



MileMarker Newsletter ----- Volume 2 ----- Issue 9 ----- September 2010 ----- [www.OC-Hiking.com](http://www.OC-Hiking.com)

## HICKS CANYON TRAIL GOOD FOR BEGINNERS AND THEIR DOGS

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



**OC Hiking Club hike organizer:** Mona Finney of Irvine has been a member of the OC Hiking Club since last summer. A memorable trip to the top of Mt. Washburn prompted her to join the club.

Even with her full-time job managing a dental office, Finney manages to do two to three hikes a week and walks every day at lunch. She is organizing a hike to Hicks Canyon **Trailhead and directions:** To find the Hicks Canyon trail, exit the 5 Freeway at Culver, turn north, continue on Culver until it intersects with View Park and turn left into the first parking lot entrance at Hicks Canyon Park. The trailhead is adjacent to the parking lot.

**Length of the trail in miles and elevation gain:** The trail is approximately 4 miles round trip, with a very slight elevation change.

**Time it takes to do the hike:** This is a good hike for beginners. Depending on the pace of the group, it takes about 1 1/2 hours to complete.

**What to bring and gear needed:** It is always good to bring one liter of water. Hikers can refill water if necessary at two restroom facilities on the trail. Bring snacks such as dried fruit, nuts or power bars. Depending on the season and time of the year you may need a jacket and flashlight.

**Flora, fauna, bushes, trees you might see along the way:** This is one of Irvine's most beautiful and peaceful hiking, biking, jogging and walking trails. You will see giant eucalyptus, carrot wood trees, crepe myrtle, various ground cover flowers such as "freeway daisies" and pampas grasses.

**Animals, reptiles and insects you might encounter along the way:** Hikers often spot bunnies in the spring, lizards in the summer, even red tailed hawks, crows, owls, egrets, robins, and a coyote or two. Coyotes can be seen mostly in the early morning.

**Vistas and special sights:** A vista point at the turn-around spot at Portola Highway is a great place to see beautiful sunsets or the fog moving in from the coast.

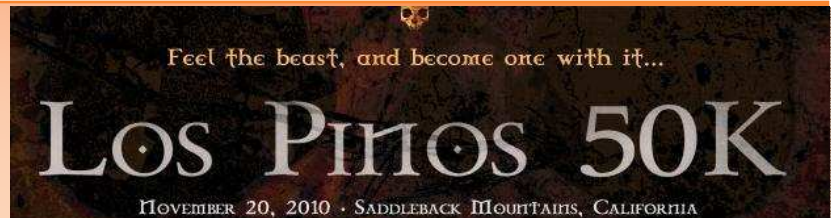
**Dangers along the way:** Always watch out for bicyclists. Sometimes the cyclists forget that they are sharing the trail and fail to slow down.

**Best time of day and time of year to do the hike:** This hike is good for all seasons. On hot summer days it is shady in the late afternoon and fairly well lit for those winter evening hikes. Hikers can choose to walk on the pavement portion of the trail on a rainy day.

**Something notable about the hike:** Dogs are welcome at Hicks Canyon, and hikers are often amused by a flock of wild parrots that perform aerial acrobatics and sing. Many first timers are surprised how peaceful and beautiful the trail is, and will remark that they didn't even know it was there.

Please visit the OCHC Meetup calendar for upcoming Hick's Canyon hike dates.

## Los Pinos 50k (VOLUNTEERS NEEDED!)



OC Hiking Club is sponsoring the Lazy W/Hot Springs Canyon aid station where the bottom of the San Juan Trail starts. **We are in need of ~8+ volunteers** to cheer runners on, hand out drink and food, and provide motivation and inspiration to the runners. The shift is from 7:30-11am. The more volunteers the better!!

After the shift is complete, all volunteers are welcome to come up to Blue Jay Campground and **eat for free** at the post-race BBQ. A **free race t-shirt** is included!

Come out for a morning of fun with other club members and experience the rewards of volunteering.

For more information & to sign up: <http://www.meetup.com/OC-HIKING-com/calendar/14623922/>

## SAVE THE DATE

WHAT: **BACK BAY COASTAL CLEAN UP DAY with PAT V.**

WHEN: Saturday, Sept 25, 2010, 8am-12noon

WHERE: Muth Interpretative Center, Newport Beach. For more info: <http://www.meetup.com/OC-HIKING-com/calendar/14834652/>

## Hiking with Dogs -- Guidelines --

1. Leave no trace. Dispose of waste appropriately.
2. Follow leash law regulations explicitly. Map out regulations areas.
3. Only dog-friendly dogs should be taken on group hikes.
4. Keep dogs on leashes in parking lots before AND after a hike.
5. Keep dogs on a leash once on the trail for at least 1/4 mile to feel out other hikers and conditions even if the trail is ok for dogs off leash. For OCHC events, dogs must remain on leash the entire length of the hike.

## 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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# Great Backpacking Trips for Kids

*Submitted by Glenn Plank, OCHC Member*

Just last Spring I decided to introduce my then 9 year old son to backpacking. Since that time I have taken both my 5 and 10 year old boys backpacking as well as my Cub Scout Webelos Den. My requirements for a good trip with kids involve a fairly short FLAT hike, moderate temps., and water available at the destination which not only reduces the weight that must be carried but also provides entertainment.

Here are a few trips I have done so far with great success:

- **Tenaja Falls and Fishermans Camp in the Cleveland National Forest.** Park at Tenaja Falls trailhead. Take day packs north to the falls and play at the falls, 1.8 miles rt. Return to car and grab backpacks and go 2 miles South to Fisherman's Camp and stay the night. Return via same route. Best done in the spring, permit required.
- **South Lake to Long Lake in the High Sierras outside Bishop.** This is a very scenic hike that starts at South Lake at the Bishop Pass Trailhead. Hike 2 miles to Long Lake and make camp following Leave No Trace principles. Lake is cold but great for dipping your feet or fishing. Permit and bear canister required. Great summer trip.
- **Forsee Creek Trailhead to John's Meadow in San Geronimo Wilderness.** Four miles one way through a very shaded forest. Forsee Creek near camp is great for playing in and getting water. Great summer trip when it is too hot to hike locally. Permit and bear canister required.

Additional details on taking your child backpacking can be found at <http://www.meetup.com/OC-HIKING-com/messages/boards/thread/9124896>



## What our members are saying...

I have been watching the activity level of the Meetup for a while now and am very happy to see how effective it is on getting people outside. What a great service to people to help facilitate and encourage outdoor exercise, something we are not only evolutionarily well suited for but, I believe, that is also critical for our humans mental health.

And every person you help reconnect with nature comes to value it, and becomes more concerned with preserving some of our wonderful natural world for themselves and generations to come.

It is a very special thing you do and the results are far more than the fun and adventures the members have.

Thank you,  
Bruce

We are happy when  
however briefly we  
become one with  
ourselves, others, and  
the world of nature.

- David Cole Gordon,  
writer and naturalist

Check out  
OC Hiking  
Club on  
Facebook!



# BACK BAY EVENT/WORLD ACCESS FOR THE BLIND HIKE

On Saturday, August 21, 2010 OC Hiking Club was honored to hold an event for **World Access for the Blind**. The blind participants used echolocation and mobility skills to hike independently.



## The blind leading the blind – an eye opening experience

By: Suki Reed, President, OC Hiking Club, as published in the OC Register, Sept. 2010

Is it possible for the blind to hike on their own without assistance? Not only is it possible, but they also lead hikes.

By using a technique known as echolocation, similar to what bats use to orient during flight, the blind can easily navigate.

My first thought on hiking four miles with representatives from World Access for the Blind is that OC Hiking Club members would assist them on the hike. Wrong assumption.

Daniel Kish, the group's founder and creator of echolocation, said that the visually impaired hikers would need no assistance and that his mobility coaches, who are also blind, would be assisting our sighted members in a sensory awareness learning experience. It was literally the blind leading the blind.

The hike started out as a friendly walk and chat. The blind navigated the trail easily and without assistance as they told me about their work around the world. Many of the mobility coaches, such as Brian Bushway, get on an airplane and fly unassisted around the world to countries such as Germany, Japan, Bosnia to teach these new skills.

We reached the halfway point in the hike and Bushway, who is a public speaker as well as mobility coach, gave a lesson on how echolocation works. By making a clicking sound with the tongue, a person can judge the distance and size of an obstacle they are approaching.

A fascinated group of 25 hikers shut their eyes and made similar sounds and discovered the world of echolocation. After this brief lesson, the blindfolds and canes were handed out to our hikers and each was assigned a blind mobility coach.

The immediate reaction was nothing short of fear, shock, and laughter at the absurd idea of being blindfolded and walking on the trail.

I admit to sharing the same feelings. With my blindfold and cane, my coach talked and walked me through it. I stepped out onto the trail completely blind, but armed with new echolocation skills.

At first the idea of having someone blind giving me directions was not the least bit comforting. "How can he see, if I'm about to fall into a ditch?" I thought.

After awhile, my fellow blindfolded hikers and I moved forward confidently with the reassuring voices of our nearby mobility coaches.

Soon, a new world without vision began to take shape. Obstacles could be circumvented using echolocation and the cane was useful for finding the edge of the path and dips in the dirt. Listening to the ambient sounds became critical, and nearby friendly voices took on a new and deeper meaning.

I became more comfortable and found myself laughing and enjoying my new senses. I could hear other blindfolded hikers having the same experience.

The best way I can describe our blind leading the blind hike is that it was eye opening.

## == HOW TO REDUCE MEETUP EMAIL ==

### ===== View Email Settings Page =====

\*BY UNCHECKING ALL THE CHECKBOXES ON YOUR EMAIL SETTINGS PAGE, YOU WILL REDUCE EMAIL from OCHC BY 95% (unfortunately Meetup does NOT provide us with the option to turn off 100% of the email). All features of the online calendar and email system are part of meetup.com.

\*Editing your email profile within OC Hiking Club will impact email received from our group only. Therefore, if you wish to reduce email further, you must edit the email settings on every Meetup group you belong to.

### TO EDIT YOUR EMAIL PROFILE

1. Go to your personal Profile page. To find your profile page:

--Click on your photo/name when you RSVP for an event or

--Search the member's page for your name

2. Go to "Edit email settings" which can be found under your bold print name near top of Profile Page. Scroll down to the bottom of the page to - stop receiving Reminder emails. You can also opt out or opt in to other email applications on this page.

### Keep Safe on the Trail – Suggestions from our members

iPhone users – add the Pocket First Aid & CPR app (or similar one) onto the first page of your phone.

Always carry ID. Consider wearing a RoadID with emergency contact and medical info. [www.roadid.com](http://www.roadid.com)

## OCHC EDUCATIONAL SERIES

### Mountain Lions in the OC with Dr. Vickers

**WHAT:** 2010 Educational Series – Dr. Winston Vickers heads the UC Davis Southern California Mountain Lion Project.


Learn more about Mountain Lions in Orange County and what to do should you come across one on the trail.

**WHEN:** November 4, 6:45 PM

**WHERE:** REI - Santa Ana, 1411 South Village Way, Santa Ana, CA 92705

***The 2010 OCHC Educational Series teaches  
you about the great outdoors!***

## 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>

## Interested in Advertising?

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