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SOUTH COAST WILDERNESS CALENDAR: April 2010

Hikes, Bird Walks and Other Guided Activities in Laguna Coast Wilderness Park, Aliso & Wood Canyons Wilderness Park and Adjacent Open Space Areas

April 1, Thurs., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this strenuous, fast-paced, 3.5-mile hike over steep and uneven terrain (700-ft. elevation gain) with Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, Ridge Park Staging Area (Newport Coast Drive to Ridge Park Rd east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

April 1, Thurs., 3:30-4:30 p.m., Yoga for Kids: Children ages 6-10 will explore a fun-filled yoga experience in a wilderness setting with Laguna Canyon Foundation volunteers. Please bring a yoga mat, towel and water. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$18 for 6-class series; \$3/child drop in.

April 2, Fri., 9-11 a.m., Elder Trek: Enjoy the outdoors and learn about diverse plant life on this easy, level, 2-mile hike with Laguna Canyon Foundation volunteer naturalists. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 3, Sat., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this difficult, strenuous and fast-paced, 5-mile hike (700-ft. elevation gain) over very steep, uneven terrain with Laguna Canyon Foundation volunteers. Not for beginners. Hiking poles suggested. Laguna Coast Wilderness Park, Big Bend Staging Area (ask for directions when making reservations). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 3, Sat., 9 a.m.-noon, Wildflowers and Wild Foods Hike: Learn about edible and useful plants on this moderate, but steep, uneven and rocky, 2.4-mile hike (100-ft. elevation gain) with Laguna Canyon Foundation volunteer naturalists. Aliso & Wood Canyons Wilderness Park, Canyon View Staging Area, Gate 7 (from southbound Aliso Creek Rd, turn right on Glenwood [turns into Pacific Park] and right on Canyon Vistas to Canyon View Park). Reservations required: 949-923-2235. Donation: \$2/person.

April 4, Sun., 8-10 a.m., Introduction to Mountain Biking: Enjoy canyon views and learn mountain biking basics on this 10-mile ride over steep and uneven terrain (over 1,500-ft. elevation gain) with Laguna Canyon Foundation volunteer mountain bike trail assistants. Ridge Park Staging Area (Newport Coast Drive to Ridge Park Rd east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

April 8, Thurs., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this strenuous, fast-paced, 3.5-mile hike over steep and uneven terrain (700-ft. elevation gain) with Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, Willow Canyon Staging Area (20101 Laguna Canyon Rd, just south of El Toro Rd intersection). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 8, Thurs., 4-5:30 p.m., Junior Ranger Program #2—Finding Your Way: Learn your way around the park by using a compass on a “treasure hunt” and earn your own. (Second-fourth graders, ages 7-10, can earn a Junior Ranger badge by participating in six workshops: Ranger’s Life, Finding Your Way, Keeping People Safe, Caring for the Park Plants and Animals, Leaving No Trace and Teaching Visitors.) Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Program: \$5/student (includes material fee). Parking: \$3.

April 10, Sat., 8:30-11:30 a.m., Wildflower Hike: Learn to identify native spring bloomers with Laguna Canyon Foundation volunteer naturalists on this moderate, but steep and rocky, 3.5-mile hike. Laguna Coast Wilderness Park, Willow Staging Area (20101 Laguna Canyon Rd, just south of El Toro Rd intersection). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 10, Sat., 9-10:30 a.m., Trailside Encounters: There are always new encounters along the trail! Hear the latest wildlife gossip on this easy, approximately 1-mile hike with OC Parks Ranger Portia Arutunian. Aliso & Wood Canyons Wilderness Park, Ranger Headquarters, Gate 1, 28373 Alicia Pkwy (from southbound Aliso Creek Rd, turn right on Alicia, first right AWMA, left into parking lot). Reservations required: 949-923-2235. Program: \$2/person. Parking: \$3.

April 13, Tues., 9-11 a.m., Exploring Biodiversity for Seniors: Learn about diverse animal and plant species as you explore our ever-changing wilderness on an easy, 1.5-mile hike over rocky and uneven terrain. Laguna Coast Wilderness Park, James Dilley Preserve (east side of Laguna Canyon Rd/SR-133, just north of 73 Toll Road). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 14, Wed., 9-11 a.m., Yoga Hike: Stretch your mind and body on this 2.4-mile hike with a yoga twist over steep and uneven terrain (100-ft. elevation gain) led by Laguna Canyon Foundation volunteers. Aliso & Wood Canyons Wilderness Park, Canyon View Staging Area, Gate 7 (from southbound Aliso Creek Rd, turn right on Glenwood [turns into Pacific Park] and right on Canyon Vistas to Canyon View Park). Reservations required: 949-923-2235. Donation: \$2/person.

April 15, Thurs., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this strenuous, fast-paced, 3.5-mile hike over steep and uneven terrain (100-ft. elevation gain) with Laguna Canyon Foundation volunteers. Aliso & Wood Canyons Wilderness Park, Canyon View Staging Area, Gate 7 (from southbound Aliso Creek Rd, turn right on Glenwood [turns into Pacific Park] and right on Canyon Vistas to Canyon View Park). Reservations required: 949-923-2235. Donation: \$2/person.

April 15, Thurs., 3:30-4:30 p.m., Yoga for Kids: Children ages 6-10 will explore a fun-filled yoga experience in a wilderness setting with Laguna Canyon Foundation volunteers. Please bring a yoga mat, towel and water. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$18 for 6-class series; \$3/child drop in.

April 16, Fri., 9-11 a.m., Elder Trek: Enjoy the outdoors and learn about diverse plant life on this easy, level, 2-mile hike with Laguna Canyon Foundation volunteer naturalists. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 16, Fri., 9-10 a.m., Tot Walk: Bring your wee ones to explore our wild backyard on this easy walk with Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, Willow Canyon Staging Area (20101 Laguna Canyon Rd, just south of El Toro Rd intersection). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 17, Sat., 8-11 a.m., Keep It Wild Volunteer Day: Volunteers help Laguna Canyon Foundation and OC Parks staff with restoration projects. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Free (parking fee waived).

April 17, Sat., 8-11 a.m., Keep It Wild Volunteer Day: Volunteers help Laguna Canyon Foundation and OC Parks staff with clean up and restoration projects. Aliso & Wood Canyons Wilderness Park, Ranger Headquarters, Gate 1, 28373 Alicia Pkwy (from southbound Aliso Creek Rd, turn right on Alicia, first right AWMA, left into the parking lot). Reservations required: 949-923-2235. Free (parking fee waived).

April 17, Sat., 9 a.m.-noon, Discovery Hike: Explore beautiful Wood Canyon as you discover its wildlife with Laguna Canyon Foundation volunteer naturalists on this moderate, but steep, uneven and rocky, 5-mile hike (200-ft. elevation gain). Aliso & Wood Canyons Wilderness Park, Canyon View Staging Area, Gate 7 (from southbound Aliso Creek Rd, turn right on Glenwood [turns into Pacific Park] and right on Canyon Vistas to Canyon View Park). Reservations required: 949-923-2235. Donation: \$2/person.

April 17, Sat., 2-5 p.m., Writing in Nature: Deepen your connection with nature on a 2-mile hike (400 ft. elevation gain) over uneven terrain, as you look, listen, laugh and write under oaks and sycamores with English professor Thea Gavin. Bring a notebook, writing materials and something to sit on. Laguna Coast Wilderness Park, James Dilley Preserve (east side of Laguna Canyon Rd/SR-133, just north of 73 Toll Road). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 18, Sun., 8-11:30 a.m., Birding Hike: Spot resident and spring migratory birds with Laguna Canyon Foundation volunteer naturalists on this 2-mile hike over uneven terrain through one of the most diverse plant communities in the U.S. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approx. 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 18, Sun., 8-10 a.m., Recreational Mountain Bike Ride: Catch coastal canyon views on this 10-mile ride over steep and uneven terrain (1,000-ft. elevation gain) with Park Ranger Ed Bridges and Laguna Canyon Foundation volunteer mountain bike trail assistants. Aliso & Wood Canyons Wilderness Park, Ranger Headquarters, Gate 1, 28373 Alicia Pkwy (from southbound Aliso Creek Rd, turn right on Alicia, first right AWMA, left into parking lot). Reservations required: 949-923-2235. Parking: \$3. Program: \$2/person.

April 18, Sun., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this difficult, strenuous and fast-paced, 5-mile hike (700-ft. elevation gain) over very steep, uneven terrain with Laguna Canyon Foundation volunteers. Not for beginners. Hiking poles suggested. Ridge Park Staging Area (Newport Coast Drive to Ridge Park Rd east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

April 19, Mon., 8:30-10:30 a.m., Baby and Me: Explore Mother Nature on your way to fitness. This brisk, 2-mile hike (400-ft. elevation gain) is for expectant women and mothers with babies in arms, packs or slings. (Trails not accessible for strollers.) Laguna Coast Wilderness Park, James Dilley Preserve (east side of Laguna Canyon Rd/SR-133, just north of 73 Toll Road). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 20, Tues., 9-10:30 a.m., Yoga for Seniors: Enjoy a peaceful, 1.5-mile walk as you learn yoga stretches, breathing and relaxation exercises with Laguna Canyon Foundation senior volunteers. Laguna Coast Wilderness Park, James Dilley Preserve (east side of Laguna Canyon Rd/SR-133, just north of 73 Toll Road). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 22, Thurs., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this strenuous, fast-paced, 4.8-mile hike over steep and uneven terrain (400-ft. elevation gain) with Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, James Dilley Preserve (east side of Laguna Canyon Rd/SR-133, just north of 73 Toll Road). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 22, Thurs., 4-5:30 p.m., Junior Ranger Program #3--Keeping People Safe: Make your own first aid kit and learn more about how rangers keep visitors safe. (Second-fourth graders, ages 7-10, can earn a Junior Ranger badge by participating in six workshops: Ranger's Life, Finding Your Way, Keeping People Safe, Caring for the Park Plants and Animals, Leaving No Trace and Teaching Visitors.) Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Program: \$5/student (includes materials fee). Parking: \$3.

April 24, Sat., 9-11:30 a.m., Geology Hike: Enjoy unspoiled canyon views and learn about local geology on this strenuous, 2-mile hike (400-ft. elevation gain) up Little Sycamore Canyon led by Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approx. 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 24, Saturday, 10 a.m.-noon, Family Bike Ride: Catch canyon views on this easy, family-friendly, 6-mile bike ride with OC Parks Ranger Portia Arutunian. Aliso & Wood Canyons Wilderness Park, Meet at Ranger Headquarters, Gate 1, 28373 Alicia Pkwy (from southbound Aliso Creek Rd, turn right on Alicia, first right AWMA, left into parking lot). Reservations required: 949-923-2235. Parking: \$3. Program: \$2/person.

April 25, Sun., 2-5 p.m., Discovery Hike (in Spanish): Explore beautiful Wood Canyon as you discover its wildlife with Spanish-speaking Laguna Canyon Foundation volunteer naturalists on this moderate, but steep, uneven and rocky, 2.4-mile hike (200-ft. elevation gain). Aliso & Wood Canyons Wilderness Park, Canyon View Staging Area, Gate 7 (from southbound Aliso Creek Rd, turn right on Glenwood [turns into Pacific Park] and right on Canyon Vistas to Canyon View Park). Reservations required: 949-923-2235. Donation: \$2/person.

April 25, Sun., 9-11:30 a.m., Cultural Resource Hike: Learn how Native Americans used various plants on this rigorous, 2-mile hike (400-ft. elevation gain) with Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 27, Tues., 9-10:30 a.m., Tai Chi for Seniors: Learn tai chi as you balance your mind and body on a 1.5-mile hike with Laguna Canyon Foundation senior volunteers. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 29, Thurs., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this strenuous, fast-paced, 4.8-mile hike (400-ft. elevation gain) over steep, uneven terrain with Laguna Canyon Foundation volunteers. Laguna Coast Wilderness Park, Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

April 29, Thurs., 3:30-4:30 p.m., Yoga for Kids: Children ages 6-10 will explore a fun-filled yoga experience in a wilderness setting with Laguna Canyon Foundation volunteers. Please bring a yoga mat, towel, and water. Little Sycamore Canyon Staging Area/Nix Nature Center (west side of Laguna Canyon Rd/SR-133, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$18 for 6-class series; \$3/child drop in.

INFORMATION: Visit <http://www.ocparks.com/lagunacoast> or <http://www.ocparks.com/alisoandwoodcanyons> (click on **Events and Programs**). To be included on the monthly event e-mail list, call 949-923-2235. To learn more about volunteering or helping Laguna Canyon Foundation to preserve, protect and enhance the South Coast Wilderness, visit <http://www.lagunacanyon.org> or call 949-497-8324

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