

La Jolla Canyon Hike
Henry Ito
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You take Pacific Coast Highway to Ventura County and after a few miles after you cross the county line, you will see the La Jolla Canyon parking lot on your right. I recall sometimes they charged parking fee and sometimes they didn't.

Main Hike:

The main hike starts from Spot 1 and goes thru Spots 2, 3, 4, 5, 6, 7, 8, 9, 10, 2, and 1. These spots are identified on the map I am going to pass out on January 7 and January 14. The loop is 7.2 miles and the highest elevation reached is 1060 feet with minor ups and downs in addition to it.

You start from Spot 1, which is in the north end of the parking lot near the bathroom. Thence you walk almost horizontal road for about 1 mile and then you come to a steep and rugged climb to Spot 2, which is 580 ft. elevation. Here there is a "Y" and you take the right fork and you proceed on a gentle climb to another "Y" at Spot 3. You take the left fork and proceed and you will see the famous pond on your right. Soon you will come to a "T" at Spot 4. Those who are taking option 1 will join the main loop here.

At Spot 4 turn left and travel on a horizontal trail and go to Spot 5. If you go straight you go to Spot 10. So don't go straight. Turn 45 degrees to your right and keep on going horizontally. At Spot 6 I was unable to identify the area in two of my previous hikes because of real tall grass-like vegetation and couldn't tell where we were going. Anyway if you could see a branch take the right hand branch. Hope you find the correct trail.

After leaving Spot 6 and as you approach Spot 7 you see a tall mountain rising on your left. If you are taking Option 2 you may climb there. Otherwise proceed to Spot 7. There is supposed to be a real steep trail going down to the ocean at Spot 7 but I did not see such trail last time. Anyway you proceed on the trail to the side of the mountain and soon will come to saddle at Spot 8. Continue going till you come to a place slightly below saddle at Spot 9. This is the highest point on the main trail and it is 1060 feet high.

From Spot 9 you continue going east more or less horizontally and then round the ridge and go down kind of a steep trail down to the stream at Spot 10 where you see the abandoned inclined water tank. From Spot 10 turn right and go more or less horizontally to Spot 2 where you first came up. From there you go down the way you came up to Spot 1.

Option 1:

Those of you who think the hike is too easy may go east from the parking lot and climb up the Overlook Trail, which is on the ridge between La Jolla Canyon and Sycamore Canyon. The elevation of the ridge is about 1100 feet and you have to travel about 4 miles, which is about 2 miles farther than the main trail, to reach Spot 4. Probably you guys will catch up with the slow poke on the main hike.

Option 2:

From near Spot 7 you may climb Mugu Peak and come down and join the main hike at Spot 9. There is no established trail going up or down and is very steep. You may have to slide down on your butts at some of the area. This climb is about $1266 - 800 = 466$ feet.

Good Luck, Henry



SPOT	ELEV	MILE	CUMM MILE
1	20	—	0
2	580	1.4	1.4
3	680	0.6	2.0
4	720	0.2	2.2
5	800	0.4	2.6
6	760	0.7	3.3
7	880	0.5	3.8
8	840	0.3	4.1
9	1060	0.5	4.6
10	620	1.0	5.6
2	580	0.4	6.0
1	20	1.2	7.2

HENRY
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