



## Celebrate Green Friday in Parks

Turn Black Friday into Green Friday by enjoying family-friendly outdoor activities in parks and preserves across the region on November 29, the day after Thanksgiving.

### 10 Ways to Play



#### DISCOVER OTAY VALLEY BY MOUNTAIN BIKE

8 – 10:30 a.m., Mace Street Staging Area  
210 Mace Street Chula Vista, CA 91911 | 619-424-0463

Join City rangers and reps from both San Diego Mountain Biking Association and the Bonita Bike Club for a group ride on an 8-mile gravel loop trail. Riders 8 and older will enjoy this adventure from the Mace Street Staging Area, with safety tips and wildlife highlights along the way! Bring your well-maintained bike, helmet, water bottle, appropriate shoes/clothing and sun protection.



#### OPT OUTSIDE RIDE WITH BLACK GIRLS DO BIKE SD

8:30 a.m., Mission Bay Visitor Center  
2688 E. Mission Bay Drive, San Diego, CA 92109 | 619-316-0966 (text preferred)

This easy 19-mile ride will start in Mission Bay, travel to Crown Point, Hospitality Point, Ocean Beach, the San Diego River path, and take a spin around Fiesta Island before heading back to the starting location for a post-ride yoga class. Participants should bring their own bike, helmet, water bottle, extra tube, pump, snacks and a yoga mat.



#### REVITALIZE THE LANDSCAPE IN TECOLOTE CANYON (LIMITED SPACE; RSVP REQUIRED)

9 – 11 a.m., Tecolote Canyon Natural Park and Nature Center  
5180 Tecolote Road, San Diego, CA 92111 | 858-581-9944

City Rangers planned a native plant revegetation project in this unique wildlife corridor. Supplies will be provided for up to 20 participants. Arrive early to secure a good parking spot and dress to impress... mother nature... in workout clothes and sturdy shoes, equipped with ample water and sun protection.



#### OPT OUTSIDE TO THE TOP OF VOLCAN MOUNTAIN

9 a.m. – 12 p.m., Volcan Mountain Wilderness Preserve  
1209 Farmer Road, Julian, CA 92036 | 760-765-4098

County Park Rangers and members of the Volcan Mountain Foundation will lead a hike to Julian's most scenic peak, with sweeping views from the Ocean to Salton Sea. The first stretch, on the moderately strenuous Five Oaks Trail, will be guided – then rangers will share options to end or extend the hike.



#### NATURE CRAFTS IN THE CANYON

9 a.m. – 4 p.m., Tecolote Canyon Natural Park and Nature Center  
5180 Tecolote Road, San Diego, CA 92111 | 858-581-9944

Stop by the Tecolote Nature Center to participate in nature crafts and discovery stations, and to view a host of exhibits on the plants and animals that abound in Tecolote Canyon Natural Park. Then, view the [trail map](#) to plan your own adventure through miles of family-friendly trails!

[sdparks.org/GreenFriday](http://sdparks.org/GreenFriday) | #UpsideofOutside | #OptOutside





### MISSION TRAILS NATURE WALK

9:30 – 10:30 a.m., Mission Trails Visitor and Interpretive Center  
1 Father Junipero Serra Trail, San Diego, CA 92119 | 619-668-3277

Join rangers for an easy trek along the 1-mile Grinding Hole Rock Trail or 1.5-mile Visitor Center Loop. Learn about local plants, animals and history while enjoying fresh air and sunshine in one of San Diego's busiest parks. There are some steps and uneven surfaces. Please dress comfortably with good shoes and ample sun protection.



### TREE PLANTING WITH A RANGER

10 a.m. – 12 p.m., Felicita County Park  
742 Clarence Lane, Escondido, CA 92029 | 760-745-4379

Help us plant native trees and shrubs in a popular picnic destination, and come back to watch them grown for decades to come! Supplies will be provided. Please wear sturdy shoes and comfortable clothes you don't mind getting a little dirty, and pack water and sun protection.



### FITNESS MEETUP WITH THE NOVEMBER PROJECT

1:30 – 2:30 p.m., Heritage County Park  
2454 Heritage Park Row, San Diego, CA 92110 | 619-232-7275 (park), 603-540-2462 (staff)

When was the last time you embraced your inner child? Join November Project San Diego for an adult recess-based fitness event that's guaranteed to make you laugh, SWEAT and befriend your neighbors. All levels are welcome!



### HEALING YOGA WORKSHOP WITH OG YOGA

3 – 4 p.m., Heritage County Park  
2454 Heritage Park Row, San Diego, CA 92110 | 619-232-7275 (park), 858-775-6625 (studio)

Explore the healing benefits of the ancient practice of yoga, in a special class designed to relax your inner spirit with moves to focus your attention, calm your mind, reduce stress and improve reaction times. Learn what it means to be and feel healthy, safe and thriving in this carefully curated and gentle yoga class.



### EVENING HIKE WITH A RANGER

5:30 – 6:30 p.m., Sweetwater Summit Regional Park  
3218 Summit Meadow Road, Bonita, CA 91902 | 619-472-7572

Explore the trails outside one of the County's busiest urban camping parks! This ranger-led hike takes place after sunset, when the heat retreats and nighttime critters abound... Carry a flashlight and dress in layers to enjoy this easy, family-friendly nature walk and expedition.

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### ALL DAY, AT YOUR FAVORITE PARK: Pack a Picnic, Pick a Tree and READ!

San Diego County Libraries recently launched an innovative app called Libby, which allows you to apply for a digital library card with your phone number and immediately access thousands of literary titles. Download books and audiobooks for offline reading – or stream them to save space. Get a head start: [SDeBooks.org](http://SDeBooks.org).

### VISIT A PARK – ANY PARK – FOR FREE!

On Friday, Nov. 29, parking fees will be waived at all County Parks and preserves. The day-use fee is usually \$3 per vehicle, per day, at qualifying locations. Shop more than a hundred destinations online, at [sdparks.org](http://sdparks.org) > Find a Park where you can search **alphabetically**, **by amenity**, or **map!**

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