



Progressive Hiking Series

Visit diverse parks, explore interesting trail systems and learn tips and tricks to improve your hiking experience in this three-part educational series. Each hike will focus on a different part of San Diego County and will include habitat highlights and trail safety and etiquette.

Hikes are free and open to all ages! Bring water, snacks and sun protection.



#1 EASY HIKE Jan. 17, 2026 | 9 - 11 a.m.

WILDERNESS GARDENS COUNTY PRESERVE 14209 CA-76, Pala, CA 92059 Call for information: 760-742-1631

Tour the County's first open space preserve in this popular trek. 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 continuing to hike or enjoy a picnic in picturesque Pauma Valley.



#2 MODERATE HIKE Feb. 21, 2026 | 9 - 11 a.m.

DICTIONARY HILL COUNTY PRESERVE 2036 South Barcelona St., Spring Valley, CA 91977 Street parking only Call for information: 619-346-0258

Dictionary Hill features a 2.1-mile trail with 360-degree views of San Diego and a rare butterfly ecosystem at the top. The hike is considered moderate, with an elevation of 565 feet, taking about 1-2 hours to complete.



#3 DIFFICULT HIKE March 21, 2026 | 9 a.m. - 1 p.m.

SANTA YSABEL COUNTY PRESERVE WEST Meets at the Santa Ysabel West Staging Area 29510 Highway 78, Santa Ysabel, CA 92070 Call for information: 619-346-0258

Santa Ysabel Open Space Preserve West is a 6-mile moderate loop through rolling oak woodlands and grasslands with sweeping mountain views and abundant wildlife. The trail crosses Santa Ysabel Creek and connects to the Coast to Crest Trail, with wildflowers and birds common in spring. Portions of the trail are steep.



sdparks.org/womeninthewild

ABOUT WOMEN IN THE WILD: The County of San Diego Department of Parks and Recreation's Women in the Wild program was created to teach outdoor skills in a fun, nurturing and non-competitive environment. Experiences are educational, interactive and fun – building confidence and a sense of community while fostering new appreciation for San Diego's parks, preserves and diverse recreational opportunities. Women in the Wild experiences are planned for women, by female staff members and partners. With events ranging from backpacking to bouldering and hiking to camping, we're opening new avenues for conversation, connection and collaboration.

