



Let's Hike, LA!

A beginner's guide to public lands
in Los Angeles County



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INTRODUCTION

Los Angeles (LA) County is one of the few places in the world where you can visit mountains, deserts, and beaches all on the same day.

Parks and public lands promote health and happiness. They offer places of refuge for people to play, relax, and connect with nature and each other. However, these places are not always accessible to the millions of people who call LA County home, especially low-income communities of color. Half of LA County residents don't live within 10 minutes of a park, and most information about public lands is in English.

To help bridge these gaps, we created this beginner's guide with helpful information on visiting public lands in Los Angeles County.

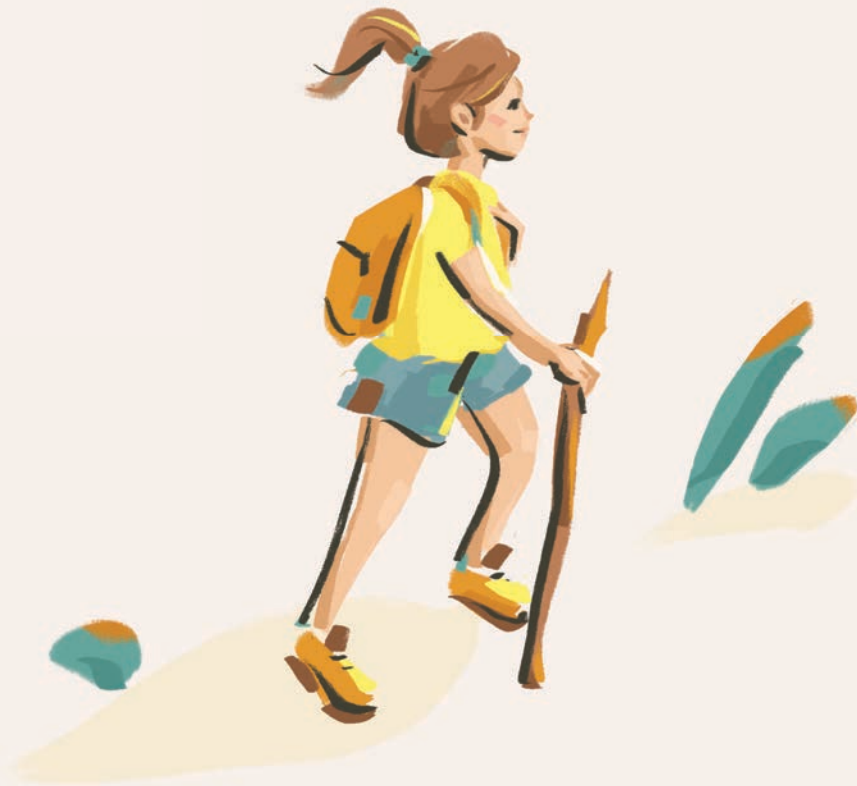
As Asian Americans from the San Gabriel Valley, we love nature and want to make it more accessible for all to enjoy. Public lands belong to all of us, not a select few. We want community members to experience the outdoors and witness the natural beauty of Los Angeles County. We translated this guide into multiple languages commonly spoken in LA County, so people of color can also learn about nature. We hope to connect more people of color to our public lands, and build generations of environmental leaders.

LAND RECOGNITION

The land we inhabit in LA County belongs to Indigenous peoples including the Chumash, Fernandeano Tataviam, Yuhaaviatam/Maarenga'yam, and Tongva people, who still live among us.

We encourage you to support the Indigenous community and the Land Back movement to shift power to Indigenous communities. Donate to and build relationships with Indigenous organizations. You can find a few listed under our list of "Resources" on page 26.

HIKING



PLANNING YOUR HIKE



KNOW YOUR FITNESS LEVEL

Listen to your body. Be aware of your abilities and limits. Always work yourself up instead of doing the hardest trail first.



HIKE WITH OTHERS

It's more enjoyable and you can all look out for one another. If you're hiking solo, let others know your plans ahead of time.

CHECK CONDITIONS BEFOREHAND



Know the season and weather. Although L.A. County has a Mediterranean climate, our mountains can be a different story.

- Will there be snow?
- Will the trail be muddy or closed due to rain?
- Will there be shade during the hike, or will it be entirely sunny?

Consider hiking strenuous trails when temperatures are mild.

Check conditions with the managing agency before going, especially after wildfires or storms.

WHAT TO BRING

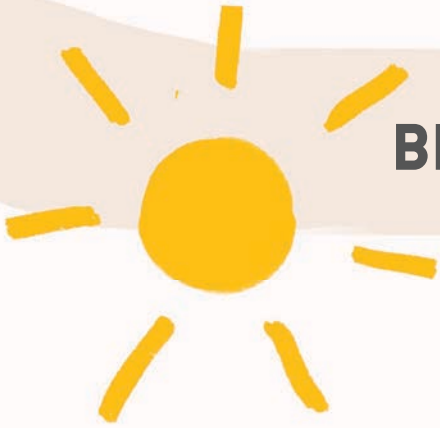
Nine items you should bring on a beginner's hike



1. Appropriate Shoes
2. Map/Trail App
3. Drinking Water
4. Energizing Food
5. Clothing Layers

6. Sun Protection
7. Whistle for Safety
8. First Aid Kit
9. Backpack

ETIQUETTE & SAFETY



BEFORE YOU HEAD OUT

- Review trail conditions and weather.
- Tell a friend where you're going and how long you'll be out.
- Ensure you have all your hiking essentials.

AT THE TRAILHEAD

- Secure your vehicle and belongings.
- Display any required passes or permits.
- Use the restroom before your hike.



NATURE ACTIVITIES

anyone can do

1 SKETCH A SCENE

Bring a sketchpad and pencils, pens, or markers to capture the beauty of nature. It'll help you notice details you didn't notice before!



2 IDENTIFY NATIVE SPECIES

Bring a guide to see how many native species are on your trail. We have a few to get you started on page 13!

ON THE TRAIL



- 1 Stay on the Trail.** Most trails are regularly maintained. Protect yourself and the ecosystem by staying on trails.
- 2 Stay Hydrated.** Drink water before and while hiking.
- 3 Pack in, Pack Out.** Everything you bring should leave with you. Don't litter.
- 4 Respect Wildlife.** Observe from a distance and be aware of your surroundings.
- 5 Leave it Be.** Appreciate nature by not taking it home with you. Take a picture instead.
- 6 Turn Around If You Have To.** If weather conditions worsen or you are having trouble continuing your hike, turn around. You can always hike another day.
- 7 Respect Others.** Give each other enough space to hike and pass. Keep your noise level low.

BIKING



RULES OF THE ROAD

In addition to hiking trails, there are roads and trails for bicyclists. Bicyclists are considered roadway users in California, so we must follow the rules of the road.



1 **Where to Ride.** Ride on designated bike lanes, trails, and roadways. Ride to the right side of the road when most practicable.

2 **Ride with Traffic.** Ride with the flow of traffic, i.e. not in the opposite direction.

3 **Helmet.** Anyone ages 17 and younger must wear a helmet while biking. We recommend helmet use for everyone, regardless of age.

4 **Lights.** Front and rear reflectors are required on all bikes. When riding at night, a white front and rear red light are required.

TRAIL BIKING ETIQUETTE



- Know who has the right of way: horses, hikers, bikers
- Pass on the left
- When biking downhill, yield to people going uphill
- Keep your speed in check
- Announce yourself when approaching hikers from behind or rounding corners

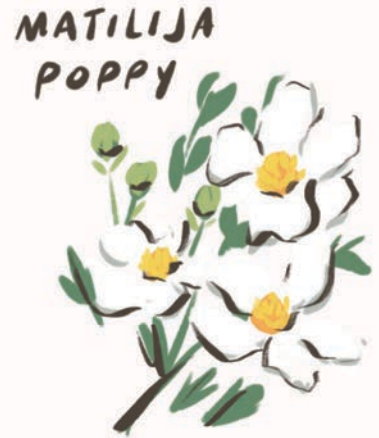
Note on Electric Bikes

Electric bikes are allowed on most but not all roadways. Check each park's rules before riding. The National Park Service and US Forest Service allow e-bikes on roadways, but not on trails or sidewalks (even on manual mode!).

NATIVE SPECIES



PLANTS



TREES



SYCAMORE



PONDEROSA
PINE



CALIFORNIA
BLACK
WALNUT



CALIFORNIA
COASTAL OAK



ANIMALS



BIGHORN SHEEP



STRIPED SKUNK



CALIFORNIA GROUND SQUIRREL



BLACK BEAR



MOUNTAIN LION

WESTERN FENCE LIZARD



MULE DEER

COYOTE



NORTHERN RACCOON



WESTERN RATTLESNAKE



BIRDS



RED-TAILED
HAWK



COOPER'S HAWK



ALLEN'S
HUMMING-
BIRD



MOURNING
DOVE



GREAT HORNED OWL



ANNA'S
HUMMING-
BIRD



GREAT BLUE HERON



SCRUB JAY



CALIFORNIA
TOWHEE



BUSHTIT

INSECTS & SPIDERS

GREEN
FRUIT
BEE



LADYBUG



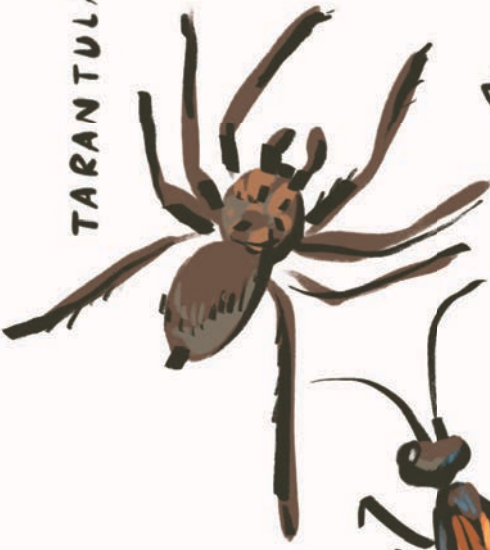
STINK
BEE



MONARCH BUTTERFLY



TARANTULA



HAWKWASP



VALLEY
CARPENTER
BEE



GREEN DARNER
DRAGONFLY

GRAYBIRD GRASSHOPPER



BROWN
WIDOW
SPIDER



HIKING TRAILS





SAN GABRIEL MOUNTAINS NATIONAL MONUMENT

The San Gabriel Mountains represent 70% of LA County's open space and provide 30% of our drinking water. The mountains have been inhabited by the indigenous Gabrielino-Tongva people for thousands of years. Bordering the north end of the San Gabriel Valley, the San Gabriel Mountains are majestic lands containing some of the greatest biodiversity in the country.



Old San Gabriel Canyon Road Trail

At the height of mining operations in the San Gabriel Mountains, a road was built. Now it's an accessible trail along chaparral and the San Gabriel River.

- **Address:** 100 N. Old San Gabriel Canyon Road, Azusa, CA 91702
- **Length:** 2.8 miles (out and back)
- **Amenities:** Restrooms, free parking, picnic tables

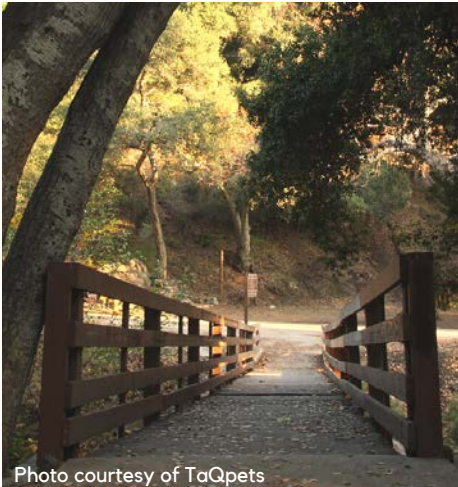


Photo courtesy of TaQpets

Big Dalton Canyon Trail

Located within the Big Dalton Canyon Wilderness Park, this is a family-friendly trail known for spring wildflowers. It also runs along a stream.

- **Address:** 2041 Big Dalton Canyon Road, Glendora, CA 91741
- **Length:** 2.6 miles (out and back)
- **Amenities:** Restrooms, free parking, picnic tables, bike rack, dogs on leash allowed



Photo courtesy of Al Pavangkanan

Eaton Canyon Trail

Eaton Canyon is a popular park with a nature center and a waterfall trail. If you're lucky, you may see an owl in the oak trees.

- **Address:** 1750 N. Altadena Drive, Pasadena, CA 91001
- **Length:** 4.4 miles (out and back)
- **Amenities:** Restrooms, free parking, picnic tables, bike rack, water fountains, visitor and nature center, dogs on leash allowed

SANTA MONICA MOUNTAINS NATIONAL RECREATION AREA

The Santa Monica Mountains are a coastal range along the west coast of Los Angeles County that overlooks the Pacific Ocean. The mountain range was an important trade route and home to the Chumash and Tongva peoples. Currently, it's one of the most visited natural areas in Southern California due to its proximity to Downtown Los Angeles and coastal cities.



Paramount Ranch Perimeter Loop

As the National Park Service's only site dedicated to interpreting American film history, this site offers Western movie sets you can explore. Bring a hat since the trail is not shaded.

- **Address:** 2903 Cornell Road, Agoura Hills, CA 91301
- **Length:** 2.1 miles (loop)
- **Amenities:** Restrooms, parking pass required, bike rack, picnic tables



Point Dume Trail

Located within the Point Dume Natural Preserve, this trail offers coastline views from the bluffs. Seasonally, you can spot whales migrating along the coast.

- **Address:** 27807 Pacific Coast Highway, Malibu, CA 90265
- **Length:** 1.4 miles (loop)
- **Amenities:** Restrooms, paid parking, picnic benches, dogs not allowed



Solstice Canyon Trail

This trail runs along a flowing creek in a wide canyon and features a waterfall. It ends at the ruins of Roberts Ranch House, built in 1952.

- **Address:** Corral Canyon Road and Solstice Canyon Road, Malibu, CA 90265
- **Length:** 2.6 miles (out and back)
- **Amenities:** Restrooms, limited parking, water fountain, dogs on leash allowed

FURTHER EXPLORATION



MORE PUBLIC LANDS

Here are more local parks and recreation areas to explore in Los Angeles County.

El Dorado Regional Park, *Long Beach*

Ernest E. Debs Regional Park, *Los Angeles*

Franklin Canyon Park, *Beverly Hills*

Griffith Park, *Los Angeles*

Kenneth Hahn State Park, *Los Angeles*

Los Angeles State Historic Park, *Los Angeles*

Verdugo Mountains Open Space Preserve, *Glendale*

San Gabriel Valley

East Fork of San Gabriel River, *Angeles National Forest*

Frank G. Bonelli Regional Park, *San Dimas*

Peck Road Water Conservation Park, *Arcadia*

Puente Hills Preserve, *Puente Hills*

Santa Fe Dam Recreation Area, *Irwindale*

Whittier Narrows Recreation Area, *South El Monte*



RESOURCES

Indigenous Organizations

California Native Vote Project
Haramokngna American Indian Cultural Center
Natives 4 Nature

Government Agencies

National Park Service - Santa Monica Mountains
US Forest Service - Angeles National Forest
Los Angeles County Parks and Recreation

Local Conservation and Environmental Justice

Active San Gabriel Valley
Asian Pacific Islander Forward Movement
East Yard Communities for Environmental Justice
National Parks Conservation Association
Nature For All
Pacoima Beautiful
Sierra Club - Los Angeles Chapter

Hiking Trails

All Trails
Modern Hiker
Nobody Hikes LA

Bicycling

Los Angeles Bicycle Coalition
Mount Wilson Bicycling Association

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To learn more about NPCA, please visit the website: <https://www.NPCA.org>

Follow us on Instagram

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