

Kathleen Blanchard

**I**t's getting easier to find naturist bed-and-breakfasts these days, and that opens doors for broader clothes-free traveling. Sometimes it's nice to hang out with a couple of friendly naturists in the evening instead of holing up alone in a textile motel room.

Arroyo del Sol ("Canyon of the Sun") opened its doors as a naturist B&B in 2012. Hosted by the naturist husband-wife team of Rolf and Cynthia Holbach, Arroyo del Sol is an excellent setting for singles, couples, or small families working or vacationing in the Los Angeles area. The house is in the upscale town of Altadena, in the foothills of the San Gabriel Mountains and the Angeles National Forest.

Altadena is adjacent to Pasadena, so Arroyo del Sol can make for an ideal home base for excursions to downtown Los Angeles, Disneyland, Magic Mountain, Universal Studios, Hollywood, the Rose Bowl, and Huntington Gardens—each 45 minutes or less away. Southern California beaches and three nudist clubs are also only about an hour away. It's no wonder so many people from across North America vacation in Southern California; it just makes more sense to me to spend mornings and evenings where I can be nude. And with the routinely awesome weather of the Pasadena area, that means being nude nearly 360 days of the year.

The house that is now Arroyo del Sol was built in 1945, and was designed by Frank Lloyd Wright, Jr., the son of the more

famous American architect. The lines and use of space evoke a classically trendy mood of California's not-too-distant past. The indoors and yards are private enough for nude use nearly throughout, but Rolf says the neighbors know they are naturists and don't seem to care how undressed they or their guests wish to be. I grew up in Southern California, and miss some of that nonchalance found in many neighborhoods.

Two upstairs bedrooms are available to guests, each sleeping one or two people. A large bathroom is shared by guests, as well as a cozy sitting room overlooking the arroyo behind the house. One bedroom has a flat-screen TV, as does the sitting room. I can see why one of their recent guests wanted to stay for a couple



Rolf Holbach



Mark Storey

ABOVE: The view of the patio at Arroyo del Sol.

ABOVE RIGHT: Cynthia and Rolf Holbach enjoy nude soaks as much as their guests at Arroyo del Sol.

of weeks while his business had him working in the area. It was more comfortable than staying in a hotel the entire business trip, he could be nude as he wished when away from the job, and the lodging was probably less expensive.

The spacious downstairs area is open for casual use by guests, too, and the entire indoors is clothing-optional. Rolf and Cynthia like to be nude, so you won't be the only ones clothes-free. The huge front lawn is fenced in so sunbathing or lawn games can be enjoyed nude there, as well as in the back deck area featuring a large hot tub with more jets than I'd ever seen used before. Sitting nude out back in the evening, sipping wine, and looking across the canyon in the ebbing light was a relaxing way to close the day.

Rolf is the B&B manager, and head chef. He makes a variety of tasty breakfast dishes, most with a Californian or Mexican flare. He can provide snacks, lunches, and dinners at an additional cost, if you prefer to dine in (nude or dressed). Breakfast, of course, comes with the B&B lodging.

Rolf and Cynthia are also active with the Southern California Naturist Association; Rolf is currently the President, and Cynthia is the group's Membership Chair. They invite club members to Arroyo del Sol twice each year for clothing-optional get-togethers. For 2014, they'll be hosting a March Mardis Gras party and a November pre-Thanksgiving dinner. I've known of SCNA for some time, and if they are associated in any way with Arroyo del Sol, then that says good things about both of them.

Both Cynthia and Rolf have been naturists for a long time. Rolf was introduced to naturism when he went to San Diego's Black's Beach with a friend. "When I dropped my drawers and jumped into the Pacific," he told me, "a light bulb went off in my head. This is it!" He later joined Southern California's non-landed naturist club the Camping Bares and enjoyed various clothing-optional outings with them.

In the mid-1990s he joined Elysium, another nudity-friendly association in Southern California, and after meeting Cynthia



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The Holbachs tell the author of the many attractions nearby.

invited her to join him there for a day. Although Cynthia was unfamiliar with social naturism, within five minutes of her first visit to Elysium, she was surprised at how easy, relaxing, and comfortable it was to be nude among others. The two of them attended a TNS Gathering at Swallows naturist club near San Diego shortly afterwards, and that—as Cynthia puts it—was it. She was hooked. Being around so many naked people was fun in a life-changing sort of way. Neither one of them has looked back to clothes left behind ever since.

Rolf says that a number of naturists like to hike nude along the Angeles Forest trails nearby. Trailheads are only minutes away, and though the trails can be crowded on weekends, he says naturist hikers enjoy their day in the sun with a bit of care. Also, there apparently is a waterfall and pool about seven miles up the nearby Gabrielino Trail that has been used nude. Rolf can supply more details to guests.

For directions to Arroyo del Sol and more information on the site, contact the Clothing Optional Home Network at (866) 268-8852 or visit [clothingoptionalhomenetwork.com](http://clothingoptionalhomenetwork.com). I look forward to staying at Arroyo del Sol the next time I visit family in SoCal. **N**

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