Tijuana River Valley Regional Park offers more than 1,800 acres of diverse habitats, from riparian forests along the Tijuana River to coastal maritime sage scrub at the top of Spooner’s Mesa – a popular viewpoint with panoramic south county views. Twenty-two miles of single track and multi-use trails meander through the park, taking riders to historic sites, a bird and butterfly garden, an expansive community garden, five sports fields, a ranger station, nature education opportunities and a brand new 79-acre campground featuring both tent and yurt sites. The ocean breeze is a welcome reprieve on a hot day!

Join us for a short tour of some of the trails in Tijuana River Valley Regional Park, beginning at the campground past the ranger station. This ride will ascend to Border Field State Park and cruise north along the beach (conditions permitting) with a short, sandy section where you’ll hop off for a minute to walk your bike. From there we’ll move west to traverse meandering wide dirt trails and areas with both open salt marsh and very dense foliage. Most of this ride is flat, with just one climb to the State Park, so it’s a good one for beginners to the sport.

Support restoration efforts by following the signs and staying on designated paths. This is a popular equestrian site; share the trails with other users and be courteous and aware of your surroundings at all times. Always allow at least 48 hours after last rain fall for trails to dry before heading out for your ride, for you safety and to protect the integrity of the trails in this sensitive ecosystem.

**THE PROPERTY**

**THE ROUTE**

- Level: Beginner
- Distance: 8 miles
- Elevation gain: 97 feet
- E-bike and family friendly

Spots are limited. To secure your spot, call the Lakeside Community Center at 619-443-9176, weekdays between 12 and 5 p.m.

Please be patient; if leaving a voicemail, please allow 24 hours for a response. Reservations will be made in the order requested.

**MEETUP PERKS**

- Gain safety tips and information on bike quality checks and trail etiquette.
- Connect with industry experts and park staff.
- Event is free. Parking fees are waived.
- 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.

**FINE PRINT**

- 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 18.
- 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.