



HIKE-A-THON MEET-UP EVENTS

The County of San Diego is partnering with *Live Well San Diego* and Nature Unplugged for their October Hike-A-Thon. We'll be hosting a Kick-Off event and ranger-led hikes all month long at popular trails across San Diego County. Build community, discover new trails and experience the benefits of time in nature. Events are free and open to hikers of all ages.

HIKE #1

Saturday, Oct. 3, 2026 | 10 a.m.
Los Peñasquitos Ranch House

12122 Canyonside Park Drive, San Diego, CA 92129

Park Phone: (858) 484-7504

Our ranger will take you on a short, ~1.5 guided hike along the bubbling Peñasquitos creek which feeds a dense grove of riparian plants and trees. While we hike, we will bring some trash bags with us and make it a trail cleanup.

HIKE #3

Saturday, Oct. 17, 2026 | 9 a.m.
Dictionary Hill County Preserve

2036 S Barcelona St, Spring Valley, CA 91977, US

Park Phone: (619) 644-5492

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 1-2 hours to complete.

HIKE #4

Saturday, Oct. 24, 2026 | 9 a.m.
San Elijo Nature Center (Annie's Canyon)

2710 Manchester Avenue, Cardiff-by-the-Sea, CA 92007

Park Phone: (760) 634-3026

This 2-mile loop trail is an easy to moderate hike around the San Elijo Lagoon and through Annie's Canyon. It's a great gravel trail for bird-watching and exploring. Meet at park'n'ride off Manchester Ave.

HIKE #2

Saturday, Oct. 10, 2026 | 9 a.m.
Santa Margarita County Preserve

37385 De Luz Rd., Fallbrook, CA 92028

Park Phone: (760) 728-2303

Santa Margarita County Preserve offers a lush river corridor containing riparian and upland habitats. We'll navigate a 2.5-mile moderate trail following the Santa Margarita River out and back.

HIKE #3.1 BONUS

Sunday, Oct. 18, 2026 | 9 a.m.
Mt. Woodson Gateway County Preserve

16286 Highway 67, Ramona, CA. 92065

Park Phone: (858) 513-4737

Meet near Mt. Woodson trailhead near Parking Area A. Nature Unplugged will lead this 4 mile out-and-back hike with an elevation gain of 1,200 to 1,500 feet. It is rated as moderate to strenuous.

HIKE #5

Saturday, Oct. 31, 2026 | 9 a.m.
San Dieguito County Park

1628 Lomas Santa Fe Drive, Del Mar, CA 92014

Park Phone: (858) 755-2386

Nestled just a short distance from the Pacific Ocean in Del Mar, San Dieguito County Park offers an easy 2-mile walk across the park's suspension bridges and lookout towers open for hikers to explore. Meet at the ranger office near the main entrance in the upper park.



Learn more at sdparks.org/Hike-A-Thon
or visit natureunplugged.com



Hikes are free and open to guests of all ages. Registration is not required. Guests are encouraged to plan appropriately with good footwear, sun protection and plenty of water and snacks.



RSVP
FOR
HIKES:

