Jan. 7, 2023 - 9 a.m. to 12 p.m.  
Mountain Biking 101  
Morrison Pond, 5102 Sweetwater Road, Bonita  
(619) 472-7572 | Open 9:30 a.m. to sunset, daily  

What to Expect

Learn the skills and safety techniques of mountain biking in this hands-on course. Bring your own bike, and rangers will share tips, tricks and a series of trails to help you master your craft before embarking on a beginner ride. Call 619-472-7572 to register in advance.

Come prepared wearing breathable clothing, sun protection and comfortable shoes. Drinking water and snacks are recommended, and post-workshop picnics are encouraged.

There is no cost to attend, and all ages are welcome. Translation services are available upon request; please call us in advance so we can make accommodations.

About the Park

Visitors to this 500-acre regional park have quite a palette of activities to choose from. Modern campsites sit at the top of the summit, along with a seasonal splash pad, play areas, a 13-station exercise course, rentable picnic areas, a community room, an outdoor amphitheater and fishing at Sweetwater Reservoir.

Hikers, cyclists and equestrians will enjoy 15 miles of trails that meander up and down the hill, through open grasslands and along streamside vegetation boasting spectacular views of the reservoir and this unique urban oasis.

Camper, trailer, and tent camping are all options among 112 sites – many with access to both water and power. Coin-operated showers are available for all campers.

Questions?

Call the Park at 760-724-4489.  
Media and sponsor inquiries can be directed to Jessica Geiszler at Jessica.Geiszler@sdcounty.ca.gov

Learn more at sdparks.org/experienceoutdoors

Presented by:

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