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SOUTH COAST WILDERNESS CALENDAR: June 2010

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

June 3, 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.

June 3, Thurs., 4-5:30 p.m., Junior Ranger Program #6--Teaching Visitors: 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, Willow Canyon Staging Area (20101 Laguna Canyon Road, just south of El Toro Rd intersection). Reservations required: 949-923-2235. Program: \$5/student (includes materials fee). Parking: \$3.

June 4, 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.

June 5, 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.

June 5, 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.

June 5, Sat., 1-4 p.m., Weekends at the Nix Nature Center--Dr. Sue's Insect and Arthropod Zoo: Sue Van Vorhis Key, PhD, has a zoo full of amazing live insects and arthropods. Look, listen, learn and even touch an insect, if you like. Take our insect scavenger hunt, sort arthropods and make your own insect to take home! 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. Donations appreciated.

June 6, 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 Dr to Ridge Park Rd east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

June 8, Tues., 9-11 a.m., Exploring Biodiversity for Seniors: Learn about the diversity of 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.

June 9, 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.

June 10, 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 Dr to Ridge Park Rd east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

June 10, 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.

June 12, 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 Canyon Staging Area (20101 Laguna Canyon Rd, just south of El Toro Rd intersection). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2.

June 12, 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.

June 15, 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.

June 17, 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.

June 18, 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.

June 18, 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.

June 19, Saturday, 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).

June 19, Sat., 8-11 a.m., Keep It Wild Volunteer Day: Volunteers help Laguna Canyon Foundation and OC Parks staff with 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 parking lot). Reservations required: 949-923-2235. Free (parking fee waived).

June 19, 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.

June 19, Sat., 2-5 p.m., Writing In Nature: Come deepen your connection with nature on a 2-mile hike (400 ft. gain) over uneven terrain, as you look, listen, laugh and write under the oak and sycamore canopy, a place full of birdsong and stories, 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.

June 20, Sun., 8-10 a.m., Recreational Mountain Bike Ride: Catch beautiful coastal canyon views on this 10-mile ride over steep and uneven terrain (1,000-ft. elevation gain) with OC Parks 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.

June 20, 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 Dr to Ridge Park Rd east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

June 20, Sun., 4-7 p.m., Father's Day Hike: Fathers and their families will enjoy an afternoon in the wild on this leisurely 2-mile hike up and down Laurel Canyon, on an uneven, sometimes steep, trail. Bring your own picnic dinner to savor on a rocky outcrop overlooking the canyon! Led by OC Parks Resource Specialist Laura Cohen. 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. Program: \$5/person.

June 22, 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.

June 24, 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 OC Parks Ranger Ed Bridges and 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. Program: \$2/person.

June 24, 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.

June 26, 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, approximately 3.5 miles south of I-5/405). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

June 26, Sat., 10 a.m.-noon, Family Bike Ride: Catch beautiful 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.

June 27, 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 United States. Laguna Coast Wilderness Park, Willow Canyon Staging Area (20101 Laguna Canyon Road, just south of El Toro Road intersection). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

June 27, 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.

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