



MileMarker Newsletter ----- Volume 2 ----- Issue 7 ----- July 2010 ----- [www.OC-Hiking.com](http://www.OC-Hiking.com)

## Bommer Ridge, an easy, but beautiful hike

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*By Suki Reed, OCHC President,  
as Published in the Orange  
County Register July 2010*



A sunset with clear conditions present a spectacular view of Catalina as you near the end of the trail on Bommer Ridge Peak.

**Name of the trail:** Bommer Ridge Hike through two parks – Crystal Cove State Park /Laguna Coast Wilderness Park. [Click here for corrected map.](#)

**Name of OC Hiking Club hike organizer:** Neil Fricke. At 48, Fricke became permanently disabled because of a severe neck injury. "I receive the greatest relief from chronic pain through walking and hiking," Fricke says. He encourages others to get out on the trail (after approval from their doctor). Fricke, 55, is the vice president of the OC Hiking Club. He is also a retired licensed customs broker and single father of two boys. He has a bachelor's degree in psychology from the University of Redlands

**Trailhead and directions to it:** Ridge Park Entrance. You can drive to the trailhead using the nearby Pavilions as a landmark. The Pavilions' address is 21181 Newport Coast Drive in Newport Beach. From Pavilions' turn right onto Newport Coast Drive (toward the ocean) and turn left at Ridge Park Road. Follow Ridge Park Road to the top of this hill until it dead ends at the Ridge Park Entrance to Crystal Cove State Park. Parking on the street is free, but can be crowded. Arrive early to find parking.

**Length of the trail in miles and elevation gain:** This is an easy hike on a wide dirt trail with about 600 feet of elevation gain. The OC Hiking Club does this as a go-at-your-own-pace "timed hike" (one hour in, turn around, one hour back) for a hike time of two hours. The mileage covered is about 5 to 7 miles. This is a good "intro to dirt" beginners hike, although individuals can vary their pace or the amount of weight they carry to increase or decrease the level of difficulty. People traveling at their own beginners' pace generally move at 2.5 to 3.5 mph.

**Amount of water needed; what kind of food to take and what to wear:** Hikers should always carry at least 1 liter of water and an energy bar or some fruit. Layers of clothing, such as a windbreaker or extra long sleeve shirt are advisable as the wind can pick up or a marine layer can move in. Sunglasses, a hat, and sunscreen are recommended.

**Flora, fauna, bushes you might see along the way:** Darkling beetles (stinkbugs) cross your path as you pass California buckwheat, prickly pear cactus, sage, and storksbill.

**Animals you might encounter along the way:** Roadrunners and bunnies often browse the trailhead; hawks and turkey vultures circle overhead.

**Vistas and special sights:** Clear days allow inland views of Saddleback (Modjeska and Santiago Peaks), and the ocean views can include Catalina and occasionally San Clemente Island.

**Possible dangers along the way:** The area is a rattlesnake habitat, and the trail is shared by hikers, runners, equestrians and mountain bikers. Be aware of your surroundings.

**Best time of day and time of year to do the hike:** Spring morning and summer evenings. This area closes at dusk and is closed for 48 hours after a rain.

**Something notable about the hike:** Hidden on the Bommer Ridge trail are hand-painted rocks, and the start of the Laguna Canyon Wilderness area is marked by an easel and beautiful painting which is used as a sign containing park information. The coastal hills feature cool breezes and are abloom with wildflowers during the spring season. Dogs are not allowed nor are hikers after sunset.

**Next dates for this hike by the OC Hiking Club:** Go explore this hike on your own, or with the Orange County Hiking Club on Aug. 14 and Sept. 11. Please join for details and to RSVP (space is limited) at [oc-hiking.com](http://oc-hiking.com) Membership is free.

## It is HOT out there!

### Summertime HOT hiking protocol:

1. Drink EXTRA WATER with electrolytes
2. Bring and eat snacks on the trail
3. Attend hikes early in the morning or later in the day when the sun is cooler
4. Wear proper sun attire: hat, sunglasses, sunscreen, sun blocking fabrics, etc...
5. Do not overstress your body in the heat if you are not used to it
6. Heat requires proper conditioning. If you want to condition yourself for warm weather hiking start with easier hikes in the heat and gradually build up to harder hikes.
7. Do NOT take dogs on hot hikes unless they are well conditioned for it. Dogs are more susceptible to heat than people. The heat that doesn't bother you may kill your dog. HEATSTROKE is a very real possibility and can be avoided by taking the above precautions.

A word to the wise - A 6 mile hike in cool weather can be very different and even dangerous in hot weather. Your success in hot weather depends on many variables that only you can determine including: level of conditioning, amount of water consumed, metabolism, blood pressure and other factors. Above all, the summertime heat gives you the opportunity to learn about your own body and ability level.

For heat safety tips, visit: [http://www.oc-hiking.com/hikesmart\\_heat\\_n\\_sun.htm](http://www.oc-hiking.com/hikesmart_heat_n_sun.htm)

Hike on!

Suki, President - OC Hiking Club



## REI SPECIAL FOR OCHC MEMBERS ONLY!

Learning to backpack for the first time? OC Hiking Club Members receive 25% off the cost of cost of first time equipment rental at REI.

\*Members must provide a printout of the OC Hiking Club event posting at the time of rental.

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# Taking Teens to the Top!

*OCHC Hike Organizer Mitch shares about his monthly outing with local teens.*

## Mount Jacinto, July 17, 2010

We took the kids up Mt San Jacinto from the Palm Springs Aerial Tramway. It's the second tallest mountain in Southern California and also the easiest of the big local summits.

It was a sweltering hot day in SoCal, but we were already at 8,516 feet (the Upper Station) by 9:00am, and puffy clouds that formed over the mountain also helped keep us cool.

None of the kids had ever been so high up in the mountains before.

Trailhead elevation: **8,516**

Summit: **10,804**

Elevation gain: **2,288**

Miles (round trip): **11.5**

*Mitch*

For more information about upcoming Taking Teens to the Top! events, check out the OCHC calendar <http://www.meetup.com/OC-HIKING-com/calendar/>



## In Memory of Derek Roberts

On July 8, Hike Organizer Laura led a walk along Newport Beach in memory of OCHC Member, Derek. Time was taken to remember Derek's wonderful sense of humor and his never ending level of energy,

Derek was in a fatal car accident on June 28th. He was traveling down Trabuco Canyon area between Cook's Corner and O'Neil State Park when the car lost control.

Condolences may be sent to Derek's brother (Dean) at:

Dean Roberts  
24344 Sage Court  
Laguna Hills, CA 92653

Also, a Memorial Website has been set up for friends to view. Feel free to post a message or any photos you may have of Derek. His family would really appreciate it.

<http://memorialwebsites.legacy.com/DerekRoberts/Homepage.aspx>





# KIDS IN NEED OF NATURE - PETERS CANYON HIKE

June 26, 2010

A rewarding hike with an Orange County agency for youth at risk. These kids are at a crucial stage in their life when support and encouragement from you is much needed. We hope monthly hikes with compassionate volunteers from OCHC will provide a sense of stability for these are VERY DESERVING KIDS and their staff!

What our members had to say:

*"This was a wonderful hike that really hit the spot today. The weather was perfect, the sun was shining and the people were lovely. Thanks everyone, for a perfect hike!" -Karen D.*

*"Nice kids and fellow hikers. Maya (my guide dog in training) had a great time on her first real hike." -Elizabeth*

*"The kids walked Sophie around Peter's Canyon and had a great time hiking. Maya is adorable (thanks for bringing her Elizabeth!). A happy harmonious walk soaking up the magic of nature. Thank you for your help!"*

-Suki Reed, OCHC President

The next KIDS IN NEED OF NATURE hike is July 31, 2010. Please check the calendar for more info.

## Suki Reed in the OC Register!



Suki Reed, President of OC Hiking Club, is a writer for the Orange County Register. Past articles include topics such as hiking for stress relief, camera tips, and favorite local hiking spots. Look for her articles on the back page of the Outdoor Section every Monday. Past articles can be found at:

<http://www.ocregister.com/fi/search/?q=suki+reed>

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**Suki Reed, President**

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