

Angel Gomez, Club Director of Sales
Angel's

Be Alive!

– Laguna Beach

Alta Laguna Park

A view of the coast from the trail in Alta Laguna Park.



Angel Jr. and Aden at Aliso and Wood Canyons.

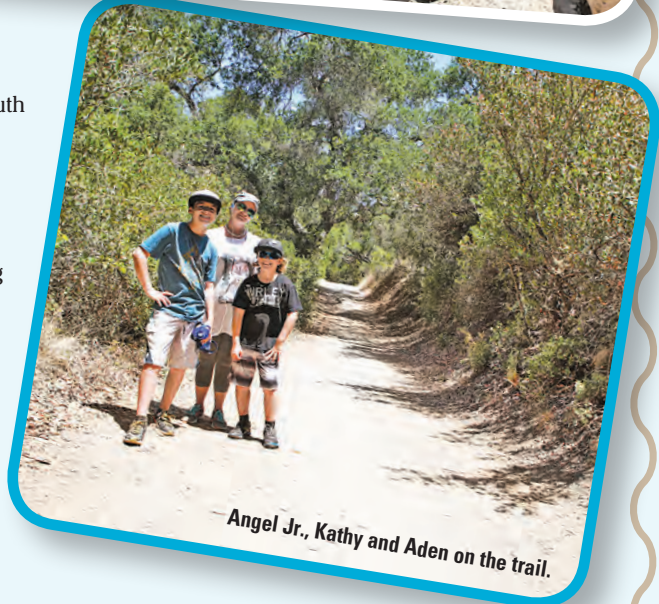


Hiking trails usually have bikers on them, so always be careful.

Hello everyone! This month we travel south into Orange County to Laguna Beach. There are two places you should stop and explore. The first is Alta Laguna Park, and the second is Top of the World Park. Both these parks are in Laguna Beach because... I'm kidding you. They are two names for the same park!

There are amazing views and lots of trails to choose from. These are must-see locations.

(Some trivia: The park is named Top of the World Park because it's about a thousand feet above sea level.)



Angel Jr., Kathy and Aden on the trail.



Which way to go, Oak Grove or Mathis Canyon Trail?

Let's begin!

The Hike: The park is very nice, immediately giving you views everywhere you look. It's a true 360-degree view! The sea breeze is nice, too.

Here are two trail options:

Trail Option 1: Starting at the Alta Laguna Park, you can travel across the top of the mountain ridge on West Ridge Road until you reach Wood Canyon Trail, then turn back, and that should be about three miles. That is the easy route.

Trail Option 2: Go down one of the trails at the end of West Ridge Road. However, if you choose to go down one of the trails, you will be adding another four miles, so you will be hiking at least seven miles or more. That is what I did, but I forgot to tell my family. I was not their favorite person, to say the least!

Also, if you hike the extra miles, of course you will add more hiking time. We were out in the sun for almost four hours. The good news is that we survived (!), and my tracking app said we all burned almost a thousand calories. Wow! That is a lot of

calories. Please be sure you have enough water, and that your family is up for the extra miles. Don't just assume they will be okay. You could get yourself in deep trouble.

Overall, this is a gorgeous place to hike with all the amazing views!

Finally, and this is very important: Beware of the wildlife in the area. Warning signs are posted.

I recommend you hike at least the three-mile ridge-top trail. It is easy walking for all ages. If you want to go farther, please bring extra water, and start early in the day. If you happen to go in the early morning, take some photos with your *Alive!* newspaper and email them to me at agomez@cityemployeesclub.com. Bring plenty of water snacks and maybe spend a little time just walking and enjoying the scenery.

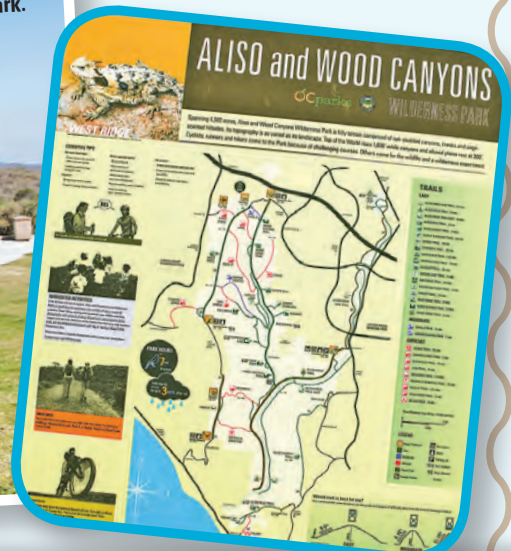
As always, be safe and Be Alive!

Angel



Small deer along the trail.

Angel Jr. and Aden in front of the playground at Alta Laguna Park.



Alta Laguna Park
 3299 Alta Laguna Blvd. • Laguna Beach, CA 92651

Highlights: beach views, beautiful rock formations, and views of Catalina Island off the coast.
Distance: from three miles up to eight miles or longer (we hiked seven miles).
Approximate Time: 3.25 hours, depending on your pace.

Difficulty: moderate to strenuous.
Directions from downtown: Take the 101 south and merge with the 5 south, then take the CA 133 south. Exit Laguna Beach. Turn left toward Forest Avenue, then right onto Forest Avenue.
Parking: Free.