

Contact: Ellen Girardeau Kempler
Laguna Canyon Foundation
949-497-8324
lagunacf3@lagunacanyon.org
www.lagunacanyon.org



SOUTH COAST WILDERNESS CALENDAR: May 2010

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

SPECIAL EVENT: May 1, Sat., 1-4 p.m., Celebrate May at Laguna Coast Wilderness Park
Join Laguna Canyon Foundation and OC Parks as they honor retiring president Michael Pinto at a public ceremony from 1-2 p.m. at the Nix Nature Center. Former County of Orange Fifth District Supervisor Tom Wilson will preside and current Fifth District Supervisor Pat Bates will lead the dignitaries and guests honoring Michael and his achievements on behalf of the Foundation. Refreshments will be provided. Parking is limited, so please plan to carpool or take the free shuttle from the James Dilley Preserve, running continuously from noon-4 p.m. Join us throughout the day to hike the trails and enjoy the spring color! For information and directions, please visit www.lagunacanyon.org or e-mail info@lagunacanyon.org.

May 1, Sat., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this difficult, strenuous and fast-paced, 3.5-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.

May 1, 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 Road, 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.

May 2, 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.

May 2, Sun., 1:30-3:30 p.m. Weekends at the Nix Nature Center--Rocks and Fossils: What can you learn from a rock? South Orange County Gem and Mineral Society's Kirk Kegel will share his rock collection. Enjoy our fossil hunt, "rocking" activities and find a shark tooth to take home at our simulated fossil dig. 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.

May 6, Thurs., 8:30-10:30 a.m., Fitness Hike: Raise your heart rate and your spirits on this strenuous, fast-paced, 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 Road east to end; meet at the gate.) Reservations required: 949-923-2235. Donation: \$2/person.

May 6, Thurs., 4-5:30 p.m., Junior Ranger Program #4--Caring for Park Plants and Animals: 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.

May 7, 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.

May 8, 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, 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.

May 8, Sat., 8:30 a.m.-1 p.m., Volunteer Training & Orientation: Learn about various volunteer opportunities with Laguna Canyon Foundation. No experience required. For information and reservations call 949-923-2235 or e-mail volunteer@lagunacanyon.org. 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). Free (parking fee waived).

May 8, 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

May 11, 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.

May 12, 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.

May 13, 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.

May 13, 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.

May 15, 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).

May 15, 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).

May 15, 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 Road, 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.

May 15, Saturday 10 a.m.-noon, Insects and their Predators: Learn about the intriguing and important insect world on this easy, 1-mile hike with Dr. Peter Bryant. 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.

May 16, 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 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.

May 16, 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. 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.

May 17, 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.

May 18, 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.

May 20, 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.

May 20, Thurs., 4-5:30 p.m., Junior Ranger Program #5--Hiking in the Park: 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 Park Plants and Animals, Hiking in the Park 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.

May 21, 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.

May 21, 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.

May 22, 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.

May 22, Sat., 1:30-3:30 p.m., Family Arthropod Hunt: As the days get longer and warmer, you can find more insects and other arthropods such as spiders and mites. Join OC Parks Resource Specialist Laura Cohen on an easy, 1.5-mile nature walk searching for insect life. 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: \$4/person (includes material fee). Parking: \$3.

May 23, 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.

May 23, Sun., 2-5 p.m., Family Discovery Hike (in Spanish): Explore beautiful Wood Canyon as you discover its wildlife with Spanish-speaking Laguna Canyon Foundation volunteer naturalists on this easy, 2-mile hike. Aliso & Wood Canyons Wilderness Park, Meet at Ranger Headquarters, Gate 1, 28373 Alicia Parkway (from southbound Aliso Creek Road, turn right on Alicia, first right AWMA, left into parking lot). Reservations required: 949-923-2235. Parking: \$3. Donation: \$2/person.

May 25, 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.

May 27, 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.

May 27, 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.

May 29, Sun., 2:30-5 p.m., Nature through the Camera's Eye: Calling all photographers! Hike 3 miles (25-ft. elevation gain) with Laguna Canyon Foundation volunteers to some wonderful photography sites. Meet at 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.

May 30, 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, 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.

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