Los Penasquitos Canyon Preserve is beautiful year-round, with an ecosystem unlike any other in San Diego County. Managed jointly by the County and City of San Diego, trails sit on either side of a bubbling creek feeding a dense grove of riparian plants and trees. Fields of native chaparral sit outside the groves, butting up against suburban development – an oasis frequently visited by local hikers, cyclists and equestrians.

Twelve miles of multi-use trails are on site, with connections through other jurisdictions. The preserve also boasts an historic adobe ranch house with a museum, community garden and small family of farm animals (connect with them @PQGoats on Instagram).

The series is part of the County’s overarching Experience the Outdoors program, championed by San Diego County Board of Supervisors Chair Nathan Fletcher. Other components of the Program include the Rad Regional Parks event series and the Parks 101 First-Timer Series.

Learn more at: sdparks.org/experienceoutdoors

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We'll start by heading west from the historic ranch house on a narrow single track trail. After traveling up the power-line climb to Del Mar Mesa, riders will meander through some fun single track paths exploring the Mesa's unique ecosystem. Heading back west, riders will eventually hit the Appendix Trail (built by the San Diego Mountain Biking Association) and then drop back into the canyon via Side Hill Trail.

This ride is for strong, intermediate riders who are conditioning to bike 15 to 20 miles. It offers a mix of wide dirt roads, wide trails and windy single track paths with several sustained climbs and smaller pitches in the valley, for a total elevation gain of 678 feet.

Support restoration efforts by following the signs and staying on designated paths. Share the trails with other users and be courteous and aware of your surroundings. For your safety and to protect the integrity of the trails in this sensitive ecosystem, always allow at least 48 hours after last rainfall for trails to dry before heading out for your ride.

This is a free event.
Gain safety tips and information on bike quality checks and trail etiquette.
Connect with industry experts and park staff.
Free rental equipment is available: this will be an option when you register. (Minimum height is 5’2’’).
Bikes must be scheduled in advance. If you do not request a bike at registration, we will not have one for you at the ride.
Meetup participants will receive custom-made “Ride On” socks and a collectible park logo sticker.

Registration and waivers are required.
Events are not for participants under the age of 8 or unaccompanied youth. Difficult rides will have a minimum age of 15.
Helmets are required and all bikes should be in good working order with treaded knobby tires and working gears and brakes – ready to travel uneven, rocky, sandy and challenging terrain.
Quality checks will take place on site before the ride.
Inclement weather will cancel.