



The trail begins. Angel Jr., Kathy and Aden are already having fun.

SCHABARUM REGIONAL PARK

— in Rowland Heights

Happy New Year Everyone! It's good to "Be Alive!"

The Schabarum Regional Park is right off the 60 Freeway on Azusa Avenue, next to the Puente Hills Mall in Rowland Heights.

I really like this park simply because there are so many activities – jogging, hiking, biking, horseback riding, bird watching and also tai chi exercises. The walkway is really nice, and the hiking trails are very well kept and easy to follow. I will be going back because we went through only about half the park on my first visit. Make your New Year's resolution to get out of the house and enjoy the outdoors – for only \$6. Outstanding!

Features

Peter F. Schabarum Regional Park, in Rowland Heights, is a 604-acre facility south of the Pomona Freeway at Azusa Avenue. Seventy-seven acres of the park have been developed for picnics, youth camping, soccer and tennis. Youth tennis lessons are offered year-round. Exercise classes take place in the park every day and are free. There is a new "life trail" exercise area, geared for use by seniors but available to everyone, near the entrance to the park. The walking-jogging path runs the length of the park and have been completely resur-

faced. There is equestrian access to the natural-area trails at the south end of the park's main road and parking for horse trailers.

There are two large covered picnic areas that can be rented for larger family gatherings and several smaller areas that can be rented in advance. There is a covered outdoor amphitheater and adjacent picnic area suitable for weddings, family reunions and corporate events. A free summer concert series is held each July and August. Two special features of the park are the ume tree grove, which blossoms this month, and the memorial cherry tree path, blooming in March and April.

A federally protected blue-line stream runs throughout the park. The remaining 563 acres of the park have been left in their natural state and are crisscrossed by hiking, biking and horseback riding trails that connect to the historic Juan Bautista de Anza National Historic Trail, a portion of which is located within the boundaries of Schabarum Park.

The Hike

We started by paying our \$6 parking fee and asked which direction took us to the trail. The lady in the guard shack gave us a nice map. She told us to go toward the equestrian section straight up the road. So we followed the road and alongside it we saw a beautiful walking path through the park that led to the trails. Along the way we found exercise equipment and playgrounds for your young kids. We parked in the area next to the horse stables and began to walk on the trail. The path is easy to follow and has many options.

We saw lots of forks in the road going right or left.



Schabarum Regional Park.

Send your photos to me at
agomez@cityemployeesclub.com.
 I would love to see them!



Multiple trail signs.



Which path is best? Powder Canyon or Gray Squirrel?



Aden and Angel Jr. found an animal that doesn't bite.



Black Walnut Trail was this way.



Angel Jr. and Aden next to a really big tree trunk.

No matter where you go, you will see lots of hills, beautiful trees and fantastic views from the hilltops. We had only about an hour to explore because of rain.

With the rain, we had to stop and go back to the car. But let me tell you where we went in our limited time there. We started where the stables are and took the Schabarum Trail until it turned into Powder Canyon; we passed the Purple Sage Trail (we'll do it next time) and then turned up Gray Squirrel Trail, which dead-ends on Fullerton Road. We doubled back and continued on

Powder Canyon until we reached the Nogales Trail, went up and connected with Black Walnut Trail (a loop that took us back to Powder Canyon, 1.74 miles) and then back up Schabarum Trail to the horse stables.

By the time you read this, I will have gone back and hiked around Purple Stage Trail (3.2-mile loop) and the Schabarum extension trail, a.k.a. Juan Bautista de Anza National Historic Trail (2.7 miles), which also ends at Fullerton Road.

This is a bargain for only \$6, offering outdoor fun for the entire family.

Bring a lunch and have a picnic; the kids can run around and you can enjoy the tranquility of nature and all its relaxing visual gifts – hilltops, valleys and playgrounds for the kids, to name a few. Lastly, I would encourage you to also bring your dog – don't forget about man's best friend.

If you take your family or friends, I would love to see your pictures. So send them to me at agomez@cityemployeesclub.com.

Bring plenty of water and snacks, and maybe spend a little time at the waterfall having a picnic.

**As always,
 be safe and Be Alive!,
 Angel**

Angel's

Be Alive!

Angel Gomez, Director of Member Services



Schabarum Regional Park

17250 E. Colima Rd., Rowland Heights
 (626) 854-5560

HIGHLIGHTS: Parking areas, restrooms, picnic and grass areas, water fountains and plenty of running space for dogs.

HIKE TIME: 2 hours

DIFFICULTY: Hikes of various difficulties and distances are possible at Schabarum.

SPECIAL NOTICE: Rattlesnakes and mountain lion signs are posted.

"FAMILY BIRD WALKS": Offered on the third Sunday of each month at 8 a.m. This free walk is led by an experienced naturalist. All ages are welcome.

Directions:

From downtown, take the 60 Freeway east to Azusa Avenue and turn left on Colima Road.

Hours: Sunrise to sunset.

October through March: 7 a.m. to 6 p.m.

April through September: 7 a.m. to 8 p.m.

Closed on Christmas Day.

Parking:

\$6 a day. Vehicles are subject to vehicle entry fees on weekends and holidays.