Recreation Opportunities

With a wealth of natural resources, the Tijuana River Valley Regional Park is a favorite place for passive and active recreation. Bird watching, hiking, biking or horseback riding along the 22.5 miles of trail is enjoyable throughout the year.

Horse trails connect the equestrian staging area to the Pacific Ocean.
Pullouts for trailers, corrals, and picnic tables are available to help stage your ride.

Horse trails connect the staging area to the Pacific Ocean. For those who love fresh fruit and vegetables, the community vegetable garden is a place to exercise their green thumbs.

Or, watch little league baseball at one of the five ball fields that features a multi-use open turf area.

Certain segments of the trail are subject to closure due to flooding during the rainy season.

There are 15 miles of trails for biking.
Tijuana River Valley Regional Park

Welcome to Tijuana River Valley Regional Park

2721 Monument Road
San Diego, CA 92154
(619) 428-2946

Hours: 8 a.m. – sunset daily.
Pedestrian access sunrise to sunset daily.

Tijuana River Valley Regional Park (TRVRP) offers more than 1,800 acres of diverse habitats that enhance visitor’s experiences — from dense riparian forests along the Tijuana River to coastal maritime sage scrub on top of Spooner’s Mesa.

The Valley is a unique area containing large, contiguous blocks of high quality habitat that support numerous sensitive plant and animal species. For example, riparian areas within the TRVRP provide habitat to three federally endangered birds including the light-footed clapper rail, the southwestern willow flycatcher, and the least Bell’s vireo.

Other onsite vegetation communities include mule fat scrub, chaparral, maritime succulent scrub, freshwater marsh, and native and non-native grasslands. Together, these vegetation communities potentially support 40 special status plant species and 56 special status animal species.

Birds on the Pacific Flyway

TRVRP is critical to wildlife because it is part of the Pacific Flyway, which provides foraging and breeding habitat for many migrating bird species. Because of its importance to wildlife, the area has been designated a biological resource core area in the City of San Diego’s Multiple Species Conservation Program (MSCP), and lies almost entirely within the Multi-Habitat Planning Area (MHPA).

Birdwatchers find the spring and fall bird migration season especially productive where over 340 bird species have been sighted in the Valley. Two of the best birding spots include Dairy Mart Pond which is located in the north east corner of TRVRP, and the Bird and Butterfly Garden, which is recognized as a back yard wildlife habitat by the National Wildlife Federation, which is located off of Hollister Street.

Birdwatchers gather at Dairy Mart Pond. The Tijuana River Valley is a paradise for bird watching with over 340 bird species sighted.