

SPEND QUALITY TIME OUTSIDE ON NOV. 26, 2021!

Green Friday

NOV. 26, 2021

County of San Diego Parks and Recreation

Celebrate the 'upside of outside' with family-friendly activities in parks and preserves across the region, on a holiday we've coined Green Friday!

From ranger-led hikes to boot camps and virtual meetups to DIY trail activities, events are active, educational and suitable for adventurers of all ages.

SCHEDULE OF EVENTS

CANYON AND GROVE NATURE HIKE

9 a.m. – 12 p.m.

Sycamore Canyon/Goodan Ranch County Preserve
16281 Sycamore Canyon Road, Poway

Embark with a ranger on a moderate 3.5 mile loop on the Martha's Grove Trail. Learn about the native plants and wildlife of this 2,272-acre preserve while experiencing a variety of vegetation habitats, historic oak groves and the remnants of an old ranch. Pause in the nature center to meet live critters!

COMMUNITY HABITAT RESTORATION EVENT

9 a.m. – 12 p.m.

San Elijo Lagoon Ecological Preserve
2710 Manchester Ave., Cardiff-by-the-Sea

Registration: <https://thenaturecollective.org/events>

Join us in a quest to restore 38 acres of coastal sage scrub habitat – home to the federally-endangered California Gnatcatcher! Volunteers should wear comfortable clothes, shoes, sun protection and be willing to get dirty removing invasive species and planting new native plants.

MORNING HIKE WITH PARK STAFF

9:30 – 10:30 a.m.

Otay Lakes County Park
2270 Wueste Road, Chula Vista

We're touring picture-perfect Otay Lakes County Park via a quick, 1-hour moderate hike that starts at the ranger station and ventures to incredible views of the reservoir. Extend your experience with a trip down the storybook trail. Play on the playground, picnic on the lawn, while meeting rangers and making friends!

FUN FIT CLASS: RELAY RACES!

12 – 1 p.m.

Pioneer Park, 1521 Washington Place, San Diego
Registration: <https://bit.ly/3cmBqFg>

Work it out with a group fitness class, designed to improve strength, mobility and confidence in a fun atmosphere where exercise is presented in the form of relay races! Come solo or with your crew, and let Mission: FIT trainers get you to the finish line!

2 MILES AROUND MORRISON POND

1 – 3 p.m.

Morrison Pond, 5102 Sweetwater Road, Bonita

Take a casual stroll around Morrison Pond while learning the unique history of this body of water, and while picking up information on the trees, plants and animals that thrive on site. The trail portrays a surprising oasis in an otherwise urban area, with ample shade and great birdwatching opportunities.

FUN FIT CLASS: GAME DAY!

4 – 5 p.m.

Heritage County Park, 2454 Heritage Park Row, San Diego
Registration: <https://bit.ly/3cmBqFg>

Put that athleticism and/or competitive nature to work in this sports-themed group fitness class event! Coaches will place participants in teams and run games that are sure to provide entertainment while also helping you to burn off those Thanksgiving calories. Have fun getting fit with Mission: FIT!

SD NIGHTS VIRTUAL MEETUP: PLAYLIST BINGO

5 – 7 p.m.

Zoom link provided with registration:
Carl.McCullough@sdcounty.ca.gov

Calling all teenagers... Listen to songs and figure out who sang them, because your virtual BINGO card features artists in lieu of letters and numbers. Every genre is included: Pop, Hip Hop, Rock, Modern, Classics, Slow Jams, Boy Bands, Divas, and more... Sing along and see how your musical knowledge stacks up against other players.

- ✦ Activities are free and open to all ages.
- ✦ Inclement weather may cancel.
- ✦ sdparks.org/GreenFriday | [#UpsideofOutside](https://twitter.com/UpsideofOutside)



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Join in the fun! *

Mark your calendar for a day of FREE activities featuring locales across the County.

Here are some do-it-yourself opportunities to fill your day!

STORY TRAILS

Take a trip to a Story Trail near you!

We've partnered with San Diego County Library to place book pages on signs along popular trails, so you can walk, talk and read your way through our parks. Books vary by location and will be presented in English and Spanish. Signs will be up during parks' open hours through the holiday weekend.

Eight great locations:

Dos Picos County Park

17953 Dos Picos Park Road, Ramona | 760-789-2220

Guajome Regional Park

3000 Guajome Lake Road, Oceanside | 760-724-4489

Lake Morena County Park

2550 Lake Morena Drive, Campo | 619-579-4101

Otay Lakes County Park

2270 Wueste Road, Chula Vista | 619-482-7361

Potrero County Park

24800 Potrero Park Drive, Potrero | 619-478-5212

San Dieguito County Park

1628 Lomas Santa Fe Drive, Del Mar | 858-755-2386

San Elijo Lagoon Ecological Reserve

2710 Manchester Ave., Cardiff-by-the-Sea | 760-634-3026

Louis A. Stelzer County Park

11470 Wildcat Canyon Road, Lakeside | 619-561-0580



FREE PARKING!

Visit any of our more than 100 County-owned and operated parks and preserves across San Diego on Green Friday – and get your parking fee waived wherever entrance gate fees are collected!

Discover sports fields and courts, fitness equipment, playgrounds, bike paths, picnic areas, BBQs, boating, birdwatching, fishing and more; select YOUR recreation destination at sdparks.org.

CITY TRAILS AT YOUR CONVENIENCE

Our friends at San Diego Parks Foundation who support the City of San Diego's Parks and Recreation Department invite you to visit three centrally located and picturesque public spaces. Get maps and info on their website:

<https://sandiegoparksfoundation.org>

Rose Canyon Open Space Trail 3.5 miles, easy terrain

Previously inhabited as a seasonal village of the Kumeyaay People due to its water holes, streams, abundant coastal live oaks and arroyo willow trees, this trail system contains rare riparian habitat and a watershed that wanders all the way to Mission Bay Park at Genesee and Decoro Street.

Juniper Canyon ½-mile loop with connection options, easy but somewhat rocky terrain

Take a quick tour of this urban canyon that is a favorite for locals and dog-walkers alike. With less than a mile to tour, you can venture onto other paths that link to properties near the starting point: Cedar Ridge Park.

Chollas Parkway 1.75 miles out and back, easy terrain

Did you know Chollas Creek is part of the Pueblo Watershed – running 32 miles from its headwaters in La Mesa and Lemon Grove? It drains into the bay and Barrio Logan with branches into other neighborhoods – bringing H₂O to trees, brush and wildlife... and shade and serenity to urban hikers!



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