



Aliso & Wood Canyons

Intermediate Hike



Aliso & Wood Canyons Wilderness Park

Official Website: <http://www.ocparks.com/alisoandwoodcanyons/>

Canyon Vista Entrance

Aliso Viejo, CA 92656

DURATION/DISTANCE: Approx. 8 miles (2.5 to 3 hours)

ABOUT THIS HIKE (for more info, see “Events” at www.OC-Hiking.com)

This dirt trail takes you down into a woody, shady, wilderness full of oak, sycamore, and elderberry trees. The first couple of miles are very tranquil, peaceful, and calming along the Wood Canyon Trail (fire road) or parallel Wood Creek Trail (hikers only). An option is to head to Dripping Cave, a rock overhang once used by rustlers! Relax and take in the cave then on towards Mathis Canyon Trail. This section is an advanced trail 1.3 miles up with a 700 ft. gain; not a beginner's trail. Once at the top of the ridge we have a panoramic view of Laguna Canyon (hwy 133), the ocean, and Aliso Viejo (Soka University) and may break/lunch at Top of the World at Alta Laguna Park. The West Ridge Trail leads down to Cholla Trail and back to the start. Hike Duration: This walk is approximately 8 miles. Plan on 2.5 to 3 hours minimum.

DIRECTIONS

N I-5 to Alicia Parkway, left 3 miles. Rt. at Pacific Park. Left at Canyon Vista.

S I-5/405 to 133 S to 73 Toll Road Connector S (no toll). Left at El Toro/NOT ON TOLL ROAD. To Aliso Creek, rt. Turn right at Glenwood (turns into Pacific Park). Rt on Canyon Vista.

[Aliso & Wood Canyon -- Canyon View Park Entrance](#)

>>NOT THE ALICIA PKWY ENTRANCE<<

FEATURES

- PLEASE BRING PLENTY OF WATER
- Watch for deer
- Rattlesnakes and coyotes have been sighted at Aliso and Wood Canyons
- Restrooms are available at the beginning (Porta Potty) and mid-point (Alta Laguna Park)
- Don't forget your camera
- Enjoy exercise while you socialize



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SAFETY TIPS

PLEASE NOTE THE FOLLOWING RECOMENDATIONS/ADVICE:

- 1) Stay with members who know the route, maps are available at the trailhead.
- 2) Use sunscreen, wear a hat and sunglasses
- 3) Know your limits Mathis Trail is strenuous
- 4) The trail has steep sections. Comfortable shoes with traction are advised.
- 5) Please dress appropriately for hiking. Loose, comfortable clothing with wicking capability and layers for temperature variation is recommended
- 6) Please bring MORE than just one bottle of water
- 7) We are sharing the trail; watch for runners and bikers
- 8) Stop at trail junctures and stay together

WHAT OTHER PEOPLE SAID

"Easy to find, offers a nice mix of strenuous to flat" – Barb

"I really liked this hike...the path through the trees rather than the fire road is great!" – Zann

"I like this place very much, very nice shaded setting and one challenging incline. BUT I survived..yippie :)" - MOMO

