



## EVENT CALENDAR

NOV. 5, 10 A.M. – 12 P.M.

### SAN DIEGUITO: INTERPRETIVE HIKE

Enjoy hiking a picturesque 2-mile loop trail while learning about plants, trees and local wildlife. The trail moves uphill so hikers will need to be able to climb a few stairs. Wear sun protection and good shoes!

NOV. 6, 11:30 A.M. – 1:30 P.M.

### SAN ELIJO: SUNDAY FAMILY FUN DAY

The whole family will enjoy nature-themed crafts and activities, and a walk along the ADA-friendly TRACK trail where parents can snap bird pics and kids can earn prizes for tracking their observations.

NOV. 13, 10 – 11:30 A.M.

### SAN DIEGUITO: BRIDGES AND TOWERS DISCOVERY TOUR

Traverse recently renovated suspension bridges and lookout towers, with educational displays and the park's best vantage points while a ranger narrates the experience. Expect to have fun and take pictures!

NOV. 20, 9 – 11 A.M.

### SAN ELIJO: RANGER-LED HIKE TO ANNIE'S CANYON

This ranger-led hike from the Rios Trailhead at 900 North Rios Ave. through the County's only sandstone canyon trail offers epic views of the lagoon and ocean. See why the virtual footage of this path has earned more than 2 million YouTube views!

NOV. 20, 10 – 11 A.M.

### SAN DIEGUITO: CONNECTING WITH NATURE MEDITATION AND QI GONG

This unique workshop is centered on release, relaxation, rejuvenation and conscious gratitude via nature-inspired movement and instruction. Open minds, yoga mats and comfortable clothing are encouraged.

NOV. 27, 3 – 4 P.M.

### SAN DIEGUITO: NATIVE PLANT HIKE

This 1-hour native plant walk covers the coastal sagebrush and chaparral ecosystems within the park, highlighting region-specific plants, trees and the animals that thrive in this biodiverse property.

NOVEMBER 2022:

**SAN DIEGUITO PARK** 1628 LOMAS SANTA FE DRIVE, DEL MAR

**858-755-2386 | 9:30 A.M. – SUNSET, DAILY**

**SAN ELIJO ECOLOGICAL RESERVE** 2710 MANCHESTER AVE., CARDIFF

**760-634-3026 | 9 A.M. – 5 P.M., DAILY**

## ABOUT THE PARKS

### SAN ELIJO

One of San Diego's largest wetlands, this 979-acre reserve is primarily a shallow-water estuary, formed where the Escondido and La Orilla Creeks meet the Pacific Ocean. From sunrise to sunset, explore 9 miles of trails, including an ADA and TRACK trail from the LEED-certified Nature Center and patio, and the locally renowned Annie's Canyon Trail.

### SAN DIEGUITO

Before Spanish settlers operated the park as a rancheria and place to graze cattle, and the Mexican people built an adobe following their independence from Spain, this land was inhabited by the Kumeyaay people. Located just a few miles from the Pacific Ocean, this approximately 125-acre park has picnic areas, playgrounds, fitness stations, a butterfly garden, sports amenities and 5 miles of trails.



San Elijo Ecological Reserve

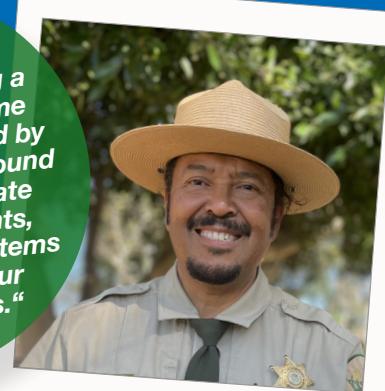


San Dieguito Park

## MEET A RANGER

Alejandro Santos – currently at San Dieguito – has been a County Parks employee for over a decade, with experience at sports and day-use parks, a regional park and campground, and an operational support team. Spanish is his first language, and he's been instrumental to forming better connections with our Spanish-speaking guests, assisting with reservations, sharing event details and encouraging future park visitation. He loves being outdoors and is quick to suggest a park for every region and every season.

*"I enjoy nature-sauntering, visiting a park at its peak time and getting inspired by the environment around me. I am passionate about native plants, food-forest ecosystems and honoring our ancestral lands."*



Hi, I'm Alejandro.

**ALL SCHEDULED EVENTS ARE FREE.**

**FREE PARKING AT SAN DIEGUITO FOR THE MONTH OF NOVEMBER.**

**ENJOY ACTIVITIES FOR VISITORS OF ALL AGES, INTERESTS AND ABILITIES.**

**LEARN MORE ABOUT THE SERIES:  
[SDPARKS.ORG/EXPERIENCEOUTDOORS](http://SDPARKS.ORG/EXPERIENCEOUTDOORS)**

**MEDIA AND SPONSOR INQUIRIES:  
[JESSICA.GEISZLER@SDCOUNTY.CA.GOV](mailto:JESSICA.GEISZLER@SDCOUNTY.CA.GOV)**

*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:**

