



Los Liones Trail:

(Los Leones Canyon)

DETAILS:

DIFFICULTY: Easy to Moderate

DISTANCE: ~ 2.5 miles (RT)

TIME: ~ 1 hours

ELEVATION GAIN: ~ 520'

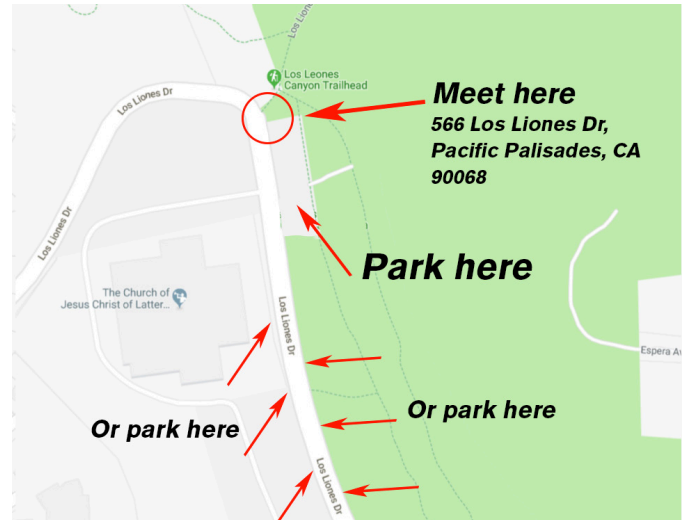
(If continuing up to Parker Mesa Overlook)

Add 5mi RT

Add 750' elevation gain

Add 2 more hours RT

WHERE TO MEET:



Los Leones Canyon Trail Head

- Find us around the trail head gateway at the end of the last parking area.

Facilities:

- Restrooms can be found on Los Liones Dr.

Parking:

- In Google Maps:

Look up [566 Los Liones Dr.](#) in Pacific Palisades ...or type in [Los Leones Canyon Trail head.](#)

If the parking lot is full, there's usually street parking available and additional parking lots on Los Liones Dr.

THE PLAN:

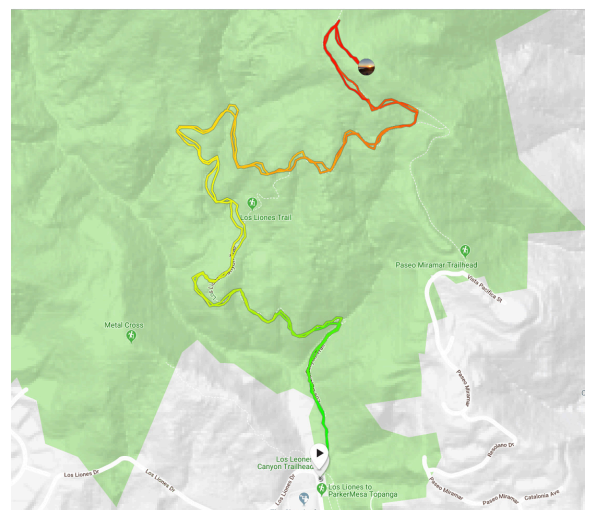
This is an easy to moderate hike on a well travelled single track that winds through covered vegetation that leads to a few vistas along the way. A couple of gentle steep inclines within the first quarter to half mile in, enough to start the heart pumping.

The first overlook is about 1.25 miles from the trailhead.

This is our initial destination.

If the group decides to continue further, we can head up a wide fire road for an additional 3 miles to the Parker Mesa Overlook.

This is an out-and-back trail so we will return the way we came,



CHECKLIST

(T1D items in Red)

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)
-

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 20oz bottle of Gatorade (full sugar) can take care of most your water and glucose needs.

Food:

- Bring a light snack like granola bar, trail mix or cookies but keep it small
- Add an apple or small sandwich if we continue on to Parker Mesa Overlook.
- 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
-

OTHER NOTES:

On the weekends, Parking fills up pretty quick at the trail head. If it's full, just turn around and find a spot back down the road.

After returning to the trail head, we can stop in at [Gladstones on PCH](#) for a refreshments, and lunch

For more info or questions, email:
info@typeoneoutdoors.com



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