

# Wisdom Tree Hike



## Burbank Peak:

(Wisdom Tree)

### DETAILS:

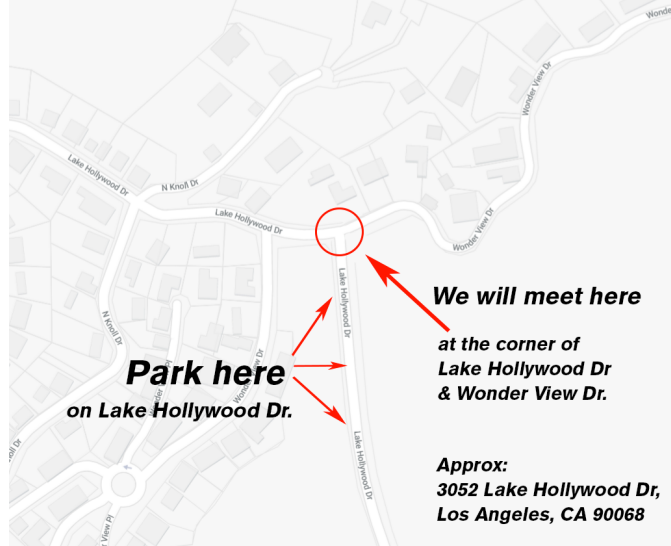
DIFFICULTY: Intermediate / Challenging.

DISTANCE: ~ 2 miles (RT)

TIME: ~ 1 hour

ELEVATION GAIN: ~ 900'

### WHERE TO MEET:



### Parking:

- In Google Maps:  
Look up [3052 Lake Hollywood Dr.](#) and find street parking on Lake Hollywood Dr.  
...or... Type in "Wonder View Trail Head" ...  
**But don't drive up the narrow road to the trail head, there's no parking up there and it's difficult to turn back around.**

- Also remember to turn your wheels into the curb while parked on Lake Hollywood Dr, it's a steep hill.

- Look for the group milling around on the corner of the Wonder View Dr. and Lake Hollywood Dr.

This is an out and back hike so we will end up back here after the hike too.

### Trail head:

- We will walk up the narrow residential Wonder View Dr. to the actual trail head further up the hill.

### THE PLAN:

This is a moderately intense hike on a narrow single-track trail which ascends quickly via a steep but well used foot trail. There will be a couple rocky steps that may require the use of your hands for stability. There will be plenty of spots to take pictures of downtown LA, and all the way out to the coast as the sun begins it's final hour into sunset. Our plan will follow the "tree of Life Trail" up to the plateau at Burbank Peak. Here's is where we will find the "Wisdom Tree" at 1660', an enduring LA landmark overlooking Burbank to the north, Universal Studios and the San Fernando Valley to the west, and Hollywood to the south.

From here, we can turn back and descend the way we came.

Or... if we're feeling ambitious, we can continue up the ridge to Cahuenga Peak (an additional 1/4 mile and additional 100' elevation gain).



### Ascent Route:

- Tree of Life trail (900' gain, 1 mile, 25-35 minutes)

### Descent Route:

- Tree of Life Trail (Return the way we came)

## CHECKLIST

(T1D items in Red)

### GEAR:

#### Footwear:

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

#### Sun Protection:

- Hat
- Sunscreen
- 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 on the ascent.
- Shorts (or convertible hiking pants)
- Light shell or wind breaker ... it might get cold after dark.

#### Trekking Poles:

- Not a requirement, (optional)

#### Glucose Monitoring:

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

#### Don't Forget Your Camera!

### WHAT GOES IN THE PACK:

(A Backpack is optional for this hike as long as you can carry glucose, fluids, etc.)

#### T1D Essentials:

- **Backup Glucose meter + strips or backup CGM**
- **Glucose (you'll burn it on this hill)**

#### 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.

#### Water:

- 1/2 liter will be plenty
- **A 20 oz bottle of Gatorade (full sugar) can take care of most your water and glucose needs.**

#### Food:

- Not required.
- (optional provisions) 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.**

#### Clothing:

- Light weight long sleeve (in case it's cold and windy)
- Plan on shedding layers during the ascent.
- (You can make all the clothing decisions at the trail head before the hike.)

#### Optional Items:

- Tripod
- Headlamp if hiking close to sunset.

At least 1 person in the party will carry:

- First Aid Kit (small)
- Blister Treatment
- Extra Batteries
- Extra Flashlight
- **Emergency glucose**

#### Other notes:

- There are no amenities, restrooms or facilities at the trail head or along the trail.
- Parking is free on Lake Hollywood Dr, but there's limits on parking hours and locations. Read the signs, watch for red curbs. They do patrol and enforce parking rules.
- Dogs with leash are welcome on this trail.

For more info or questions, email:

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