Spanning 500 aces, Sweetwater Regional Park envelopes 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 kid’s pump track, a skill zone, two flow trails and perimeter trail.

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

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

 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.