



Tips for at Mt. Gower Open Space Preserve

Wear Suitable Clothing and Footwear

Sturdy shoes and a hat are encouraged, and sunglasses, sunscreen and insect repellent are highly recommended. Weather conditions can change rapidly, so be prepared for extremes.

Carry Water

Mt. Gower can be very hot and dry, and the only drinking water available is located at the staging area. For a full day's hike, you should bring at least one gallon of water in moderate temperatures, and more in heat. Do not drink from the streams.

Bring Snacks

For longer hikes, a supply of trail snacks will help you maintain your energy level.

Tell a Friend or Family Member

Inform someone about your route and what time you should return. Hike with a companion.

Stay on the Trails

The natural resources of Mt. Gower are fragile. Their survival, and your safety, depends on correct trail etiquette. Don't cut switchbacks – proper trail maintenance depends on proper trail use.

Carry a First Aid Kit

A first aid kit can make the difference between an enjoyable hike and a potentially serious situation.

Mt. Gower is a Wilderness Area

Hike with caution, and be aware of your surroundings. Mountain lions, poison oak, bees, rattlesnakes and ticks are present.

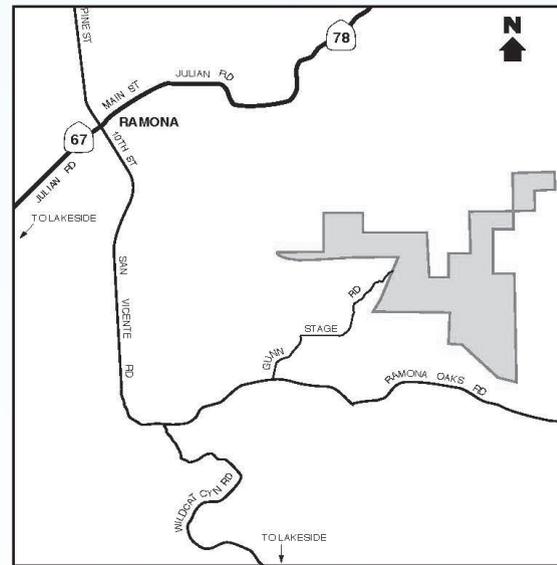
Experience The Upside of Outside!

Binoculars will help you observe plants and animals as you walk along the trails. A camera will preserve your memories.

Preserve Hours: 8 a.m. to sunset
Pedestrian Access: Sunrise to sunset

Mt. Gower Open Space Preserve

17090 Gunn Stage Road, Ramona, CA 92065
760-788-3326



Nearby County Preserves

Luelf Pond County Preserve: Located at 3000 Duck Pond Lane, Ramona, The preserve sits on nearly 90 acres. This verdant landscape, beneath a canopy of dense coast live oaks, is a great spot to relax and enjoy a picnic. A 1.5-mile hike goes nearly to the top of the ridge for some beautiful views. For horse lovers, the adjoining Holly Oaks County Park hosts a 2-acre staging area that features the only public equestrian arena and round pen in Ramona. The preserve is open seven days a week sunrise to sunset.

Simon County Preserve: Located at 23500 Bassett St., Ramona, This 650-acre preserve is open to hikers, equestrians and mountain bikers. Five miles of multi-use trails include a 550-foot climb to Ramona Peak. Enjoy taking in the scenic mountain landscape, rolling hills and grassy meadows from this viewpoint before circling back to the staging area. The preserve is open seven days a week from sunrise to sunset.

RULES AND REGULATIONS

- ACCIDENTS:** The County of San Diego shall not be responsible for loss or accidents.
- ALCOHOLIC BEVERAGES:** Alcoholic beverages are permitted providing the alcohol content does not exceed 20%.
- DEFACEMENT PROHIBITED:** No person shall remove, deface, or destroy trail markers, monuments, fences, trees, camp or picnic structures, or other preserve facilities.
- DRONES:** Remotely piloted aircraft and drones are prohibited.
- FIRE HAZARDS & SMOKING:** Smoking, including the use of vaporizing products, is not permitted. Campfires and cooking stoves are prohibited.
- HORSES AND OTHER ANIMALS:** No horse or other animal shall be hitched to any tree, shrub, or structure in a manner may cause damage to preserve property. No person shall ride, drive, lead, or keep a horse, except in areas specifically designated for such use.
- LITTERING:** Littering is prohibited.
- MOTOR VEHICLES:** The unauthorized operation of motor vehicles is prohibited.
- NO HUNTING:** No person shall use, transport, carry, fire, or discharge any firearm, air gun, archery device, slingshot, fireworks, or explosive device of any kind in a preserve.
- PETS:** Dogs are allowed on a maximum six-foot leash. Please clean up after your dog.
- PRESERVATION OF TRAIL FEATURES:** All wildlife, plant, and geologic features are protected and are not to be damaged or removed. All historical artifacts and cultural resources are to be left in place.

INFORMATION



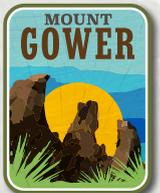
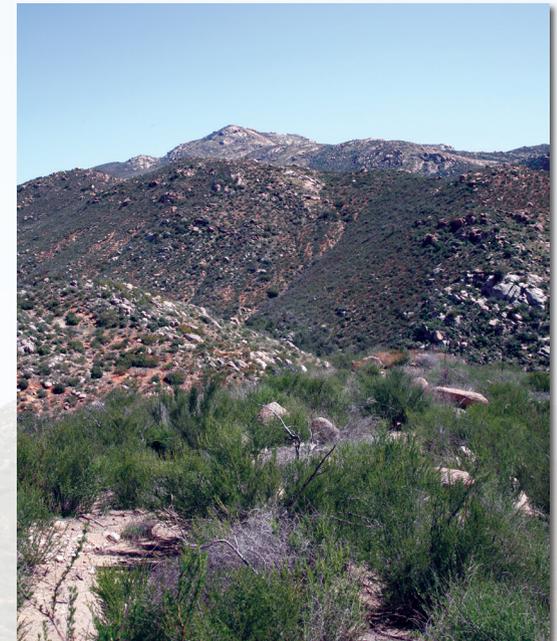
COUNTY OF SAN DIEGO
Department of Parks and Recreation
 5500 Overland Avenue, Suite 410
 San Diego, CA 92123

Reservations & Information:
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Visit us at sdparks.org

MT. GOWER OPEN SPACE PRESERVE

A San Diego County
Open Space Preserve

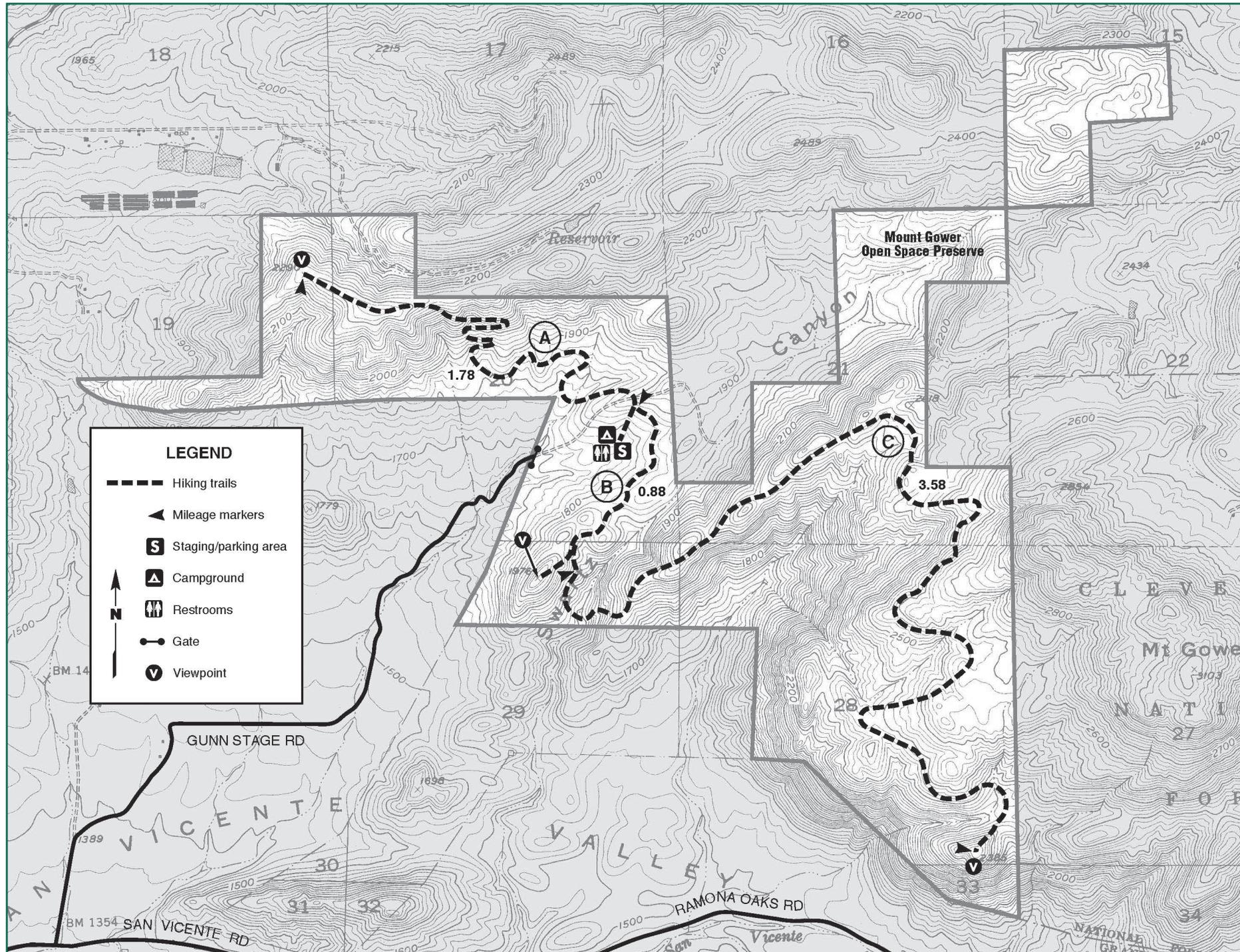


Welcome to Mt. Gower Open Space Preserve

Mt. Gower Open Space Preserve, located southeast of Ramona, has approximately 8 miles of trails within its boundaries. Visitors to this wilderness area will experience San Diego's backcountry as it was centuries ago. Consisting primarily of dense chaparral, the preserve showcases that is native to Southern California. There is also variety at Mt. Gower; peaceful oak woodlands, shaded stream-side bowers and seldom-visited meadows await the visitor who has the energy and curiosity to explore this 1,574-acre preserve. Although hiking is the most typical way to experience Mt. Gower, the park is also very popular with equestrians.

Common plants that can be found in the mixed chaparral include Chamise, Sugar Bush, Ceanothus, Mountain Mahogany, and Manzanita. Black Sage and Monkey Flowers add vivid splashes of color. Dramatic displays of flowering yucca stalks rise above the chaparral. Several streams support woodlands of sycamore, willow, and oak (watch for Poison Oak!). Mule deer, coyotes, raccoons, foxes, and bobcats are some of the more conspicuous mammals that live in the park. Among the resident birds, you'll probably see ravens, California thrashers, scrub jays, lesser goldfinches, and red-tailed hawks, and, if you're lucky, a golden eagle. Rattlesnakes are residents here, as are coastal horned lizards and orange-throated whiptails.

A primitive campground is available only for groups of 10 or more, by reservation. You'll find water and vault toilets at the trailhead. The following descriptions correspond to the trails marked on the map.



A Western View Trail: A long, fairly level switch-back trail heads northwest from the trailhead. The trail runs along a ridge and ends at a viewpoint at nearly 2,300 feet. Rest awhile on the wooden bench and enjoy the view of the San Vicente Valley and other points of interest to the west and north. This trail is moderately difficult, and there is no shade.

B Swartz Canyon Trail: Heading south and east, this trail soon comes to two large boulders leaning against each other. You'll find some welcome shade here, and a wooden bench sits alongside the trail. As you reach this spot, you'll see a side trail that branches to the right and steeply ascends to a pleasant viewpoint that overlooks the San Diego Country Estates. A wooden bench is at the top.

If you continue on the main trail, it will lead you down to Swartz Canyon, where you'll find a seasonal creek and a shady area under a canopy of sycamores, willows and oaks. This section of the trail system is fairly moderate.

C Mt. Gower Ridge Trail: A steep rise out of the creek area leads to a ridge and past a water tank. The trail continues to wind along a high ridge and comes to the first of two meadows. There is no shade here. Continue up the steep trail to a rock shelf, then up a sharp incline to the upper meadow. Unusual rock formations are a scenic attraction here. Across a seasonal creek, the trail continues up a steep incline to a rock shelf viewpoint overlooking a broad valley. There is no shade or bench at this viewpoint. To the south and east is the Cleveland National Forest. This trail is rugged and difficult.