

Angel Gomez, Club Director of Sales  
**Angel's Be Alive!**



Angel Jr., Dakota and me at Quail Hill trailhead.



Angel Jr., Kathy, Aden and Dakota at the picnic area next to the trailhead.

**Hello everyone!**

This month we are going to the city of Irvine. I'm thinking, let's spend the summer with very simple hikes (so simple they should be considered very easy walks) to encourage more readers to go outside and "Be Alive." So get busy!

This trail is really a walk, but the important thing is that you are outside getting some fresh air and exercise, too. I hope this will motivate you to continue exercising and enjoying the great outdoors. A simple walk everyday will do you wonders mentally and physically.

The trail is really dry right now, but I hear that it is very pretty in the fall and winter. So we will probably go back for a return visit in the fall. Since it is a very short trail, we decided to take our American bulldog, Dakota, on this little walk. Everyone say hello to Dakota!

Let get started.

**The Trail**

Quail Hill Trail provides a connection to southern Irvine's extensive trail networks. The trailhead is at the end of Sand Canyon Road. The 2.8-acre area provides an easy two-mile loop of natural surface. The trail is open to the public from dawn to dusk. And by the way, Quail Hill Trail is the only wilderness trail that allows dogs (they must be on a leash, of course).

Another cool fact is the trail uses technology to keep you informed about each area along the trail. Since these days almost everyone has a cell phone, by calling a special number (at each post) you will be informed about that specific area and what to look for. The information is very educational and provides important features along the trail. The tours are free, but you will have to use your cell phone minutes to call. I think this is a wonderful idea. In the past, I have hiked other trails that have this technology.

Additionally, the tour can be listened to from any phone, anywhere, any time. How to listen: Dial (949) 743-5943. Listen to the greeting and then enter the number of the location you are interested in followed by the # key. The locations are numbered 1-5, and you can leave anonymous comments by pressing 0# at anytime. The prompts can be listened to in any order.

If you just want to go outside and take an hour or so to relax, this is a good relaxing place. The trail is not much to look at right now, but I am sure it will get greener and be not just relaxing but very scenic, too. So, if you're in the area and just want to get some light exercise, please stop by and enjoy. My family liked the trail, and Dakota seemed to like it, too. Just be careful of going off the trail, as there are snake warnings at the beginning. Keep your little ones on the trail and have lots of fun.

As I noted earlier, I will make a point to revisit this area so we can all see how much different the area looks when it is green and full of plant life. Dakota said that would be a wonderful idea; she is looking forward to a return visit, too.

Don't forget to bring your camera and take lots of photos and send them to me at [ago-me@cityemployeesclub.com](mailto:ago-me@cityemployeesclub.com). Bring water, snacks and maybe some sunscreen.

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

**Quail Hill Trail**  
 - Irvine



The trail uses cell phone tour technology.



Aden points to the sign that reads, "Stop, this is not a trail."



Aden, Kathy, Angel Jr. and Dakota begin the hike.



From the lookout point on the trail, the freeway can be seen in the distance.



Aden is next to the Quail Hill trailhead.



Aden is next to an information and map sign.

**Quail Hill Trail**  
 34 Shady Canyon Trail • Irvine, CA 92603

**Length:** 2 miles  
**Difficulty rating:** Super easy walk  
**Duration:** 1 hour  
**Activities:** Walking, photography, horseback riding  
**Dogs Permitted:** The presence of dogs may disturb native wildlife routines, but dogs when leashed are permitted and safe from snakebites so they don't wander around on the trail.

**Directions:** From downtown LA, take the US-101 south to the 5 south, then take the Sand Canyon Avenue exit. Turn right onto Sand Canyon Avenue. Keep left to stay on Sand Canyon Avenue. At the traffic circle, take the first exit onto Shady Canyon.  
**Parking:** Free at location  
**Park Hours:** Dusk to dawn, every day.