

SATURDAY, OCTOBER 3, 2009 – 9:00 AM – KEN MALLOY HARBOR REGIONAL PARK, WILMINGTON

Meet in the southern set of parking lots (where there are rest rooms.) Enter the park from West Anaheim Street just EAST of the intersection of Vermont Avenue, Anaheim Street, Gaffey Street, and Palos Verdes Drive North in south LA/ Harbor City, Wilmington (Thomas [LA] p. 794, E6). The park's official address is 25820 Vermont Avenue, Wilmington 90744. This is the northwest corner of the park, opposite Kaiser Hospital.

From the Harbor Freeway (110), exit on Pacific Coast Highway (Highway 1) and go west on Pacific Coast Highway a few blocks to Vermont. Turn left (south) and go to Anaheim Street. Then turn left (east) and go a short distance to the park entrance on your left. Meet in the second parking lot, which is closer to the rest rooms.

The major feature of this urban park is Lake Machado, which is the largest natural lake in southern Los Angeles County. It is a remnant of the Los Angeles River and has lots of birds and other wildlife. Our 2-3 mile walk around the south and west sides of the lake will be easy. Bring closed walking shoes, a hat, a snack/water and sunscreen. PLEASE BE ON TIME. There is more than one way to go and you may not find us if you are too late.

If there is interest and time permits, we can drive to and walk through the much smaller Bixby Marshland, a newly opened water reclamation project in Carson (24045 Figueroa Street) 90745. This park closes at noon.

Lunch can be at a good Italian restaurant or the Alpine Village Inn Restaurant in Torrance, or a popular Chinese restaurant in Carson, or who knows?

Serious rain cancels, but drizzle is OK. For more details, call Stephanie at (323) 299-3244. On the day of the walk only, call her cell phone at (323) 376-6205.

SATURDAY, OCTOBER 10, 2009 – 9:00 AM – No one has volunteered to do a walk on this date. If you would like to lead a walk on October 10, please notify Morris or Rosie (see masthead for phone numbers or use the Footloose email address) as soon as possible and we will disseminate the information as best we can.

SATURDAY, OCTOBER 17, 2009– 9:00 AM – LAKE HOLLYWOOD

Hooray! Lake Hollywood is finally open again. We will meet at its entrance. (Thomas [LA] p. 563, E7).

From the 101 Freeway in either direction, exit on Barham Blvd. Go north about ¼ mile and turn right on Lake Hollywood Road. Follow the twisty road first uphill and then downhill to Lake Hollywood. Park on either side of the street as close to the lake entrance as possible. Walk to the entrance and meet us there.

Come and listen to the quiet (except for the chirping of birds) and join us for a beautiful walk at Lake Hollywood. We will walk for about three to four miles with some gradual inclines. There is one Andy Gump potty stop about fifteen minutes from the start of the walk. We will include some yoga breathing and stretches at the start of the walk if you wish.

We will have lunch at Mo's in Toluca Lake.

Rain cancels. For more information, call Fran at (818) 763-5662.

SATURDAY, OCTOBER 24, 2009 – 9:00 AM – OCCIDENTAL COLLEGE, EAGLE ROCK

Meet at the southwest corner of Yosemite and La Roda, at the Yosemite Recreation Center, 1840 Yosemite Drive, Eagle Rock (Thomas [LA] p.565, A6).

From the eastbound 134 Freeway use the Harvey Drive exit (9B), turn right onto Harvey Drive and left on East Wilson. East Wilson becomes West Broadway, which becomes Colorado Blvd. Go about 0.7 miles on Colorado to Eagle Rock Blvd. Turn right on Eagle Rock then left on Yosemite and go about 0.4 miles to 1840.

From points east, go west on the 134 Freeway to Figueroa, go south on Figueroa to Colorado and turn left on Eagle Rock. Then turn left on Yosemite and continue as above.

There is a small parking lot on the west side of the recreation center. You may park there or on the street.

On our way to Occidental College, we will walk on residential streets, with the liquid amber trees creating a fall ambience. This is homecoming weekend at Occidental, and Rosie will regale us with Oxy lore. There will be some hills.

After the walk, we will lunch at a local restaurant.

Rain or temperatures over 90° cancel. For more information, call Rosie at (323) 256-9935.

SATURDAY, OCTOBER 31, 2009 – 8:30 AM – CLAREMONT BY TRAIN

Note the slightly earlier than usual starting time. This is because of the train schedule. We will meet at Union Station at the Metrolink ticket booth (Thomas [LA] p. 634 G/H 3). You may use the MTA Building subterranean parking for \$6.00 all day. The Terminal Annex Building parking is \$7/day and is across the street (Cesar Chavez) north of Union Station. Parking at Union Station is possible, but in our opinion, prohibitively expensive. The train leaves Union station at 9:00 AM and arrives in Claremont at 9:51 AM for a pleasant 51 minute ride through the San Gabriel and Pomona Valleys. The fare for seniors is \$7.50 round trip.

Those of you who don't want to take the train but want to join us in Claremont may drive to Claremont and meet us at the train station at 9:51. To get there by car, you may take the 210 Freeway to Towne Avenue in Claremont. Go south (right) on Towne to Bonita, turn left on Bonita and then turn right on Harvard, ending at the station. An alternate route is to take the 10 Freeway and exit at Indian Hill Boulevard. Go north on Indian Hill to Bonita, turn right and follow the directions as above. The Thomas Guide coordinates are page 601, D4.

We will begin our walk at the train station, which is a pretty little depot done in Spanish Colonial Revival style and is hopefully open. The station is right at the south end of the business district on Harvard and First Street, so when you get off the train you are right where you want to be. We will walk through the business district and residential neighborhoods. Claremont is a college town and has a bit of a New England look to it. Most of you are familiar with this community as we have walked before.

The train back to Union Station leaves Claremont at 2:14 PM and arrives at Union Station at 3:10 PM, which gives us time for a leisurely lunch. If you must leave earlier, there is a train which leaves at 1:09 PM and arrives at Union Station at 2:05 PM.

For more information, call Herb or Lisa at (310) 978-9532.

SATURDAY, NOVEMBER 7, 2009 – 9:00 AM – RANCHO PALOS VERDES

Meet in front of the Point Vicente Interpretive Center Building, 31501 Palos Verdes Drive West, Rancho Palos Verdes 90275 (Thomas [LA] p. 822, F4).

From the 405 Freeway go south to Hawthorne Blvd. and go south to the end of Hawthorne. Turn left to Palos Verdes Drive West and then right into the Point Vicente Interpretive Center.

From the southbound 110 Freeway, exit on Gaffey and go south. Turn right on 25th Street and go west. 25th becomes Palos Verdes Drive South. Watch for the Point Vicente Interpretive Center on your left and turn into the center. If you see the Golden Grove Shopping Center, you went too far.

An alternate route is to take the southbound 110 Freeway to the Anaheim exit. Turn left on Figueroa and then right on Anaheim. To west to the 5 point intersection and turn left onto Palos Verdes Drive NORTH (not Gaffey). Turn left on Crenshaw then turn right on Crest Road. Turn left on Hawthorne and follow the directions as above.

From the northbound 405, go to the 110 Freeway south (toward San Pedro) and follow either of the two directions above.

Restrooms at the Interpretive Center open at 10:00 AM. You can also use the restrooms at Ralphs Supermarket, which is on the west side of Hawthorne and Crest Road. This is about five minutes from the Interpretive Center. This opens at 6:00 AM. You may also have breakfast there and buy a picnic lunch. The food section opens at 7:00 AM.

Another alternative, if you are coming along Gaffey is to stop for restroom, breakfast and picnic lunch at the Sandwich Saloon, which is at 813 South Gaffey, on the west side of the street between 8th and 9th. This opens at 7:30 AM.

You may bring an ice chest for your lunch or eat at one of the restaurants in the area.

We will walk on the walking path around the Interpretive Center and resort and return to have a picnic lunch at the center, or if you wish, eat at a nearby restaurant.

On our walk, we will view the Point Vicente Lighthouse, the former Marineland grounds (which is now the Terranea Resort), parks, beaches, swimming pools, golf course in the making, scenic ocean vistas, and lovely homes. Bring your camera and capture the beautiful scenic views of the area.

Before going home, you may browse the exhibits at the museum and gift shop on the grounds of the Interpretive Center.

Rain cancels. For more information, call Sally at (310) 515-7474.

SATURDAY, NOVEMBER 14, 2009 – 9:00 AM – FRANKLIN CANYON

Meet at the Sooky Goldman Nature Center in Franklin Canyon Park (Thomas [LA] p. 562, E7). The address is 2600 Franklin Canyon Drive, Beverly Hills 90210. The phone number is (310) 858-7272.

From the 101 Freeway, exit on Coldwater Canyon Blvd. and go south past Ventura Blvd. There is a stoplight at Mulholland. The Tree People is on the left, and Franklin Canyon Road is just past Mulholland on your right. This intersection is not marked with a sign. Turn right on Franklin Canyon Road and go about 0.5 to 1.0 mile to the first stop sign. This stop sign is photo enforced, so if you don't stop, it may cost you. Just after the stop sign, turn left into the parking lot. After parking, go to the kiosk and follow the trail up to the Sooky Goldman Nature Center at the top of the hill. A nature display and restrooms are available here.

In Beverly Hills, take either Sunset or Wilshire to Beverly Drive. Go north on Beverly Drive, which soon becomes Coldwater Canyon. Continue on Coldwater Canyon to Franklin Canyon Road just before Mulholland. Turn left and follow the directions as above.

Colorful Franklin Canyon was recently featured on Huell Howser's program. We will have a docent, which will enhance our exploration of the park. **Please bring a sack lunch.**

For more information about Franklin Canyon Park, their web site is <http://www.lamountains.com/parks.asp?parkid=14>.

For more information about the walk, call Stephanie at (818) 787-0501.

SATURDAY, NOVEMBER 21, 2009--9:00 AM—PASADENA

Meet at the parking garage of Macy's store in Pasadena (Thomas [LA] p. 566. A5). We will wait at the Border's bookstore terrace, where there are chairs and a bathroom inside the store.

From the eastbound 118 Freeway, go until it ends at the 210 Freeway. Merge with the 210 and continue until Lake Avenue in Pasadena. Turn right on Lake and continue south until you reach Macy's parking garage.

From the eastbound 134 Freeway, continue until it merges with the 210, continue on the 210 until Lake, and then continue as above.

From the northbound 110, continue until it ends at the Arroyo Parkway. Continue on Arroyo Parkway to California Avenue. Turn right and continue until Hudson Street, one block before Lake. Turn left on Hudson and go into the garage, about one block away on your right. Park and walk to the front garage entrance on Lake. Border's bookstore is at the right of the garage entrance.

We will walk about three miles in the residential area of Pasadena and then walk through Cal Tech's beautiful campus. We will return to Lake Avenue and eat lunch at Burger Continental.

Rain cancels. For more information, call Nora at (626) 792-6091.

SATURDAY, NOVEMBER 28, 2009 – No walk today. Enjoy your Thanksgiving weekend.

SATURDAY, DECEMBER 5, 2009 – 9:00 AM FARMERS MARKET/THE GROVE HOLIDAY WALK

Meet in front of the Pan Pacific Auditorium, which is right next to Pan Pacific Park, 7600 Beverly Blvd., Los Angeles.

From the 405 Freeway in either direction, take the eastbound 10 Freeway, exit on Fairfax Avenue, go north on Fairfax to Beverly and turn right. Pass the post office, Grove Drive, and Curson. There is a light on Curson. The park entrance is right after the light on your right. Parking here is free and restrooms are available.

Our walk is pretty much flat walking for about 3.5-4.0 miles. It will include a little variety of the area – some shopping areas, popular restaurants, residential areas, and park areas. After our walk, we can

decide whether to eat at the Farmers Market or at one of the restaurants in the Grove. Both the Farmers Market and the Grove will be beautifully decorated for the holidays, and shopping is available.

For more information, call Beverly at home in the evening at (818) 848-4653, or on the day of the walk call at (818) 269-8679.

Rain cancels.

SATURDAY, DECEMBER 12, 2009 - 9:00 AM – SOUTH PASADENA

Meet at my house, 1724 Oak Street, South Pasadena, for a Holiday Walk and potluck lunch (Thomas [LA] p. 595, H3)

From northbound 110, exit on Fair Oaks in South Pasadena. Turn right and drive south on Fair Oaks to Oak Street. Turn left on Oak and go one block to 1724, on your left. Park on either side of the street.

From eastbound 134k exit on Orange Grove. Turn right and go south on Orange Grove to Columbia Street. Turn left and go to Fair Oaks Avenue. Turn right and follow the directions as above.

From eastbound 210, take the southbound 2, drive south to the eastbound 134 and follow the directions as above.

From Arcadia and points east, take Huntington Drive west to Fair Oaks. Turn right on Fair Oaks and go north about three blocks to Oak Street. Turn right and go one block to 1724.

We will be walking 2.5 to 3.0 miles in the residential area of South Pasadena. Restrooms are available enroute. We plan to stop and observe the construction of the South Pasadena Rose Parade float. We will return to my house for the potluck. I will provide lasagna (regular and veggie) and drinks. Please bring salads, desserts, or appetizers.

Rain cancels the walk, but not the potluck. If it rains, the potluck will start at 11:30 AM.

For more information, please call Madalynne at (626) 799-5438 or email mjwardlow@gmail.com.

SATURDAY, DECEMBER 19, 2009 – 9:00 AM - OLD TOWN PASADENA

Meet in the parking lot of Ralphs Market, Colorado Blvd. and Terrace Drive

The market manager has given us permission to park for 3 hours alongside the building on the Green Street side. (Thomas [LA] p. 565, G5).

From the eastbound 134, exit at Colorado/Orange Grove. Go one long block on Colorado to Ralphs Market on your right.

From the eastbound 210, exit at the Colorado Blvd. exit. Go two long blocks on St. John Avenue, turn right on Colorado and go ½ block to Ralphs Market on your left.

From the westbound 210, exit at Fair Oaks South, turn left on Fair Oaks, go five blocks and turn right on Colorado. Go 4½ blocks to Ralphs Market on your left.

From the northbound 110, continue north on Arroyo Parkway after the freeway ends. Turn left on Colorado and go 6½ blocks to Ralphs Market on your left.

We will walk approximately four miles on paved streets, ending at Paseo Colorado, Stats' Christmas Display and Old Town Pasadena. We will have lunch at one of the many restaurants in Old Town.

Our parking space is across the street from the Norton Simon Museum. Those who wish to visit the museum may do so after lunch.

Rain cancels. For more information, call Myrna at (818) 769-6098.

SATURDAY, DECEMBER 26, 2009 -- No walk today. Have a very Merry Christmas.

SATURDAY, JANUARY 2, 2010 – No walk today. Make the coming year be the best one ever. We will resume our walks next week.