

Experience the Outdoors

with San Diego County
Parks and Recreation

HAL QORSHE + SADDEX OLOLE

SI LOO KORDHIYO WACYI GELINTA,
KA QAYB GELINTA, SINAANTA

Degmadda San Diego waa mid ka mid ah meelaha qoomiyada iyo dhaqan ahaan aadka loogu kala duwan yahay wadanka. Beeraha lagu nasto ee Degmaddu maarayso oo ay ilaaliso, kala duwanaanshaha waxaa lagu dabaal degaa dhexda nidaamka beerta lagu nasto ee adag ee leh sifooyinka dhammaan gobolada juqraafiga iyo iyaddoo la adeegsanayo daraasiin barnaamijyo ah iyo adeegyada la bixiyay si looga qayb qaato, waxbarashadda, oo loo maaweeliyo iyo awoodsiinta booqdayaasha dhammaan da'aha, xiisaha iyo kartiyaha.

Degmadda Waaxda Beeraha Lagu nasto iyo Raaxaysiga San Diego (DPR) waxay la kulmayaan dadka halka ay joogaan; qirashada inay jiraan caqabadaha booqashada beerta lagu nasto. Dhexda kharashyada la dhaafay, kirada bilaashka ah iyo gaadiidka, iyo caawimada turjumaada, shaqaalahu waxay bilaabeen saddex ololayaal cusub si loo ballaadiho wacyi gelinta oo waxa uu ku dhiirigeliyay dad badan si loo kharash gareeyo wakhtiyada tayada dibada.



Taxahana Rad Regional Parks waxa uu ka ifaa nalka DPR 23 keeda beeraheeda lagu nasto ee gobolka iyaddoo muujinaysa hal beeraha lagu nasto ah bishiiba iyo dhammaan hawlaha iyo dhacdooyinka maada ah ee ka dhaca goobta. Kharashka baabuur dhigashada waa la dhaafaa xaga beeraha lagu nasto ee la sheegay ilaa bil, oo shaqaalaha goontuna waxay haysataan istikiro la soo guri karo. Liisaska jadwalka taariikhda waxay ku yaalaan linkiga hoose.

Lyaddoo iskaashi la samaynayso San Diego Mountain Biking Association, REI San Diego, Magaalada San Diego iyo kuwa kale, DPR waxay samaysa looka baaskiil wadista buurta oo ku sifaysan sideed bilaabe ah, dhexdhe iyo tijaabada sare gudaha lix beerada lagu nasto ee Degmadda. Ololahan DIY waxaa ka mid ah kullamada, wax bixinta iyo fursadaha lagu amaahdo dhammaan qalabyada muhiimka ah.



Taxanahan diyaarka ah ee waxbarashadda macmiilku hago waxay dib ugu soo celisaa waxyaabaha aasaasiga ah. Baro waxyaabaha lama huraanka ah ee dibada sida socod u bixida, baaskiil wadista, kaam degista, kalluumaysiga, wadista huudhiga yar iyo fuulida dhagaxa si waafaqsan tilmaanta shaqaalaha beeraha lagu nasto, iyaddoo dhammaan saadka lagu daray iyo gaadiidka ikhtiyaarka ah iyo adeegyada turjumaada ah wata.

SDPARKS.ORG/EXPERIENCEOUTDOORS



LIVE WELL
SAN DIEGO