

## La Jolla Canyon Hike

2/9/05

Henry

**PARKING:** When you park please take envelope provided and fill in your name, license number etc. and enclose money, and tear off the top part of the envelope and display it on your dash board and deposit the envelope with money into the slot provided.

Please refer to the map I am going to pass out for the location of the spot numbers referred to herein. I am sorry the copier was very powerful and printed almost black where contour lines are very close together making it very difficult to read.

**LONG HIKE:** 10.3 miles, 1580 elevation gain. From spot 1 you walk up the main trail toward spot 2. As you approach spot 2 the trail becomes very rugged and steep and after climbing 580 feet you reach spot 2 which is a "Y". Those who are going on the long hike will take the left branch.

Thence you go down to the stream crossing and make a gentle climb of about 120 feet and go down gently to spot 3 where you find an abandoned inclined water tank hidden among the bushes. Here you make a left turn and cross a stream. Trail at this spot is not very well defined and there is no sign so follow the guy who knows the trail. After crossing the stream the trail is very well defined so you have no worry getting lost. You must climb 440 feet and you will see the scenery of the ocean and eventually you reach spot 4, which is a few feet below the saddle. From here you start going down hill till you come to another saddle at spot 5 where you see a very steep trail coming up from the Pacific Coast Highway on the left. Don't go down.

From spot 5 to spot 10 via spots 6, 7, 8, and 9 is more or less a straight line with very little ascent and descent. However depending upon the season sometimes there is a very tall grass-like vegetation taller than you is growing and can't see where you are going so stay on the trail. Between spots 8 and 9 there are picnic tables hidden among the trees on the left side, so this might be a good place to have lunch. Spot 10 is on the saddle where two fairly wide dirt roads cross each other so you make a right turn here. If you go straight you will go down to Sycamore Canyon.

From spot 10 you start climbing the ridge separating La Jolla and Sycamore Canyons. The climb is reasonably gentle and at the top it is almost flat for quite a distance. From spot 10 to 11 is only 220 feet. You have a good view of both canyons from this area. When you start descending you come to spot 12. At this point the main trail swings left and will go down to Sycamore Canyon so be sure and make a right turn and take a slightly rising trail to your right.

After slight rise between spot 12 and 13 it's going to be a continuous downward descent and you will have a good view of the ocean and the parking lot. At spot 13 the trail

makes sweeping turn and gives you a very good view. Likewise, at spot 14. At spot 15 there is a stream crossing

**SHORT HIKE:** 7.3 miles, 1140 feet elevation gain. You go up to spot 2 as in the long hike. At spot 2 you take the right hand branch of the "Y" and continue a gentle climb to the next "Y" at spot 16. You again take the right hand branch of the "Y" and proceed to spot 9 where you join the long hike trail. And continue the way long hike is going to do.



| LONG HIKE |      |           |      |           |
|-----------|------|-----------|------|-----------|
| SPOT      | ELEV | ELEV GAIN | MILE | CUMM MILE |
| 1         | 20   | —         | —    | —         |
| 2         | 580  | 560       | 1.2  | 1.2       |
| 3         | 620  | 120       | .4   | 1.6       |
| 4         | 1060 | 440       | 1.0  | 2.6       |
| 5         | 880  | —         | .8   | 3.4       |
| 6         | 760  | —         | .5   | 3.9       |
| 7         | 800  | 40        | .7   | 4.6       |
| 8         | 740  | —         | .4   | 5.0       |
| 9         | 800  | 60        | .4   | 5.4       |
| 10        | 900  | 100       | .2   | 5.6       |
| 11        | 1120 | 220       | 1.3  | 6.9       |
| 12        | 960  | —         | .7   | 7.6       |
| 13        | 900  | 40        | .6   | 8.2       |
| 14        | 500  | —         | 1.1  | 9.3       |
| 15        | 250  | —         | .6   | 9.9       |
| 1         | 20   | —         | .4   | 10.3      |
| TOT       |      | 1580      |      | 10.3      |

| SHORT HIKE |      |           |      |           |
|------------|------|-----------|------|-----------|
| SPOT       | ELEV | ELEV GAIN | MILE | CUMM MILE |
| 1          | 20   | —         | —    | —         |
| 2          | 580  | 560       | 1.2  | 1.2       |
| 16         | 680  | 100       | .6   | 1.8       |
| 9          | 800  | 120       | .6   | 2.4       |
| 10         | 900  | 100       | .2   | 2.6       |
| 11         | 1120 | 220       | 1.3  | 3.9       |
| 12         | 960  | —         | .7   | 4.6       |
| 13         | 900  | 40        | .6   | 5.2       |
| 14         | 500  | —         | 1.1  | 6.3       |
| 15         | 250  | —         | .6   | 6.9       |
| 1          | 20   | —         | .4   | 7.3       |
| TOT        |      | 1140      |      | 7.3       |

