



JANUARY 2023:

SWEETWATER SUMMIT REGIONAL PARK
3218 SUMMIT MEADOW ROAD, BONITA
(619) 472-7572 | OPEN 9:30 A.M. TO SUNSET, DAILY

ABOUT THE PARK

Visitors to this 500-acre regional park have quite a palette of activities to choose from. Modern campsites sit at the top of the summit, along with a seasonal splash pad, play areas, a 13-station exercise course, rentable picnic areas, a community room, an outdoor amphitheater and fishing at Sweetwater Reservoir.

Hikers, cyclists and equestrians will enjoy 15 miles of trails that meander up and downhill, through grasslands and streamside vegetation, boasting spectacular views of this unique urban oasis.



Sweetwater Summit Regional Park

EVENT CALENDAR

JAN. 7, 9 A.M. – 12 P.M.

CANCELLED!
BIKING DEMO, SWEETWATER ROAD

Learn the skills and safety techniques of mountain biking in this hands-on course. Bring your own bike, and rangers will share tips, tricks and a series of trails to help you master your craft before embarking on a beginner ride. Call 619-472-7572 to register in advance.

JAN. 14, 12:30 – 2 P.M.

RANGER-LED HIKE, MORRISON POND
5102 SWEETWATER ROAD

Explore the hidden treasures of Morrison Pond with Ranger Steph! This hidden gem doubles as an urban oasis and birdwatching hotspot. It's a leisurely walk but we recommend you wear closed-toe shoes and bring water. Please arrive 15 minutes early to ensure the hike starts on time.

JAN. 22, 10 A.M. – 12 P.M.

GARDENING DEMO, COMMUNITY GARDEN
5354 SWEETWATER ROAD

See what gardening at Sweetwater is all about in this special property tour and hands-on planting workshop. Prepare a plant to grow at home while learning what grows best in sunny San Diego. All materials are provided for this expert-led workshop.

JAN. 27, 5 – 7 P.M.

CAMPFIRE TALK, AMPHITHEATRE
3218 SUMMIT MEADOW ROAD

Join us around the campfire for a colorful conversation on bats, owls, scorpions and other nocturnal creatures that come out when the sun goes down. Snacks like S'mores are encouraged, along with flashlights, blankets and questions for the rangers.



Sweetwater Bike Trail



Sweetwater Community Garden

MEET A RANGER

Raymond Rodriguez, Park Ranger

Ranger Raymond has been with the team since May 2022, but earlier jobs include serving as a habitat restoration supervisor and a wildland firefighter. He's always pursued outdoor roles because he's passionate about protecting native species and understanding human geography and political ecology. His fascination with culture connected him to a Kumeyaay elder who taught him how to make a Tule boat. His interest in creating a warm and welcoming environment for park customers drew him to the busiest regional park in the County system.

"I get extra pay in the form of sunrises and sunsets. I'm glad to work for an agency that really cares about the local environment and helping the community."



Hi, I'm Raymond.

ALL SCHEDULED EVENTS ARE FREE.

PARKING IS FREE FOR THE MONTH OF JANUARY.

ENJOY ACTIVITIES FOR VISITORS OF ALL AGES, INTERESTS AND ABILITIES. PLEASE INFORM US IF YOU NEED ACCOMMODATIONS OR WOULD LIKE AN INTERPRETER TO BE ON SITE TO PROVIDE PROGRAMMING IN ANOTHER LANGUAGE.

LEARN MORE ABOUT THE SERIES:
SDPARKS.ORG/EXPERIENCEOUTDOORS

MEDIA AND SPONSOR INQUIRIES:
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The County of San Diego Department of Parks and Recreation maintains 23 regional parks across the region. The Rad Regional Parks series shines a light on these properties, and the diverse amenities, services and programs they offer. This series is part of the County's overarching Experience the Outdoors Program, championed by Board of Supervisors Chair Nathan Fletcher, to encourage more people to spend quality time outside; breaking down barriers to visitation through inclusive and equitable participation practices.

THIS PROGRAM BROUGHT TO YOU BY:

