



*Local Treks*



*Griffith Park*

## Griffith Park:

(West Observatory Trail)

### DETAILS:

DIFFICULTY: Easy, .

DISTANCE: Between ~ 2-4 miles (depending on route or additional trails explored)

TIME: 1 to 3 hours

ELEVATION GAIN: 580' to the observatory (up to 1200' if exploring nearby peaks)

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### WHERE TO MEET:



#### The Trails Cafe

- Find us around The Trails Cafe. An easy place to spot as you drive into the park, about half a mile up Fern Dell Dr. from Los Feliz.

They open at 8am to pick up any last minute snacks or coffee.

We will end up back here after the hike too.

## PARKING:

- In Google Maps: look up [“The Trails Cafe”](#) in Griffith Park.

...Or...

- Address: 2333 Fern Dell Dr. Los Angeles, CA 90068

There's usually plenty parking on the street, but if parking is crowded, drive up the hill a little further and there's a parking lot.

## Trail head:

- West Observatory Trail. Directly across the road from The Trails Cafe

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## THE PLAN:

This is a super easy hike in wide dirt roads. Only a couple of gentle steep inclines within the first quarter to half mile in.

There are a number of trails which split off, most trails have signs, and many trails split off and re-connect, so there's plenty of opportunities to branch off and explore the trails.

Our plan will follow the West Observatory Trail up to the Observatory. From there, we can decide whether or not to continue on up to Mount Hollywood, or loop back down via the “West Loop Trail”, or simply return the way we came up.

## Ascent Route:

- West Observatory Trail (580' gain, 1 mile, 30 minutes)

## Additional Option:

- Mount Hollywood Trail

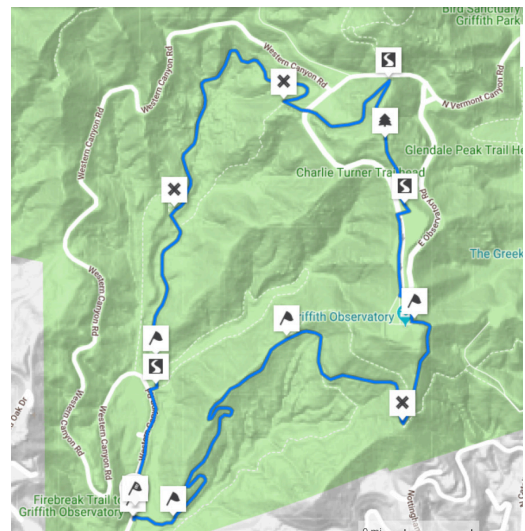
(Additional 600' gain, 1.3 miles, 45 minutes)

## Descent Route 1:

- West Loop Trail

## Descent Route 2:

- West Observatory Trail (Return the way we came)



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# CHECKLIST

(T1D items in Red)

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## GEAR:

### Footwear:

- Trail Runners (PERFECT)
  - Road Running shoes (GREAT)
  - Hiking Boots (OK ... but might be overkill for this type of trail)
  - Light-weight socks
- (Teva sandals are OK for this trail too)

### Sun Protection:

- Hat (cap or wide brim hat)
- Sunscreen (SPF 30+)
- Chapstick or Carmex
- Buff / Bandanna (optional)
- Sunglasses

### Pocket Calories:

- Trail treats... Things that can fit in your pockets but won't melt: ([more ideas here](#))
- Energy Gels
- Starburst
- Tic Tacs
- Whatever you bring on a race... bring that!

### Clothing:

- Sports shirt (moisture wicking) ... you might get sweaty
- Shorts (or convertible hiking pants)

### Trekking Poles:

- Not a requirement, (optional)

### Glucose Monitoring:

- Glucose meter + strips
  - CGM
- (Some trusted method to check blood glucose)
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# WHAT GOES IN THE PACK:

(T1D items in Red)

## Capacity/Size:

- Small... 10 liters to 13 liters will be fine. (Any larger will be overkill)
- A running vest also works if you want to go fast and light (just minimize contents to bare minimum)

## Water:

- 1 liter will be plenty
- A 20 bottle of Gatorade (full sugar) can take care of most your water and glucose needs.

## Food:

- Bring a light snack like an apple or a granola bar.
- (optional extras) like trail mix or cookies .... but keep it small
- Pack a couple extra emergency glucose items, like gels, glucose tabs, or candy that won't melt in your pack.

## Layers:

- light weight long sleeve (in case it's cold and windy)

You can make all the clothing decisions at the trail head before the hike.

## Other Pack Optional Items:

- Camera
- backup Glucose meter + strips
- backup CGM

At least 1 person in the party will carry:

- First Aid Kit (small)
  - Blister Treatment
  - Phone
  - Map
  - Emergency glucose
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## OTHER NOTES:

On the weekends, Parking fills up pretty quick at the trail head. If you arrive at the trail head at 9am, theres usually more parking up the hill a bit further at the lot. You just have to walk an extra 2 minutes downhill to the trail head.

There's porta potties at the trail head, and full restrooms at the observatory parking lot.

After returning to the trail head, we can stop in at The Trails Cafe for a snack, refreshments, cookies or pie (if running low)



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