

696

Hike Leader: George Thomas

Date: 4 February 2004 @ 9:30

Where: Griffith Park

This is the hike featured in the first LA Times Outdoors section several weeks ago. I hope we can keep on the listed trail. If anyone wants to "RUN" the hike, they can go around twice. I hope to get to the Ranger Station to see if they have any detailed maps

Difficulty: Not too tough.

How: Take the Zoo Drive exit off Interstate 5. Park at the Autry (10 a.m. to 5 p.m. daily except Monday). Do your stretching in the courtyard, then trot out on the trail that cuts across the lawn to the south. This run can be perhaps 95% on dirt -- postpone that hip replacement -- if you stick to the footpath along Crystal Springs Drive. Stay with the group, as some parts are remote. At the ranger station, turn right onto Griffith Park Drive and climb the steep fire road (Old Zoo Trail), edging high and to the north as it forks. Beneath Amir's Garden, the road becomes Mineral Wells Trail. Slalom through the single men standing around for no apparent reason, cross Griffith Park Drive just north of the recycling center and trudge up Skyline Trail, turning south at the ridge. At the bottom of the hill, use the equestrian tunnels to pass under the street and then loop back to the Autry.

Tip: The Autry's Golden Spur Cafe and the zoo's coffee shops are excellent for post run rehydration, relaxation, and rumination