



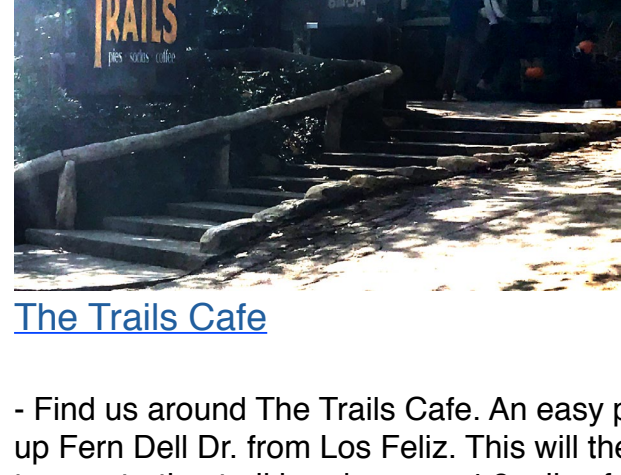
Thru-Hiking Griffith Park:

(Wonder View trail head to Fern Dell)

DETAILS:

- DIFFICULTY: Moderate .
- DISTANCE: 5.3 miles
- TIME: 2.5 to 3 hours
- ELEVATION GAIN: 1335' (up to 1500' if exploring nearby peaks)

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. This will be the END of our hike, but we will meet here for the ride share to our starting trail head approx 4.8 miles from here.

The cafe opens at 8am to pick up any last minute snacks or coffee.

We will end up back here after the hike where we can grab lunch.

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:

- Wonder View Trail Head. We will be dropped off by ride-share at [3052 Lake Hollywood Dr.](#)

THE PLAN:

This is a "Moderate Level, ~ 3 hour hike over single-track trails and wide dirt roads, with a couple steep-ish sections that will get the cardio going and the blood sugar burning. This 5 mile trail takes hikers over and around 7 peaks around Griffith Park, including: Burbank Peak, Cahuenga Peak, Mt. Lee, Mt. Chapel, Mt. Bell, Baby Bell, Mt. Hollywood. 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 Logistics plan will have the hikers meet at the "END" point of the hike "The Trails Café" in Los Feliz, and pick up a ride share or carpool around to the "START" point of the hike at the Wonder View Trail head about 4 miles away.

Our hike plan will follow the "Tree of Life" Trail up about 900' to the Wisdom Tree on Burbank Peak. This will be the steepest and most physically demanding part of our thru-hike. From there, we will continue over Cahuenga peak and across the ridge to Mt. Lee (behind the Hollywood Sign)

Plenty of photo opportunities along the way, so don't forget the camera!

Our trail route continues a 1/4 mile down a paved section of Mt Lee Dr. until we pick up the Mt Chapel trail, a single-track where we have opportunities to bag even more peaks if we choose. After passing Mt Chapel, we will be on wide dirt roads for the remainder of the thru-hike, passing by Mt. Bell and Baby Bell and Taco Peak before arriving at the spectacular overlook on Mt. Hollywood.

Our descent begins here as we follow the popular tourist treks down to the Griffith Observatory and onward down the west observatory trail and eventually ending at the Trails Cafe once again.

Begin Ascent Route:

- Tree of Life Trail (900' gain, 1 mile, 30 minutes)

Ridge 1:

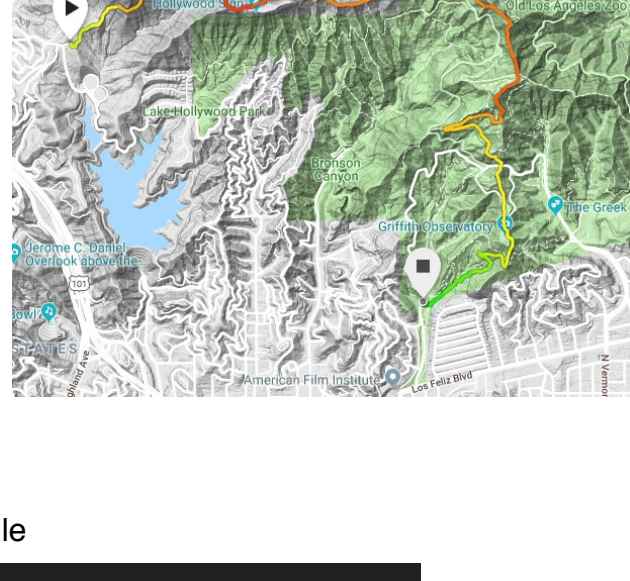
- Mount Hollywood Trail (Additional 600' gain, 1.3 miles, 45 minutes)

Ridge 2:

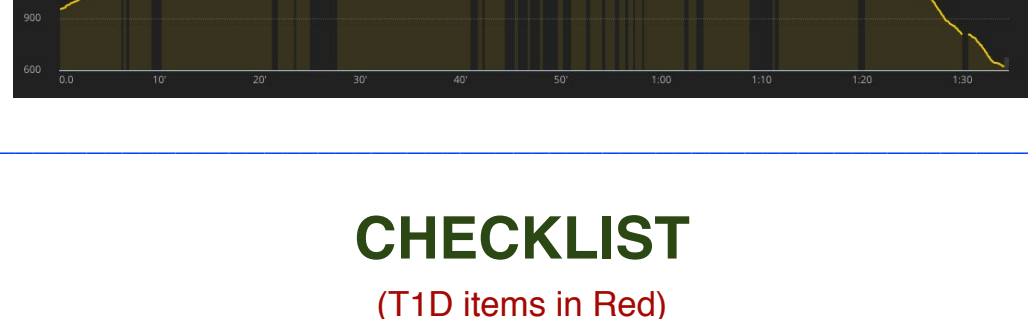
- Mt Chapel Trail up to Mt. Hollywood (300' gain, 1 mile, 35 minutes)

Descent Route:

- West Observatory Trail



Elevation Profile



CHECKLIST

(T1D items in Red)

GEAR:

Footwear:

- Trail Runners (PERFECT)
- Road Running shoes (GREAT)
- Hiking Boots (GOOD)
- Light-Mid weight socks

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, (helpful on steep sections and descent)

Glucose Monitoring:

- Glucose meter + strips
- CGM
- (Some trusted method to check blood glucose)

Insulin:

- your usual insulin delivery system (Pump, MDI, Inhalables)
- BackUp insulin delivery (Syringe/Vial)
- (Some trusted backup insulin in case your tech fails)

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 of water. (but no more than 1.5 liters... it will be too heavy for this hike)
- A 20oz 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.
- Trail Snacks (like trail mix or cookies)
- Pack a couple extra emergency glucose items, like gels, glucose tabs, or candy that won't melt in your pack. You might need this on the beginning section.

Clothing:

- Something you can shed along the way
- light weight long sleeve (in case it's cold and windy)
- Shorts will be fine
- Jeans will be fine (but might get sweaty in the beginning)

After observing the weather situation in Fern Dell, we will be able to make all the clothing decisions at the meet up place 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 you arrive at the trail head at 9am, there's 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 only at the trails cafe, but NO facilities at the Wonder View trail head. There's full restrooms at the observatory parking lot (our half-way point)

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



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