santa Monica Mountains, passes through Malibu Creek State Park.

Malibu Creek State Park was purchased in 1974 by the state and had previously been home (for thousands of years) to the Chumash Indians. Many years later it was divided into three parcels owned by Bob Hope, Ronald Reagan and 20th Century Fox movie studio. The park is still used for moviemaking but is primarily a haven for hikers, climbers and picnickers. The park contains a visitor center, campground, a manmade lake, volcanic rock, majestic canyons, year-round streams, and more than 30 miles of hiking trails.

This month's hike will follow Malibu Creek to Rock Pool, surrounded by volcanic cliffs, and to the four-acre Century Lake. During our hike, we will walk by many of the sites where movies have been and continue to be filmed today. Past movies include *Tarzan*, *Planet of the Apes*, *South Pacific*, and the *M*A*S*H* television series, to name a few.



Here's more of the beautiful scenery you'll find along the way.



You may even run across some horses on the way.

Directions:

From Pacific Coast Highway, turn inland on Malibu Canyon Road and proceed 6.5 miles up this beautiful, winding canyon road to the park entrance a quarter of a mile south of Mulholland Highway. If you're coming from the San Fernando Valley, exit the Ventura Freeway (101) on Las Virgenes Road and continue 3.3 miles to the park entrance on your right.





Hiking Information:

- HIGHLIGHTS:** Volcanic rocks, reflecting pools, hiking and climbing
- DISTANCE:** 5.2 miles round trip
- ELEVATION:** 250 feet
- HIKE TIME:** Three hours
- DIFFICULTY:** Easy
- INFO:** www.parks.ca.gov
- COST:** \$10 for day use
- RECESSION HINT:** You can park for free at the intersection of Mulholland and Las Virgenes; just walk about a tenth of a mile to the entrance of the park.
- EXACT LOCATION OF THE M*A*S*H SITE:** 34 05'47.43" N 118 44'39.39" W
- VISITOR CENTER ADDRESS:** 1925 Las Virgenes Rd., Calabasas.

Welcome to Malibu Creek State Park Camping	
Camping*	\$20.00
Camping Senior (62 and over)*	\$18.00
Camping with Disabled Pass**	\$10.00
*fee includes one vehicle only	
Extra Vehicle Fee	\$10.00
Sanitation Dump (non camper)	\$10.00
Day Use	
Regular Day Use	\$10.00
Senior Day Use	\$9.00
Bus 10-24 Passengers	\$50.00
Bus 25 Passengers & Over	\$100.00
Welcome Please Enter	
Check In: 2:00pm	
Check Out: 12:00pm	

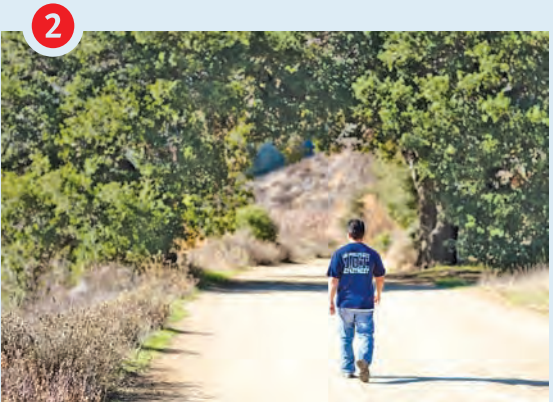
Here are the current rates for camping, day use, etc.



Make sure you always check for ticks after brushing against the grass or tree branches. And always take a tick removal tool with you!



The trail starts right outside of the parking lot.



On my way to the visitor center, sporting my Club-exclusive Transportation "Bold T-shirt," which, I might add, is just \$12 at the Club Store or online at www.cityemployeesclub.com



Taking it easy on the porch swing at the visitor center.



The visitor center hours.

The Hike:

Let's begin! From the parking area, cross the main road and down the steps (1) to the trailhead. Follow the signs to the M*A*S*H site, which basically follows Crags Road. Keep in mind that there are about five or six offshoots on this trail; just keep going on the main road following the signs to the M*A*S*H site (2). In about one mile you'll come to a bridge. If you cross the bridge you'll end up at the visitor's center — go ahead, check it out! (3) If the visitor center is open, you'll apparently find maps and restrooms plus black and white photos of Hot Lips, Hawkeye, Radar and other characters from the cast of M*A*S*H. You'll also find exhibits of native plants and wildlife. Oh, and for you movie buffs, the old rustic building was Cary Grant's rural Connecticut dream home in the movie *Mr. Blandings Builds His Dream House* (1948).

When you're done, come back across the bridge and make a quick left. Follow this path for .3 miles and you'll end up at the very cool Rock Pool. The Rock Pool is a swimmable stretch of water framed by volcanic cliffs that has served as a backdrop for *The Swiss Family Robinson*, the *Tarzan* movies, *Planet of the Apes* and many other films. At the Rock Pool you

may even see daring rock climbers attempt to scale the *Planet of the Apes* wall (from the 1968 movie).

Once you've had your fill at the Rock Pool, go back to the bridge the way you came. Once you get to the bridge, go left and get back on Crags Road. The path will begin to steepen, and soon on your left you'll see a turning off that leads to a building foundation; it's quite

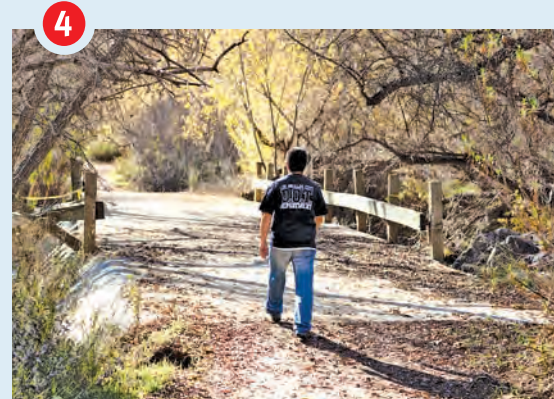
possibly one of the original adobe homes on the property. Continue on Crags Road uphill to a trail junction at the crest of the hill. From here you will be overlooking Century Lake and Las Virgenes Valley. The trail to the left leads down to the lake; there's another trail leading to the lake just down the hill on Crags Road.



Go ahead and check out Century Lake, and then when you're done, get back on the trail. At about 1.9 miles, you'll come to another bridge (4); bear right and follow the dry streambed. In about a half-mile, you'll reach the M*A*S*H site. You'll know when you're there when you see two rusted out Vietnam-era Army vehicles, a Jeep and an ambulance (5) that were once used as props in the show. There's also a picnic table for you to rest, relax and eat at. If you want, you can continue on the trail to the Reagan Ranch and Malibu Lake, or, do what I did and retrace my steps back to the parking lot.

Can you believe all these wonderful views are only a few miles away from downtown Los Angeles? Amazing! Don't forget to bring plenty of water and sunscreen.

See you next time!



Once you pass this bridge at 1.9 miles, bear to the right.



You're there! This is the old ambulance used as a prop in M*A*S*H.