



WADOOYINKEENA KU DALXIIS

**Baasaboorkaaga ku
galista beeraha-dalxiiska
degmada**

SAHMI

DUSHA SARE EE DIBADDA

Booqo jardiinooyinka Degmada San Diego

sdparks.org



BEERAHA-DALXIISKA DEEGAANKA

DAGAALYAHAN
TARTAN SOCOD

EL CAPITAN
ILAALINTA DEEGAANKA

XUSUUS IYO MAALIN JOOGGA MAALINTA TODDOBAADKA

Caqabadayada dagaal yahanadayada laba-sanadlaha ah waxay tijaabiyaan awooda xubnaha ciidamada deegaanka, qoysaskooda iyo taageerayaashooda. Ka dooro seddex tartan oo ku biir socodka salaama geesiyaasha maalin walba.

sdparks.org/warriorhike



BAASABOORKAN WAXAA ISKA LEH

Magaca: _____

Lambarka taleefanka: _____

The County of San Diego Department of Parks and Recreation waxay maamushaa boqolaal mayl oo jidad ah in ka badan 130 jardiinooyin waxayna ilaalinayaan guud ahaan San Diego — laga bilaabo badweynta dooxooyinka iyo buuraha ilaa saxaraha. Jardiinooyinka maxalliga ah, xarumaha bulshada iyo goobaha taariikhiga ah waxay fadhiyaan goobaha magaalada waxayna bannaanka bannaan ilaalinayaan xuduudaha gobollada, iyagoo ilaalinaya marinnada duurjoogta iyadoo la siinayo soo-booqdayaasha nabdoon.

Guryaha ayaa ka tarjumaya dheelitirnaan taxaddar leh oo u dhexeeya madadaalada iyo dadaalka lagu ilaalinayo deegaanka dabiiciga ah. Barnaamijyadu waxay bixiyaan waxbarasho, kobcin, dariishadaha fayooabaanta iyo khibradaha dibadda ee gaarka ah.

Waxaan kugu martiqaadeynaa inaad sahamiso meelaha aan aad ugu jecelnahay raadadkayaga! Degaanada ku qoran buug-yarahaan waxaa lagu doortay dhammaan qaybaha San Diego County, iyadoo lagu salaynayo heerka dhibtooda. Waxaan kugu dhiirigelinaynaa inaad bilowdo wax yar oo aad ka shaqeeyso ilaa socodka adag. Safar Farxad leh!



U SOO DALXIIS DARIIQYADAYADA TARTANKA MADADAALADA OO ABAAL MARIN LEH

- Booqo dhammaan jardiinooyinka iyo meelaha lagu kaydiyo qaybta FUDUD, hel warqad dhejis ah.
- Ka soo qaado xarun kasta oo ilaaliye ah oo ku taal qaybta “fudud”. Booqo dhammaan jardiinooyinka iyo kaydinta qaybta DHEXDHXAADka ah, kasbato dhalada biyaha.
- Ka soo qaado xarun kasta oo ilaaliye ah oo ku taal qaybta “dhexdhexaad”. Booqo dhammaan jardiinooyinka iyo meelaha lagu kaydiyo qaybta ADAG, ka hel bac shiraac ah.
- Ka soo qaado xarun kasta oo ilaaliye ee qaybta “adag”. Booqo dhammaan 15-ka goobood ee baarkinnada, hel balastar dhar ah oo xaddidan.

CADDAYN KA QAYB GALAY + HADIYADA KA SOO QABSIGA

Marka dhammaan shanta safar lagu dhammeeyo qayb, keen buug-yarahaaga beerta kooxdaas si aad u hesho abaal-marin gaar ah iyo marka aad dhammayso dhammaan 15-kii, iimayl u dir AskParks.Lue@sdcounty.ca.gov wixii macluumaad ah ee ku saabsan sidaad u heli lahayd balastarkaaga

County of San Diego
Department of Parks and Recreation
5500 Overland Ave., Suite 410, San Diego, CA 92123
Gudaha: 858-565-3600 | Khadka bilaashka ah: 877-565-3600

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WADDOOYIN FUDUD



SAN ELIJO LAGOON

2710 Manchester Ave., Cardiff-by-the-Sea, CA 92007

760-634-3026



JIDKA: Nature Center Loop Trail, 0.75 mayls

SAACADAHA: 9 subaxnimo - 5 galabnimo

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: Dabaqadaha tarjumaadda ee lagoon

Mid ka mid ah dhulalka qoyan ee ugu weyn San Diego, 979-acre San Elijo Lagoon Reserve waxay leedahay meel biyo-gacmeed ah oo ugu horraysa, oo laga sameeyay halka Escondido iyo La Orilla Creeks ay ku kulmaan Badweynta Baasifigga. Dariiqa ugu horreeya ee ADA-helitaanka ee degmadu waxay fadhidaa meel ka baxsan Xarunta Dabeecadda - waddo caan ah oo loogu talagalay booqdayaasha da 'kasta iyo awood kasta leh. Dariiqa laa-laabka 0.75-mayl waa qayb ka mid ah shabakad 7-mayl ah oo jidka ah oo goobta taal.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

SWEETWATER SUMMIT REGIONAL PARK

5102 Sweetwater Road, Bonita, CA 91902

619-472-7572



JIDKA: Morrison Pond, ilaa 5 mayls

SAACADAHA: 9:30 subaxnimo - qorrax dhaca

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: Morrison Pond

Waxaa ka mid ah 500-akar xadiiqadda gobolka waxaa ku yaal waddo sahlan oo qarsoon oo ku taal Balliga Morrison. Soo-booqdayaasha jidkan waxay ku raaxaysan doonaan muuqaalo qurxoon marka ay qaadanaayaan muuqaallada iyo dhawaaqyada maxaliga ah. Waxaa loo tixgaliyaa meel shimbiri badan leh, oo laga hoos dhigay Waddada Duullimaadka Baasifigga, iyada oo boqolaal nooc u sawirta calaf iyo buul. Haddii aad nasiib leedahay, waxaad arki kartaa ugu yaraan Bell's Vireo, Xeebta California Gnatcatcher ama Grosbeak-madax madow.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

GUAJOME REGIONAL PARK

3000 Guajome Lake Road, Oceanside, CA 92057
760-724-4489



JIDKA: Dariiqa Deegaanka , Jidka ugu sareeyo, Waddada Balliga Sare iyo Raadka Luiseno waxay isku daraan 3 mayl

SAACADAHA: 9:30 subaxnimo — Qorax dhac

GAARI-DHIGASHADA: \$3 kharashka isticmaalka maalinlaha ah baabuurkiiba

FURSAD SAWIR: Upper Pond

Kaliya 8 mayl u jirta Badweynta Baasifigga ee bulshada xeebta ee Oceanside, Beerta Gobolka Guajome waa qurux sanadka oo dhan, waxayna ku dhowdahay meelo badan oo dabiici ah iyo taariikhi ah oo xiiso leh. Dariiqa wasakhda ah ee laa-laabka 3-mile ah waxa uu dhex maraa dhulka kaynta, chaparral, dhul qoyan, iyo dhul daaqsimeed isku dhafan, oo soo jiidanaya shimbiro badan oo guuraya. Inkastoo aan laami ahayn, wadooyinku waa fidsan yihiin si ay ugu adeegaan dadka awood kasta leh.

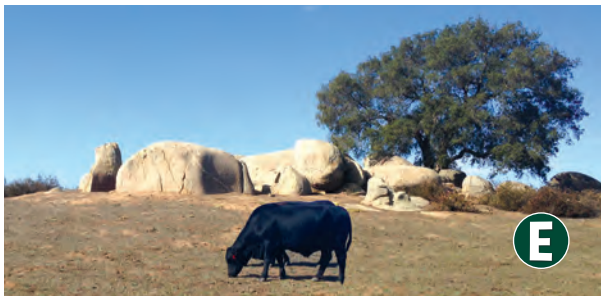


DHAMEYSTIRAY: _____ **HORDHAC:** _____

RAMONA GRASSLANDS COUNTY PRESERVE

17430 Highland Valley Road, Ramona, CA 92065

760-788-3326



JIDKA: Wildflower Loop Trail, 4 mayls

SAACADAHA: 8 a.m. — qorrax dhaca

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: Lone Coast Live Oak ee meadow

Ka ganacsata dhex daaqsinta, xoqidda xikmadda xeebaha, chaparral, geedo geedeedka, swales iyo alkali playas oo waddo leh sare u yar isbedel marka aad dhamaystir dhammaan 4 mayl ee dariiqyada wasakhda fudud. Tani waa meel caan ah oo loogu talagalay fardooleyda iyo dadka deegaanka Ramona, gaar ahaan bilaha qabow. Indhahaaga ka ilaali lo'da!



DHAMEYSTIRAY: _____

HORDHAC: _____

LOS PEÑASQUITOS CANYON PRESERVE

12020 Black Mountain Road, San Diego, CA 92129

858-484-7504



JIDKA: South Trail, ilaa 3 mayl

SAACADAHA: 8 a.m. — qorrax dhaca

GAARI-DHIGISTA: \$3 ee Aagga Diyaarinta

FURSAD SAWIR: Biyo-dhacyada

Los Peñasquitos Canyonwaa hanti kala qaybsan, oo ay si wadajir ah u maamulaan Degmada iyo Magaalada San Diego. Baaxadda 3,600 acres, laba waddo oo wasaq ah iyo dhagax yar ayaa ka bilaabma labada dhinac ee wabiga oo u guura galbeedka 3 mayl, safar wareeg ah oo 6-mayl ah. Soo-booqdayaashu waxay u soo jeedsan karaan hareeraha biya-mareenka ama waxay u qaadan karaan waddada loo maro socod ay ku ballansan yihiin adobe taariikhi ah iyo biyo-dhac xilliyeed soconaya. Gaari-dhigis bilaash ah ayaa laga heli karaa agagaarka Guriga Ranch ee taariikhiga ah, oo ku yaal 12122 Canyonside Park Drive, San Diego, CA 92129.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

**WADDOOYIN
DHEXDHEXAAD
AH**



LOUIS A. STELZER COUNTY PARK

11470 Wildcat Canyon Road, Lakeside, CA 92040

619-561-0580



JIDKA: Stelzer and Summit Trails, 2.5 mayls

SAACADAHA: 9:30subaxnimo - qorrax dhaca

GAARI-DHIGASHADA: \$3 kharashka isticmaalka maalinlaha ah baabuurkiiba

PHOTO OPP: Kumeyaay Promontory

Beerta Degmada Louis A. Stelzer waxay ka kooban tahay 420 akar oo ah geed alwaax ah iyo xaqid xikmad leh. Jidka Stelzer Trail, waxaad ka hoos mari doontaa geedo waaweyn oo gaboobay iyo dhir qaro weyn, adigoo sii wada buur dheer oo ku taal Waddada Summit si aad u qaadatao muuqaal qurux badan oo buuraha xagga bari iyo dooxooyinka hoose. Dhanka sare waxaad sidoo kale sahamin doontaa Kumeyaay Promontory.



DHAMEYSTIRAY: _____

HORDHAC: _____

DEL DIOS HIGHLANDS COUNTY PRESERVE

9860 Del Dios Highway, Escondido, CA 92025

760-745-4379



JIDKA: Del Dios Highlands Preserve Trail
2.6+ mayls

SAACADAHA: 8 a.m. — qorrax dhaca

GAARI-DHIGISTA: BILAASH

FURSAD SAWIR: Lake Hodges overlook

Koritaanka 774 akar oo bannaan ee Escondido ah, Ilaalinta Dhulka Barwaaqada Ee Degmada Del Dios waxay bixisaa socod degdeg ah si kooban loogu galo dabecadda. U lugaa dhawr laab oo ku tag xarunta jimicsiga DIY, iyo meel sare oo bixisa aragtida harada Hodges iyo Badweynta Baasifigga! Jidkani wuxuu ku xidhaa habka caanka ah ee Elfin Forest 11-mayl.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

SYCAMORE CANYON/GOODAN RANCH

16281 Sycamore Canyon Road, Poway, CA 92064

858-513-4737



JIDKA: Martha's Grove Trail, 3.5 mayls

SAACADAHA: 8 subaxnimo - 7 galabnimo, Abriil - Seb.
8 subaxnimo - 5 galabnimo, Oktoobar - Maarso

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: Nature Center ee Goodan Ranch

ilaalinta degmada Sycamore Canyon waxay ka kooban tahay 2,272 acres oo meel banaan ah, oo ay ku jiraan 325-akar Goodan Ranch ee hore iyo 10 mayl oo jidad isku xidhan ah. Waa meel caan ah oo baaskiilka lagu kaxeeyo, waana wax caadi ah in la arko dadka soo booqda fardaha - laakiin qof kasta oo soo booqda maalin kulul wuxuu ku raaxaysan doonaa inuu galo xarunta dabiiciga ah ee qaboojiyaha si uu u barto dhirta deegaanka iyo xayawaanka. Jidka Martha's Grove wuxuu leeyahay hadhaagii hore ee deegaan.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

WILDERNESS GARDENS COUNTY PRESERVE

14209 Highway 76, Pala, CA 92059

760-742-1631



JIDKA: Frank Special Trail, 3.6 mayls

SAACADAHA: 8 subaxnimo - 4 galabnimo, Khamiis - Talaado (waxay xidhan yihiin Arbacada iyo Agoosto)

GAARI-DHIGASHADA: \$3 kharashka isticmaalka maalinlaha ah baabuurkiiba

FURSAD SAWIR: ka hare Grist Mill

Waxay ku yaalliin biyo-xireenka San Luis Rey River, ilaalintan weyn waxay fidsan tahay 737 akar oo leh meelo socod lagu maro sida Upper Meadow Trail taasoo faanaysa aragtida Dooxada Pauma - iyo hadhaagii warshad-shiid kiimikaad oo u dhow saldhigga ilaalada. Mid ka mid ah meelaha ugu horreeya ee lagu ilaaliyo San Diego, hantidani waxay ku jirtaa liiska meelaha taariikhiga ah ee Guddiga Kheyraadka Taariikhda Degmada.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

EL MONTE COUNTY PARK

15805 El Monte Road, Lakeside, CA 92040

619-443-1474



JIDKA:: Flume Trail, ilaa 5 mayl

SAACADAHA: 9:30 subaxnimo - qorrax dhaca

GAARI-DHIGASHADA: \$3 kharashka isticmaalka
maalinlaha ah baabuurkiiba

FURSAD SAWIR: Historic Flume Water Tunnel

Beerta degmada El Monte waa mid kale oo ka mid ah guryaha baarkinnada asalka ah ee degmada, oo leh caws badan oo caws badan, meelo lagu ciyaaro, geedo bislaaday iyo miisas taariikhi ah oo leh taxanayaal soo jeedinaya qaar ka mid ah degayaashii ugu horeeyay ee aan u dhalan deegaanka iyo qoysaska caanka ah. Kor u kac buurta dhinaca dariiqii hore ee flume si aad u aragto hadhaagii gaadiidka hore ee biyaha, oo fiiri si aad u bogatid wejiga dhagaxa leh ee buurta El Cajon - guriga El Capitan County Preserve (socodkeena ugu adag!).



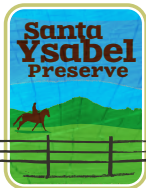
DHAMEYSTIRAY: _____ **HORDHAC:** _____

WADOONYINKA ADAG



SANTA YSABEL EAST COUNTY PRESERVE

Laga soo bilaabo Xarunta Dabiiciga
22135 Highway 79, Santa Ysabel, CA 92070
760-765-4098



JIDKA: Trail ilaa Xeebta ilaa Crest iyo Western Loop Trails, 5 mayl

SAACADAHA: 8 subaxnimo - qorrax dhaca (fiiri sdarks.org saacadaha Xarunta Dabiiciga ah ee haddafor current Nature Center hours)

GAARI-DHIGISTA: BILAASH

FURSAD SAWIR: Santa Ysabel Valley



Meel u dhow isgoyska Wadooyinka 78 iyo 79 waxaa fadhiya tamarta cusub ee eber-netka, LEED Gold Certified Santa Ysabel Nature Center. Albaabka runta ah ee laga galo Buuraha-Borrego, dhismuhu waxa ka buuxa bandhigyo waxbarasho oo is-dhexgal leh oo dhex fadhiista buuraha cawska daboolan, T California Live

Oaks iyo lo'da deegaanka lagu dhaqdo. Afar dariiqo oo bari iyo galbeed ah ayaa ilaalinaya waxay bixiyaan waayo-aragnimo socod oo kala duwan, iyo 3-mile Xarunta Dabeecadda Loop kama reeban; waxay isku xidhaa, xagga sare, siddoo kale iyo PCT-ga, socod ilaa 10 mayl ah. Laga bilaabo Xarunta Dabiiciga ah, u soco dhanka waqooyi (oo barbar socda 79), oo xaq u samee dhinaca Xeebta ilaa Crest. Ku soco dhinaca bidix isgoyska. Marka aad garaacdo isgooyiska labaad, bidix ku sii soco oo dib ugu noqo Xarunta Dabiiciga ah.



☐ **DHAMEYSTIRAY:** _____ **HORDHAC:** _____

VOLCAN MOUNTAIN WILDERNESS PRESERVE

1209 Farmer Road at Wynola Road, Julian, CA 92036
760-765-4098



JIDKA:: Five Oaks Trail, 5.4 mayls

SAACADAHA: 8 a.m. — qorrax dhaca

GAARI-DHIGISTA: BILAASH

FURSAD SAWIR: Airway Beacon Light Tower

Ilaalinta Wilderness Mountain ee Volcan waxaa ka mid ah 2,900 acres oo kaymo isku dhafan oo qurux badan - oo bixiya tamashle hal nooc ah iyo aragtiyo soo jiidasho leh oo xeebta iyo lamadegaanka ah maalin cad. Five Oaks Trail ayaa ku hareeraha buurta dhinaceeda iyada oo loo marayo is-beddelo isdaba-joog ah, oo bixiya hadh iyo dib-u-gurasho nabadeed oo laga helo waddada ballaadhan ee gelitaanka. U diyaar garow fuul wanaagsan; inkastoo ay gaaban tahay, jidkani si toos ah ayuu u socdaa!

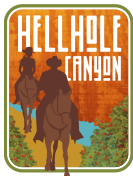


DHAMEYSTIRAY: _____ **HORDHAC:** _____

HELLHOLE CANYON COUNTY PRESERVE

19324 Santee Lane, Valley Center, CA 92082

760-742-1631



JIDKA: Hell Creek Trail, ilaa 13.5 mayls

SAACADAHA 8 subaxnimo - qorrax dhaca; Jimco, Sabti, Axad iyo Isniin; la xiray Agoosto

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: Hell Creek

Hellhole Canyon County Preserve waxay ilaalisaa 1,907-acres ee marinnada duurjoogta, oo bixisa 13.5 mayl waddooyin dhexdhexaad ah oo ka sarreeya iyo agagaarka Hell Creek, xagga sare ee Buur Rodriguez. Chaparral waxay dhibco ku haysaa hillsides, taasoo siisa gabaad nabdoon oo loogu talagalay bakaylaha, masaska, coyotes iyo turkiga duurjoogta ah. Xilliga guga, ubaxyada cascadas waxay u iftiimaan caddaan iyo guduud ilaa inta ay ishu arki karto!

DHAMEYSTIRAY: _____ **HORDHAC:** _____

MT. GOWER COUNTY PRESERVE

17090 Gunn Stage Road, Ramona, CA 92065

760-788-3326



JIDKA: Mt. Gower Ridge Trail, ku dhawaad 9 mayl

SAACADAHA: 8 subaxnimo - qorrax dhaca; la xiray Agoosto

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: Samaynta Dhagaxa Gaarka ah

Buurtan Ramona maaha mid mashquul badan sida Mt. Woodson, laakiin waxay la mid tahay la shaqaynteeda qaab-dhismeedkeeda dhagxaanta qabow, balanbaalisayada quruxda badan, iyo isku dhafka dhirta, geedaha iyo ubaxyada gaarka ah. Cabbiraadda 1,574 acres, raadku wuxuu ka bilaabmaa basin bacaad ah, wuxuu dhex maraa dhowr rogaal celis ah, wuxuuna aakhirka gaaraa dhererka 3,103 cagood halkaas oo ka soo baxay granite ay ku dhejiyeen caws iyo biyo la isku daray oo ka yimid roobab xilliyeedka.

☐ **DHAMEYSTIRAY:** _____ **HORDHAC:** _____

EL CAPITAN COUNTY PRESERVE

13775 Blue Sky Ranch Road, Lakeside, CA 92040

619-561-0580



JIDKA: El Cajon Mountain Trail, 11+ mayls

SAACADAHA: 8 subaxnimo - qorrax dhaca; la xiray Agoosto

GAARI-DHIGASHADA: BILAASH

FURSAD SAWIR: El Cajon Mountain Peak Sign

Degmada El Capitan waxay ilaalisaa 2,619 hektar oo meel banaan ah waxay siisay qol lagu dhex mushaaxo dhulka alwaaxyada ah, xaaqidda xikmadda xeebta iyo chaparral isku dhafan. Socodka waxa loo tixgaliyaa mid ka mid ah kuwa ugu adag Degmada waxana uu si fudud ku qaadan karaa ilaa 6 saacadood in la dhamaystiro — in kastoo, laba jeer sannadkii, maalmaha Xusuus-qorka iyo Maalinta Halgamayaasha, waxaanu martigelinaa Loolanka Halgamayaasha, anagoo u jebinayna socodka adag ee saddexda suurtagalka ah. kululaynta.



DHAMEYSTIRAY: _____ **HORDHAC:** _____

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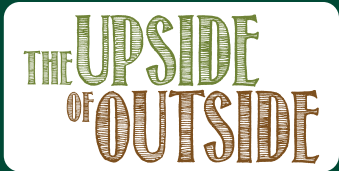
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**County of San Diego
Department of Parks and Recreation**

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sdparks.org



**LIVE WELL
SAN DIEGO**