



MISSION TRAILS REGIONAL PARK



Recommended Hikes

<u>CATEGORIES</u> * For your safety, always wear hiking shoes with good tread on trails.

1 = EASY: Mostly level terrain with some gradual inclines; suitable for beginners.

2 = MODERATE: Medium to long distances with good inclines and possible switchbacks.

Suitable for physically fit people.

3 = DIFFICULT: Long distances and/or greatest gain/inclines. May require climbing and

climbing over boulders. Suitable only for experienced hikers in excellent

physical condition.

FORTUNA REGION	Category	Distance (miles)	Elev. Gain
Fortuna Saddle via Visitor Center	3	2.7	740'
Fortuna Saddle via W. Fortuna Stg. Area	3	1.8	440'
Suycott Wash/South Fortuna Mtn.	3	1.2+	734'
North/South Fortuna Mtn. Loop via Fortuna Saddle	3	4.1+	1151'
Rim Trail Loop via W. Fortuna Stg. Area	2	1.5+	300'
Quarry Loop via W. Fortuna Stg. Area	2	1.0+	245'
Shepherd Pond via W. Fortuna Stg. Area	2	2.3	313'
Grasslands Loop	1	1.1+	Minimal
North Fortuna Mtn. via Grasslands Crossing	3	2.0	1198'
Fortuna Saddle via E. Fortuna Stg. Area	3	2.4	662'
Kumeyaay Lake Nature Trail	1	1.0	Minimal
Fortuna Mtns. Loop via Grasslands Crossing	3	3.5+	1932'
MISSION GORGE REGION			
Visitor Center Interpretive Loop Trail	1	0.5+	206'
Father Juniper Serra Trail	1	1.8	47'
Oak Grove Loop Trail	1	0.5	97'
Oak Canyon Trail	2	1.7	240'
Climbers Loop Trail	3	0.5	407'
Deerfield BMX Loop Trail via Visitor Center	1	0.5+	182'
Kwaay Paay Peak Trail via Old Mission Dam	3	0.5	880'
COWLES MOUNTAIN REGION			
Cowles Mtn. summit via Golfcrest Drive	3	1.5	950'
Cowles Mtn. summit via Service Rd.	3	1.6	870'
Cowles Mtn. summit via Big Rock Park	3	2.5	1192'

Rules and Regulations

- For your safety, stay on authorized trails at all times; refer to trail map on other side.
- Obey all posted speed limits. Speed not to exceed 15 mph (5 mph in parking lots and Kumeyaay Lake Campground) unless otherwise posted. SDMC 63.0102 (b) (20)
- Motor vehicles are not permitted on dirt roads, trails or paths. CVC 23127
- All natural features (plants, soil, rocks, etc.), may not be removed, damaged or destroyed.
 SDMC 63.0102 (b) (4)
- Taking, wounding or disturbing animals is prohibited by law. SDMC 63.0102 (b) (10)
- Fishing is permitted under CA Fish and Game (now Wildlife) codes, with appropriate license for those 16 years of age and older. FGC 7145 (a)
- Possession of fireworks, firearms or weapons of ANY kind are prohibited (including paintball guns, sling shots, air rifles, pellet guns, archery devices, etc.) SDMC 63.08
- Fires of any kind (including the throwing of a lighted match or cigarette) are prohibited.
 SDMC 63.0102 (b) (11) except in fire boxes at the campground and park barbecue grills.
- Smoking and vaping (the use of electronic cigarettes) in park is illegal. SDMC 43.1002 (g)
- Overnight camping is permitted only at the Kumeyaay Lake Campground; anywhere else in the park is prohibited. SDMC 63.0102 (b) (12)
- Bicyclists must keep their speed at 10 mph or less and yield to hikers and equestrians.
 Hikers must also yield to equestrians.
- All dogs must be kept on leash (not more than 8 feet) and under the handler's control at all times. SDMC 63.0102 (b) (2)
- Dog waste must be disposed of immediately n trash cans. SDMC 44.0304.1
- Anyone under 18 years of age is required to wear a helmet while using a bicycle, scooter, skateboard, roller-skates, etc. CVC 21212 (a)
- Alcoholic beverages are illegal in the park. SDMC 56.54 (a)
- Glass containers of ANY kind are also prohibited. SDMC 63.0102 (b) (7)
- Solicitation, posting of handbills or conducting business of any kind in the park is illegal.
 SDMC 63.0102 (b) (1)
- All posted park rules and regulations must be followed. SDMC 63.20.13
- Playing any game of ball in the park is prohibited. SDMC 63.0102 (b) (17)
- Groups of 50 or more must obtain a permit before conducting any activity in the park.

MISSION TRAILS REGIONAL PARK VISITOR & INTERPRETIVE CENTER ONE FATHER JUNIPERO SERRA TRAIL, SAN DIEGO, CA 92119

Open daily 9 a.m.- 5 p.m., 619-668-3275 or 619-668-3281, www.mtrp.org (Closed Thanksgiving, Christmas and New Year's Day)

DON'T GET LOCKED IN!

If you plan on staying past closing time, park **outside** of the gated areas. Gates open at **8 a.m.** & close at **5 p.m.** (Nov.-March) & **7p.m.** (April-Oct.)