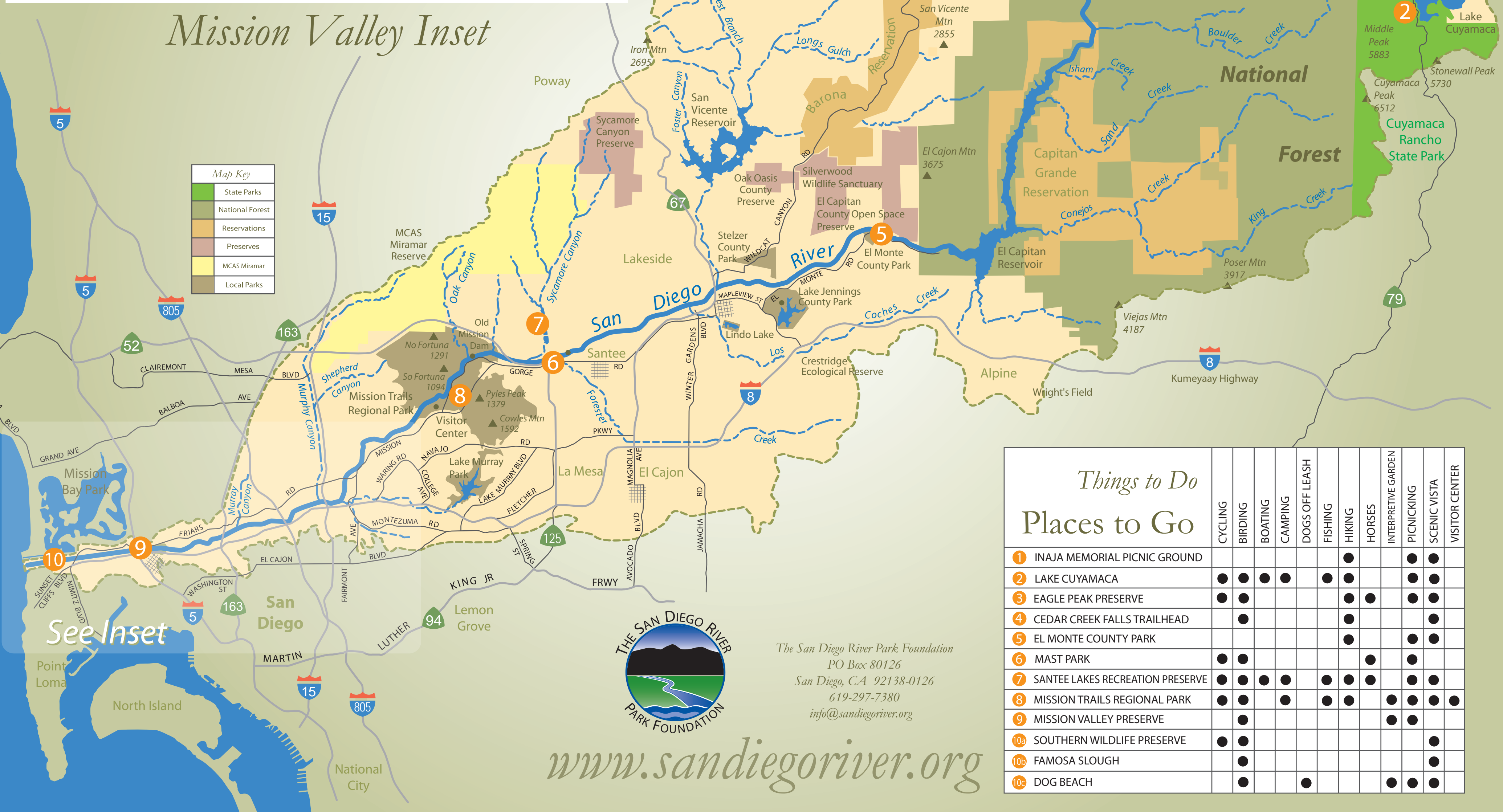


Discover the  
**San Diego River**  
and its watershed



Mission Valley Inset



Things to Do Places to Go		CYCLING	BIRDING	BOATING	CAMPING	DOGS OFF LEASH	FISHING	HIKING	HORSES	INTERPRETIVE GARDEN	PICNICKING	SCENIC VISTA	VISITOR CENTER
1	INAJA MEMORIAL PICNIC GROUND								●		●	●	
2	LAKE CUYAMACA	●	●	●	●		●	●			●	●	
3	EAGLE PEAK PRESERVE	●	●					●	●		●	●	
4	CEDAR CREEK FALLS TRAILHEAD		●					●				●	
5	EL MONTE COUNTY PARK							●			●	●	
6	MAST PARK	●	●						●		●	●	
7	SANTEE LAKES RECREATION PRESERVE	●	●	●	●		●	●	●		●	●	
8	MISSION TRAILS REGIONAL PARK	●	●		●		●	●		●	●	●	●
9	MISSION VALLEY PRESERVE		●							●	●		
10a	SOUTHERN WILDLIFE PRESERVE	●	●									●	
10b	FAMOSA SLOUGH		●									●	
10c	DOG BEACH		●			●				●	●	●	



The San Diego River Park Foundation  
PO Box 80126  
San Diego, CA 92138-0126  
619-297-7380  
info@sandiegoriver.org

www.sandiegoriver.org

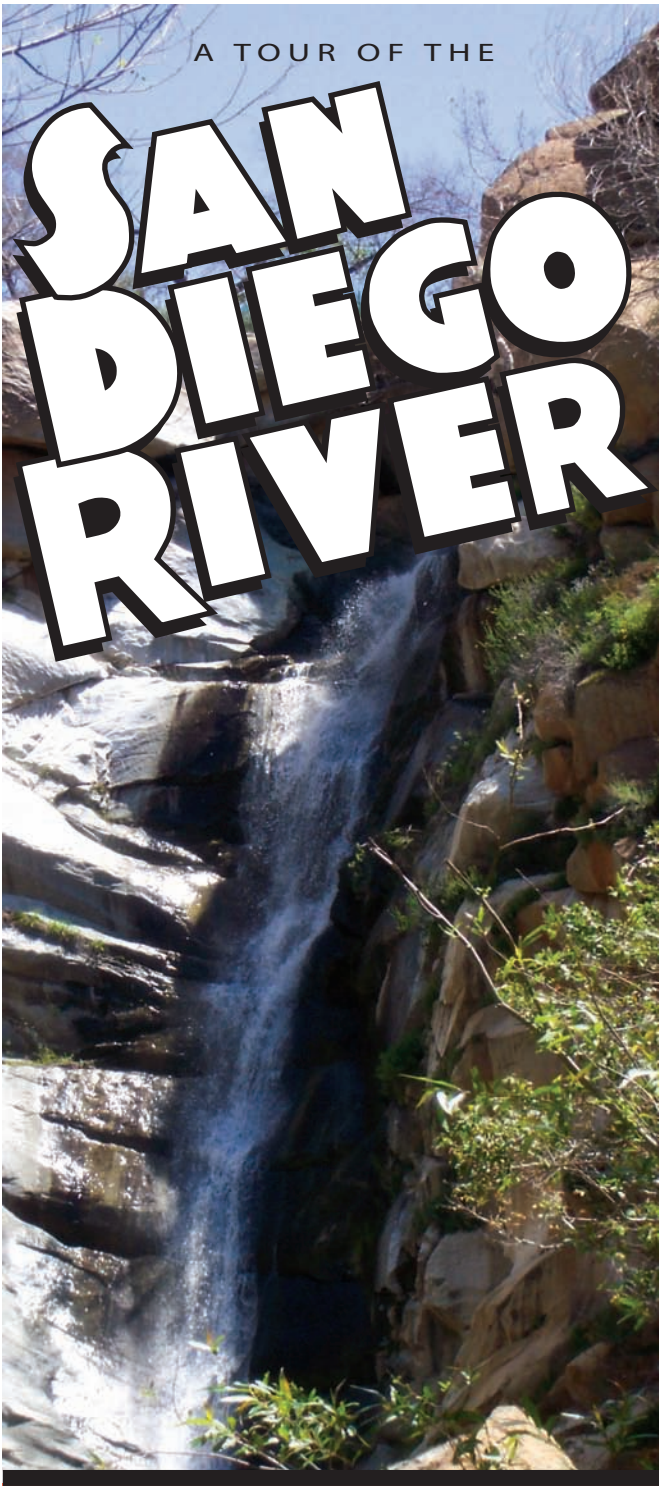


# Discover the San Diego River

The San Diego River is waiting to be explored. More than 440 square miles drains into our River, an area that is known as a watershed. It is an inviting and often overlooked waterway, rich in cultural history, community and environmental value, and recreational opportunities.

This brochure is designed to give you a taste of what the River is like from its majestic and rugged upper reaches, complete with 1000 foot deep gorges and 100 foot waterfalls, to El Monte Valley, an active agricultural area with views of the wonderful granite face of El Cajon Mountain, and through Lakeside, Santee and the City of San Diego, areas rich in willow and cottonwood forest, freshwater marshes and a magnificent coastal estuary. The River is home to numerous wildlife species and people have lived and depended upon it for over 8,000 years. Today, the River is being rediscovered. From the 6,521 feet Cuyamaca Mountain to the Pacific Ocean, the River and its watershed has so much to offer.

So get out there and discover the San Diego River!



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## 1 Inaja Memorial



High above the headwaters of the San Diego River, the viewpoint at Inaja looks south and west down the wild and beautiful, San Diego River Gorge. Deep in this canyon the San Diego River begins its journey to the ocean. A hike into this canyon is only for the very most hardy, but will yield vistas of hundred-foot waterfalls, and encounters with inspiring native flora and fauna.

1 mile East of Santa Ysabel on HWY 78/79  
Santa Ysabel, CA 92070



## 8 Mission Trails Regional Park



At nearly 5,800 acres, Mission Trails Regional Park is one of the largest urban parks in the United States. It is a wilderness within a city, full of wondrous vistas and close-up glimpses of native plants and animals. The park surrounds the San Diego River as it passes through Mission Gorge. MTRP is a naturalist's and hiker's paradise, and any visit should include a walk, ride, or slow drive from the Visitor's Center along Junipero Serra Trail to Old Mission Dam, a distance of about 2.5 miles.

1 Father Junipero Serra Trail  
San Diego, CA 92119



## 2 Lake Cuyamaca

The lake is a reservoir created by one of the earliest earthen dams in the region. It is a popular fishing and boating destination, and provides water for firefighting in the Julian area at times of need. Its outlet, Boulder Creek, is one of the main tributaries of the San Diego River.

15027 Highway 79  
Julian, CA 92036



## 3 Eagle Peak Preserve



Eagle Peak Preserve is one of those special places, perhaps not seen enough, that can be transformational for many. It is a place of rare beauty that is matched by its natural, recreational and cultural resources.

1/2 mile from the end of Eagle Peak Rd  
Julian, CA 92036

## 9 Mission Valley Preserve



The River turns westward below the mouth of Mission Gorge and flows through Mission Valley before reaching the 51-acre Mission Valley Preserve at the west end of the valley. The Preserve includes riparian and estuarine wildlife habitat for species such as the endangered least Bell's vireo and southwestern willow flycatcher. Work is ongoing to restore native plants and provide habitat for animals and, ultimately, to provide educational and recreational opportunities for all San Diegans. The Preserve has a native plant garden and interpretive area for visitors to enjoy.

Friars Rd. and Napa St.  
San Diego, CA 92110



## 4 Cedar Creek Falls Trailhead

At the end of Eagle Peak Road are amazing views of the River gorge and Mildred Falls. From this point you can hike two miles down to Cedar Creek Falls, a strenuous but quite manageable hike except in the very hottest weather.

End of Eagle Peak Road  
Julian, CA 92036



## 5 El Monte County Park

Just below El Capital Reservoir, the River enters a beautiful agricultural and equestrian valley which is home to El Monte County Park. The park is a terrific place for a family picnic and affords wonderful views.

15805 El Monte Road  
Lakeside, CA 92040

## 10a Southern Wildlife Preserve



When the River passes beneath Interstate 5, it enters the City of San Diego's Mission Bay Park. At this point, its meandering route to the Pacific Ocean takes it through the Southern Wildlife Preserve. The Preserve is part of the River's estuary you may view many migrant bird species as they make their journeys along the Pacific Flyway, as well as permanent residents of the marshes. There are bicycle and walking trails on both the north and south sides of the river, providing superb bird viewing and photography opportunities.

Sea World Dr. and South Shores Park  
San Diego, CA 92109



## 6 Mast Park

Mast Park provides opportunities to stroll along the River, play basketball, and have a family get together. Mast Park is also summertime home for the least Bell's vireo, an endangered songbird which is making a comeback along the River.

9125 Carlton Hills Blvd.  
Santee, CA 92071



## 7 Santee Lakes



This is a 190-acre park adjacent to Sycamore Creek. The park offers fishing, boating, birding, overnight camping and more. This is a popular destination, as well as a recreational treasure.

9040 Carlton Oaks Drive  
Santee, CA 92071

## 10b Famosa Slough

The Famosa Slough is a 37-acre wetland between Ocean Beach and the San Diego Sports Arena area. The slough is an excellent place for bird watching or just going on a relaxing walk through nature.

W. Point Loma Blvd. and Famosa Blvd.  
San Diego, CA 92107



## 10c Dog Beach



At the mouth of the River we find Dog Beach. This is a popular recreation area as well as an excellent and accessible location for experiencing an emerging sand dune habitat.

North end of Valtaire St  
Ocean Beach, CA 92107

You can help keep

## OUR RIVER

clean and healthy

When it rains or when water flows from yards, it runs directly into city storm drains. Many people think that everything that flows into the storm drain system gets treated, like wastewater in a sewer system-but it doesn't. Everything that flows into a storm drain goes untreated directly into our creeks, rivers, bays, estuary, and ultimately the ocean.

By practicing the following simple tips you can help greatly improve area water quality and keep San Diego waterways clean, safe, and beautiful for generations to come:

- Sweep up trash and debris instead of hosing down your driveway
- Keep gutters in front of your house clean of leaves and grass clippings
- Pick up trash around your home and make sure trash can lids are secure
- Pick up pet waste and dispose of in a toilet or trash bag



For more information visit  
[www.thinkblue.org](http://www.thinkblue.org)

Want to do more to keep

## OUR RIVER

clean and healthy?



Doing your part to keep the storm drains clean is just one of the many ways you can help to keep our River clean and healthy. You can also show your support for the San Diego River Park Foundation by volunteering, participating in clean ups along our River, or making an annual donation.

The San Diego River Park Foundation is working to create a river-long system of parks, open spaces, and community places which celebrate our River's unique natural and cultural legacy and enhance our quality of life.

Visit our website at [www.sandiegoriver.org](http://www.sandiegoriver.org) or call us at 619-297-7380 for more information on how you can help our River.



The San Diego River Park Foundation  
PO Box 80126  
San Diego, CA 92138-0126  
e-mail: [info@sandiegoriver.org](mailto:info@sandiegoriver.org)

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