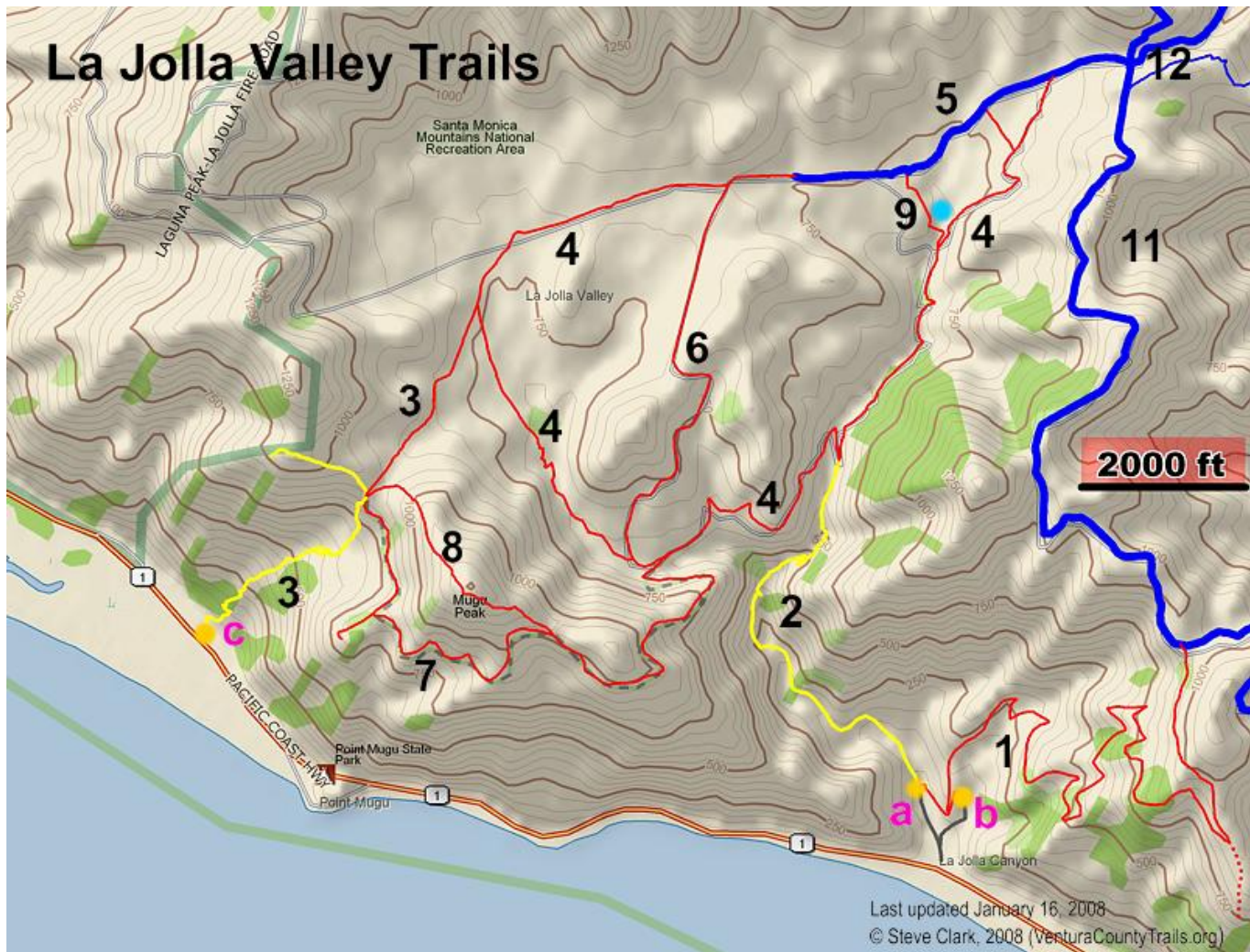


ES&P 400 All Day Trip to La Jolla Valley

We will go out to La Jolla Valley on **Friday, 14 February**. Because of the distance involved, we need to leave Long Beach by **8 a.m.** The bus will meet us in **Lot 14**, just like last time. We should be back by 6 p.m.

We will go along PCH to Point Mugu State Park west of Malibu to the La Jolla Canyon trailhead. On this map, it's the yellow dot labelled "a." We'll use the La Jolla Canyon Trail (# 2) northwest into the valley and then take the La Jolla Valley Loop Trail (#4) west to get to our field areas near the top of the Chumash Trail (#3). The La Jolla Canyon Trail is a single-file trail with good footing, which climbs 600 feet over 1.2 miles. It is a moderately strenuous hike, but it is nowhere near as tough as the Chumash Trail (900 feet in a little over half a mile, with treacherous footing).



What You'll Need:

- good, well broken-in, covered shoes or boots with lugs or treads and thick, soft socks
- long pants (you'll get scratched up badly in shorts): these will get filthy
- be prepared for changeable weather: layers you can add and peel as needed (ditto with the dirt)
- clipboard, notebook, and a couple pens/pencils
- smartphone or a tablet, if you have one (you can access the Palos Verdes online key at <http://www.csulb.edu/geography/PV/>, which works pretty well here, too, or Calflora at <http://www.calflora.org> or CalPhotos at <http://calphotos.berkeley.edu>)

- if you have an Android smartphone, you might want to install a GPS "app" – GPS Status is a professional level one (<http://www.gpsstatus.com>)
- cell coverage is spotty but available here and there in La Jolla Valley for AT&T, Verizon, and Sprint (roaming), but less so for T-Mobile or MetroPCS. Verizon has a tower near the LJC Trail.
- backpack or cloth grocery bag to hold food, water, and "stuff"
- at least 1 liter of water
- lunch: compact, non-messy, high-energy food that doesn't need to be kept cold (energy bars, trail mix, nuts, crackers, rice cakes, chips, fruit, dried fruit, and a bag to schlep out your trash)
- hat, sunglasses, and SPF (4-8 if you're dark complected; 8-15 if you're medium; ≥ 15 if you're light)
- any medications or inhalers you think you may need
- there are no "facilities" up there (there is allegedly an outhouse in the eastern valley in a primitive campground about a mile away, about where the #5 is printed): bring toilet/tissue paper and an airtight plastic bag (doggie waste bags are probably better than Baggies) to haul "anything" out

In the Event of an Emergency out there:

The nearest hospital is *St Johns Regional Medical Center*

1600 N. Rose Ave. (N on PCH into Oxnard, turn R onto Rose Ave., follow it nearly to the 101)
 Oxnard, CA 93030 (805) 988-2500

