Spanning 500 acres, Sweetwater Regional Park envelops multiple properties including a pond, a community garden, a campground, an amphitheater, an exercise course, a splash pad, a bike park and 15 miles of trails.

Stunning views of the Sweetwater Reservoir lead many to the park’s summit while Sweetwater Bike Park draws riders from all over California – thanks to the park’s four jump lines (ranging from beginner to expert), a kids’ pump track, a skill zone, two flow trails and a perimeter trail.

Trails within the larger park connect to the San Diego National Wildlife Refuge, managed by US Fish and Wildlife.

This easy, family-friendly ride circles the golf course and several recreational areas in and near Sweetwater Regional Park. We’ll start at the Western Staging Area, off Plaza Bonita Road and Bonita Road.

Often referred to as the classic double-gold course loop tour of Bonita Valley, the route is nearly flat with a combination of wide dirt trails, some single track trails, gravel roads, sidewalks and a few road crossings. It’s a popular recreation destination that draws visitors on foot, wheels and horseback - so keep your eyes open and be alert.

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 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

For more information, contact:
Jessica Geiszler, Marketing & Public Outreach Manager for DPR at Jessica.Geiszler@sdcounty.ca.gov

or Susie Murphy, Executive Director of SDMBA at executivedirector@sdmba.com