

Tongva Peak

Afternoon to Sunset



Tongva Peak at Sunset:

(From Brand Park in Glendale)

DETAILS:

DIFFICULTY: Moderate to Challenging

DISTANCE: Between 6 to 8 miles (RT) depending on route.

TIME: 3.5 to 4 hours

ELEVATION GAIN: 1838'

WHERE TO MEET:

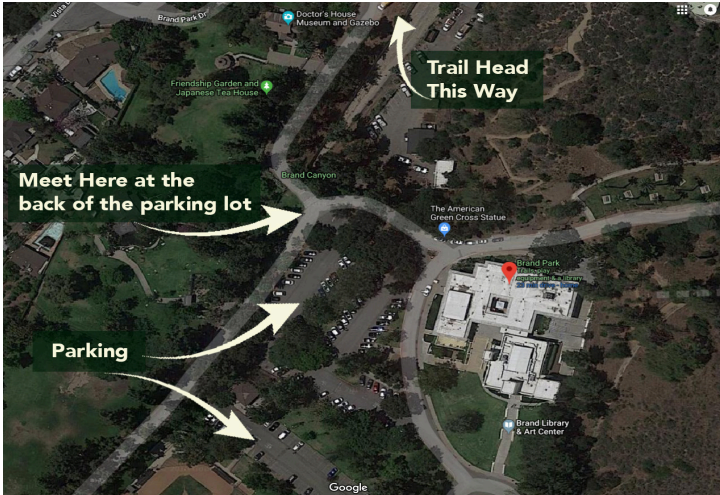


Brand Park

- In Google Maps: look up "[Brand Park](#)" or "[Brand Library](#)". in Glendale, CA 91201
...or...

1601 W Mountain St, Glendale, CA 91201

Drive all the way up towards the library building at the end of a long driveway,
then via left to the parking areas:



- Find us towards the back of the parking lot.

Parking:

Parking is free.

Parking is open until 10pm most nights, which makes this a perfect sunset hike location.

There's usually plenty of parking in these lots, but if parking is crowded, there's additional lots on the other side of the library building.

There's also parking on the entrance drive, as well as on the adjacent neighborhood streets.

Trail head:

- While there are many trails around here, our trail will be the Brand Park MtWy which starts just past the "[Doctor's House Museum](#)"

THE PLAN:

This is a "Moderate Level, ~ 4 hour hike over wide fire-road trails and paved service roads.

What makes it challenging is the consistent uphill gain for the first 3 miles.

This is a sunset hike, so half of it will be in the dark,

Don't forget to bring your illumination (headlamp, flashlight, lantern)

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

Ascent Route:

- Brand Park MtWy (1800' gain, 4 miles, 1hr, 50 minutes)

Descent Option 1:

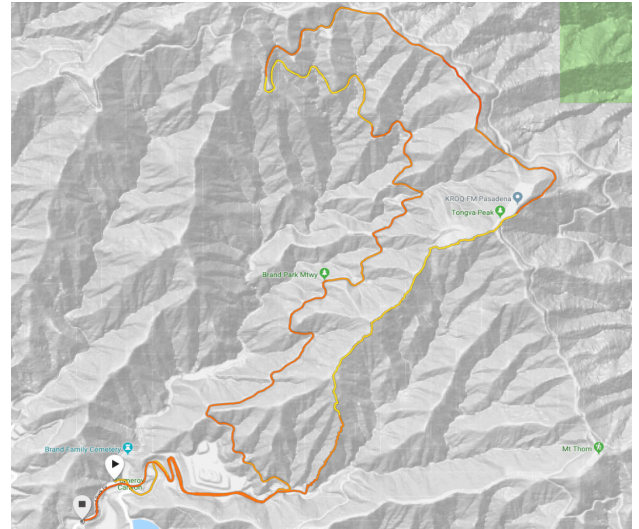
- Out & Back
(Descend the way we came) -- 1hr, 25min

Descent Option 2:

- Ridge line direct descent from Tongva Peak. (pictured right)
(Steep ridge single track) -- 50min

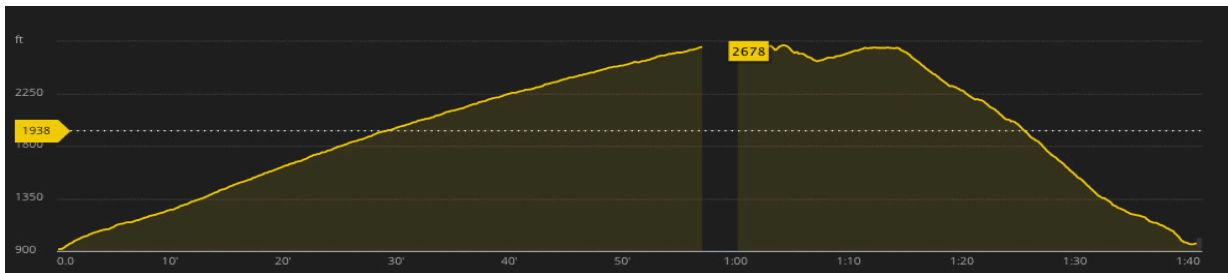
Descent Option 3:

- Continue on to Mt. Thom
- Ridge line direct descent from Mt Thom.
(Steep wide ridge) -- 1h



Elevation Profile

(Descent Option 2)



CHECKLIST

(T1D items in Red)

GEAR:

Footwear:

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

Sun Protection: (for early afternoon starts)

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

Headlamp: (for sunset hikes)

- Bring fresh batteries

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)
- Long sleeve layers for night time descents, especially in winter months.

Trekking Poles: (hikers choice)

- Not required, (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, sandwich 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 3 miles.**

Clothing:

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

After observing the weather situation at the parking area, we will be able to make all the clothing decisions pre-hike.

Other Pack Optional Items:

- Camera
- Tripod
- **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, theres usually more parking on the other side of the library or on the streets outside Brand Park.

There's restrooms at the parking lot but NO facilities at the summit.

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



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