



10TH ANNUAL WARRIOR HIKE CHALLENGE

TWO HIKES – ONE YEAR



MEMORIAL DAY WEEKEND
Saturday, May 24, 2025



VETERANS DAY WEEKEND
Saturday, Nov. 8, 2025

EL CAPITAN COUNTY PRESERVE - 7 A.M. - 4 P.M.
13775 Blue Sky Ranch Road, Lakeside, CA 92040

CHOOSE FROM THREE ADVENTURES

- ★ **BOOT CAMP:** Beginner / 2 miles / Moderate
- ★ **RECON:** Skilled / 6+ miles / Moderate
- ★ **WARRIOR:** Expert / 11+ miles / Difficult

Join us on Memorial Day weekend (and again on Veterans Day weekend!) for a tough trail adventure designed to test the physical and mental stamina that's required to climb El Cajon Mountain - popular among active duty and retired military personnel. We break the hike into three levels to match different interests and abilities. Celebration Stations sit at the 1-mile and 3-mile turnaround points. Extreme hikers will push on to the summit (about 11 miles, roundtrip).

All ages welcome – though this is not an easy hike, and children and dogs may struggle. Water, sun protection and good shoes are a must. Hiking poles are recommended.

Receive a **10TH ANNIVERSARY CHALLENGE COIN** for each hike completed in 2025. Finish both hikes and receive the **CHAMPION** coin!



VOLUNTEERS & SPONSORSHIPS: To volunteer for the Warrior Hike Challenge or to sponsor annual events, contact Tony Richardson: ParksVolunteer@sdcounty.ca.gov or (858) 966-1335



Scan for more information or visit sdparks.org/warriorhike

