

January 2023 Program Guide



Jan. 1: New Year's Day Nature Discovery Table

RAMONA GRASSLANDS PRESERVE
17278 HIGHLAND VALLEY RD, RAMONA, CA 92065
760-788-3326

10 A.M. - 12 P.M., FREE, ALL AGES

Skulls, skins and safety talks - all in one place? That's right! Our New Year's Day Nature Discovery Table will be full of information on the wildlife that thrives in the Ramona region. Chat with a ranger about trails and get recommendations on places to visit. Questions welcome!

Jan. 1: Sunday Family Fun Day

SAN ELIJO LAGOON ECOLOGICAL RESERVE
2050 S COAST HWY 101, ENCINITAS, CA 92007
760-634-3026

11:30 A.M. - 1:30 P.M., FREE, ALL AGES

Looking for something fun to do with the family? Pack up the kids and head to San Elijo Lagoon for some nature-themed crafts and activities, educational programs and a TRACK Trail scavenger hunt! The whole family will enjoy exploring Nature Center exhibits and the easy Nature Center loop trail.

Jan. 5, 12, 19, 26: Fitness Group

POTRERO COUNTY PARK
24800 POTRERO PARK DR, POTRERO, CA 91963
619-478-5212

7 - 8 A.M., FREE, ALL AGES

Hike or run our nature trail and tackle our on-site fitness equipment in this special park workout session. We will warm up, do cardio, practice weight-training and stretch as a group - at whatever level you feel comfortable. It's a great way to start your day with some calorie-burning quality time outside. Wear comfortable clothing and shoes and bring water and sun protection.

Jan. 5, 12, 19, 26: Kidzone at the Park

POTRERO COUNTY PARK
24800 POTRERO PARK DR, POTRERO, CA 91963
619-478-5212

3:30 - 4:30 P.M., FREE, AGES 5-12 YEARS

After school, head to the park! We've planned science activities, crafts and games for all school-aged kids, one day a week. Enjoy time playing, socializing and learning with us. Wear clothes that are OK to get messy and bring water and sun protection.

Jan. 6: Full Moon Hike

FLINN SPRINGS COUNTY PARK
14787 OLDE HIGHWAY 80, EL CAJON, CA 92021
619-561-0180

4:45 - 6:30 P.M., \$3 PARKING, ALL AGES

Join Flinn Springs staff for an easy nighttime hike during the first full moon of 2023! Learn about native plants and nocturnal animals while admiring the sky above and meeting some of our park ambassadors.

Jan. 7 and 21: Saturday Morning Hike

WILDERNESS GARDENS COUNTY PRESERVE
14209 HIGHWAY 76, PALA, CA 92059
760-742-1631

9 - 11 A.M., \$3 PARKING, ALL AGES

Tour the County's first open space preserve in this popular hike. View a historically significant grinding stone used by Native Americans and one of the first grist mills in Southern California. This 1.5-mile walk is easy and family-friendly. Extend your day by exploring connecting trails or enjoying a picnic overlooking Pauma Valley.

Jan. 7, 8, 14, 15, 21, 22, 28 and 29: Nature Discovery Table

SYCAMORE CANYON GOODAN RANCH
16281 SYCAMORE CANYON RD, POWAY, CA 92064
858-513-4737

9 A.M. - 5 P.M., FREE, ALL AGES

Hike down to the Goodan Ranch Visitor Center to explore an educational Nature discovery table. Learn about the native plants, wildlife, and history of the preserve while perusing and touching real artifacts and animal skins! The Visitor Center is about a mile from the Goodan Ranch Staging Area at 16281 Sycamore Canyon Road, Poway, CA 92064.

Jan. 7, 14 and 28: Nature Discovery Table

RAMONA GRASSLANDS COUNTY PRESERVE
17278 HIGHLAND VALLEY RD, RAMONA, CA 92065
760-788-3326

10 A.M. - 12 P.M., FREE, ALL AGES

Check out some of the animals you might encounter on a hike at Ramona Grasslands! Ranger Chris will be on site with a Nature Discovery Table showcasing local wildlife in the form of skins, pelts and teeth. Stop by to learn something new and ask questions about the preserve.

Jan. 7: Heritage County Park Tour

HERITAGE COUNTY PARK
2454 HERITAGE PARK ROW, SAN DIEGO, CA 92110
858-565-3600

1 - 2 P.M., FREE, ALL AGES

Hear colorful tales of the residents who lived in Heritage County Park's unique collection of architectural time capsules. Learn where these preserved houses originated, how they got to the park, and why it's so important to maintain and improve them over time. Discover differences between styles and how those changes reflected shifts in fashion and culture - along with historic moments in time. This is a walking tour that will explore several properties with some elevation gain and uneven surfaces.

Jan. 7: Spooner's Mesa Hike

TIJUANA RIVER VALLEY REGIONAL CAMPGROUND
2721 MONUMENT RD, SAN DIEGO, CA 92154
619-428-2946

2 - 3 P.M., FREE, AGES 5+

Get ready to climb! We're heading 300 feet on this difficult hike from the base of Tijuana River Valley to Spooner's Mesa, offering some of the best views in south San Diego County. Rangers will share park history and information about native plants and animals along with how everything ties together to form this unique ecosystem. Wear sturdy shoes, bring water, and be sure to stop at the Ranger office for the start location and a day-use pass.

Jan. 14: Early Morning Birding

EL MONTE COUNTY PARK
15805 EL MONTE RD, LAKESIDE, CA 92040
619-443-1474

8:30 - 10 A.M., \$3 PARKING FEE, ALL AGES

El Monte County Park is a birding hot spot with an impressive array of avian species. Join experienced birder and park ranger, Arnold, on a stroll to catch some winged creatures in action! This easy, 1.5-hour walk through the park takes place in the quiet time before gates are open to the public. Binoculars and cameras are encouraged.

Jan. 14: Ranger Led Hike

MORRISON POND
SWEETWATER RD, SAN DIEGO, CA 92101
619-472-7572

12:30 - 2 P.M., FREE, ALL AGES

Explore the riparian habitat of Morrison Pond preserve in this walk-and-talk ranger adventure. There will be opportunities to view and learn about a variety of plant and wildlife species. Wear comfortable shoes and a light jacket. The hike will begin at the staging area of 5102 Sweetwater Road, Bonita, CA 91902.

Jan. 14: Nature Hike

POTRERO COUNTY PARK
24800 POTRERO PARK DR, POTRERO, CA 91963
619-478-5212

1 - 2 P.M., FREE, ALL AGES

Hike on our nature trail while learning about native plants and animals, and about the fascinating history of the Kumeyaay people. Questions are encouraged on this easy, 1-mile hike. Guests should bring water and dress comfortably with good shoes.

Jan. 14: Nature Craft: Birds!

POTRERO COUNTY PARK
24800 POTRERO PARK DR, POTRERO, CA 91963
619-478-5212

2:30 - 3:30 P.M., FREE, ALL AGES

We're nature crafting in Potrero and the hands-on topic is birds! Be a part of this fun activity in which we create a special treat for our feathered friends using items found in nature.

Jan. 14: Duck Walk

DOS PICOS COUNTY PARK
17953 DOS PICOS PARK RD, RAMONA, CA 92065
760-789-2220

3 - 4 P.M., FREE FOR CAMPERS; \$3 PARKING FEE, ALL AGES

Quack, quack, quack! Join Park Attendant Alec for an educational presentation on the Pacific Flyway, and get a 'deep dive' on local and migrating waterfowl. After his talk, he will lead a hike to the pond to identify some of these species - a great place to pull out a pair of binoculars or snap some pictures of birds' unique colors and characteristics.

Jan. 15: Ranger-led Hike to Anni's Canyon

SAN ELIJO LAGOON ECOLOGICAL RESERVE
2050 S COAST HWY 101, ENCINITAS, CA 92007
760-634-3026

9 -11 A.M., FREE, ALL AGES

Looking for a great way to start your Sunday morning? Come out to San Elijo Lagoon for a hike to Annie's Canyon viewpoint! Take in views of the ocean and mountains while learning about the biodiversity and history of the recently revitalized lagoon. This leisurely hike is open to all, including leashed dogs. Remember to bring a camera or binoculars, because you never know what you might see around the sandstone canyon!

Jan. 15: Ranger-led Hike of Dos Picos

DOS PICOS COUNTY PARK
17953 DOS PICOS PARK RD, RAMONA, CA 92065
760-789-2220

9:30 -10:30 A.M., FREE FOR CAMPERS; \$3 PARKING FEE, AGES 5+

Ranger Ben is back with a fun and informative hike of Dos Picos! Plan to walk approximately a half mile while you learn about the park's native plant and animal life, history, and how wildfires that have shaped the natural landscape over time.

Jan. 15: Connecting with Nature Meditation & Qi Gong

SAN DIEGUITO COUNTY PARK
1628 LOMAS SANTA FE DR, DEL MAR, CA 92014
858-755-2386

10 -11 A.M., \$3 PARKING FEE, ALL AGES

Ranger Alejandro leads this guided, silent, breathing meditation and conscious observation through nature-inspired Qi Gong Moving Meditation workshop. Come with an open mind, wear comfortable clothes and bring a mat. This event meets near area 7; keep left after entering the park and follow the signs.

Jan. 21: Interpretive Hike

SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE
16281 SYCAMORE CANYON RD, POWAY, CA 92064
858-513-4737

9 A.M. - 12 P.M., FREE, ALL AGES

Join Ranger Patrick on a moderate 3.5 mile loop on the Martha's Grove Trail at Sycamore Canyon/Goodan Ranch. Learn about the native plants and wildlife of this 2,272-acre preserve while experiencing a variety of vegetation habitats, historic oak groves, and the remnants of an old ranch. Meet at the Goodan Staging Area, 16281 Sycamore Canyon Road, Poway, CA, 92064.

Jan. 21: Jr. Park Rangers

DOS PICOS COUNTY PARK
17953 DOS PICOS PARK RD, RAMONA, CA 92065
760-789-2220

10 - 11 A.M., FREE FOR CAMPERS; \$3 PARKING FEE,
AGES 5 - 12 YEARS

Calling all Jr. Rangers! Would you like to learn about plants, flowers, trees, bugs, birds and various animal species? Join Senior Park Ranger Andrew at the Ranger Station for a 1-hour program on Dos Picos wildlife and take steps to earn your Jr. Ranger badge!

Jan. 21: Otay Views Hike

OTAY LAKES COUNTY PARK
2270 WUESTE RD, CHULA VISTA, CA 91915
619-482-7361

10 -11 A.M., \$3 PARKING FEE, ALL AGES

Explore beautiful Otay Lakes County Park via a hike from the Park Office to the Lower Otay Reservoir and Otay Valley. Learn about the park's history, and local animals and plants on this easy-to-moderate hike that spans 1.5 to 2 miles. Bring water and wear comfortable hiking shoes and sun protection. Questions? Call the park at 619-482-7361.

Jan. 22: Wilderness Gardens Trail Trek

WILDERNESS GARDENS COUNTY PRESERVE
14209 HIGHWAY 76, PALA, CA 92059
760-742-1631

9 A.M. - 12 P.M., \$3 PARKING, AGES 5+

A behind-the-scenes trail adventure awaits you on this 4.5-mile trek through Wilderness Gardens. Rangers will guide you to several exhilarating vistas, dramatic landscapes and birdwatching hotspots where more than 40 bird species have been documented. Enjoy fresh air and exercise while getting a close look at the path of the San Luis Rey and the beauty of both Palomar Mountain and Pauma Valley.

Jan. 22: Youth Story Time & Tree Planting Party

BARNETT RANCH COUNTY PRESERVE
1500 DEVINEY LN SAN VICENTE RD, RAMONA, CA 92065
760-788-3326

10 A.M. -12 P.M., FREE, ALL AGES

Kids and their parents are invited to join us for a ranger-led tree planting party! We'll kick things off with story time and the book, "Our Tree Named Steve". Then, we'll take a short 1/4-mile stroll to the planting site. Planting areas will be prepared, and gloves and shovels will be provided. Bring a snack and water and wear long pants and sturdy shoes. Children must be supervised. Big kids are welcome, too, along with anyone seeking community service. Call the Ranger Station at 760-788-3326 with questions.

Jan. 22: Adventures in Archaeology and Gold Panning

SANTA YSABEL NATURE CENTER
22135 HIGHWAY 79, SANTA YSABEL, CA 92070
760-765-4098

10 A.M. - 2 P.M., FREE, ALL AGES

Learn what it's like to be an archaeologist! Search the ground for buried items and discover what findings have to say about generations of past residents. Poke around in our sifting table to see what buried treasures await you... Interested families, groups and individuals are encouraged to stop in anytime during the 4-hour timeframe

Jan. 27: Star Party

SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE
16281 SYCAMORE CANYON RD, POWAY, CA 92064
858-513-4737

5:30 - 8:30 P.M., FREE, ALL AGES

Join park rangers and the San Diego Astronomy Association for an evening of giant telescopes, stargazing and space education! All ages are welcome at our star parties and there is no cost to attend. This event meets at the Highway 67 Staging Area located at the end of Sycamore Park Drive - accessible only from the southbound direction on Highway 67 at 13898 SR-67, Lakeside, CA 92040.

Jan. 27: Campfire Program

DOS PICOS COUNTY PARK
17953 DOS PICOS PARK RD, RAMONA, CA 92065
760-789-2220

7 - 8 P.M., FREE FOR CAMPER; \$3 PARKING FEE, ALL AGES

Ready for some family-friendly nighttime fun? Then head to the park after dark to learn about the animals of Dos Picos with Senior Ranger Andrew. After the lively, 1-hour event, stick around for campfire snacks and conversation. This event meets in the Activity Area.

Jan. 28: Tree Planting Party

DOS PICOS COUNTY PARK
17953 DOS PICOS PARK RD, RAMONA, CA 92065
760-789-2220

9:30 A.M. - 12:30 P.M., FREE, ALL AGES

Want to make a difference? Join the staff at Dos Picos for a fun tree planting event. As a volunteer, you will plant trees throughout the park that will be enjoyed by local wildlife and future generations of park visitors. This event meets at the Day-use Area entrance.

Jan. 28: Wings Over Wetlands

SAN ELIJO LAGOON ECOLOGICAL RESERVE
2050 S COAST HWY 101, ENCINITAS, CA 92007
760-634-3026

10 A.M. - 1 P.M., FREE, ALL AGES

Join us as we celebrate winter migration with our feathered friends! This popular annual event features live birds, avian-oriented crafts, face painting and interactive displays. Kids will learn about bird migration, how to recognize common birds of the lagoon, the Pacific Flyway and much more!



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