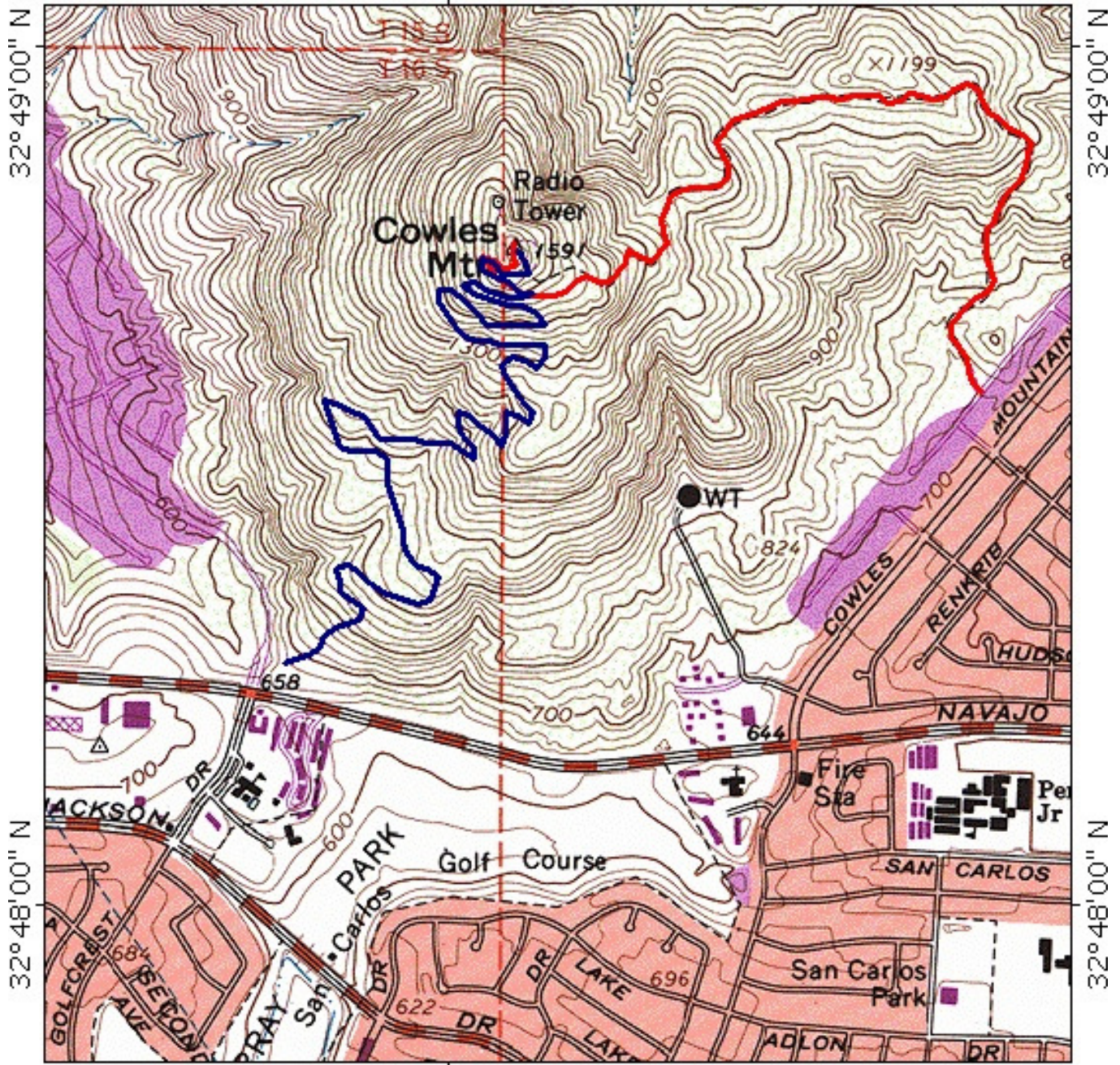


Big Rock Loop

- Trailhead: behind Big Rock Park on Mesa Rd. off of Mission Gorge Road in Santee
- Distance: 2.25 mi
- Total Elevation gain/loss: 500'/500'
- Hiking Time: 1.5- 2 hours (loop trip)
- Agency: Mission Trails Regional Park 619-668-3275
- Difficulty = 4



WGS84 117°02'00" W
TN * / MN 0 13½° 0 1000 FEET 0 500 m 1000 m 1 MILE
Printed from TOPO! ©1999 Wildflower Productions (www.topo.com)

Cowles Mountain South & East Approach

Trailhead: (South) Golfcrest & Navajo Road (East) Barker Way

Distance: 3.0 miles roundtrip

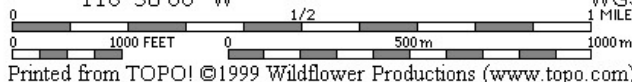
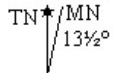
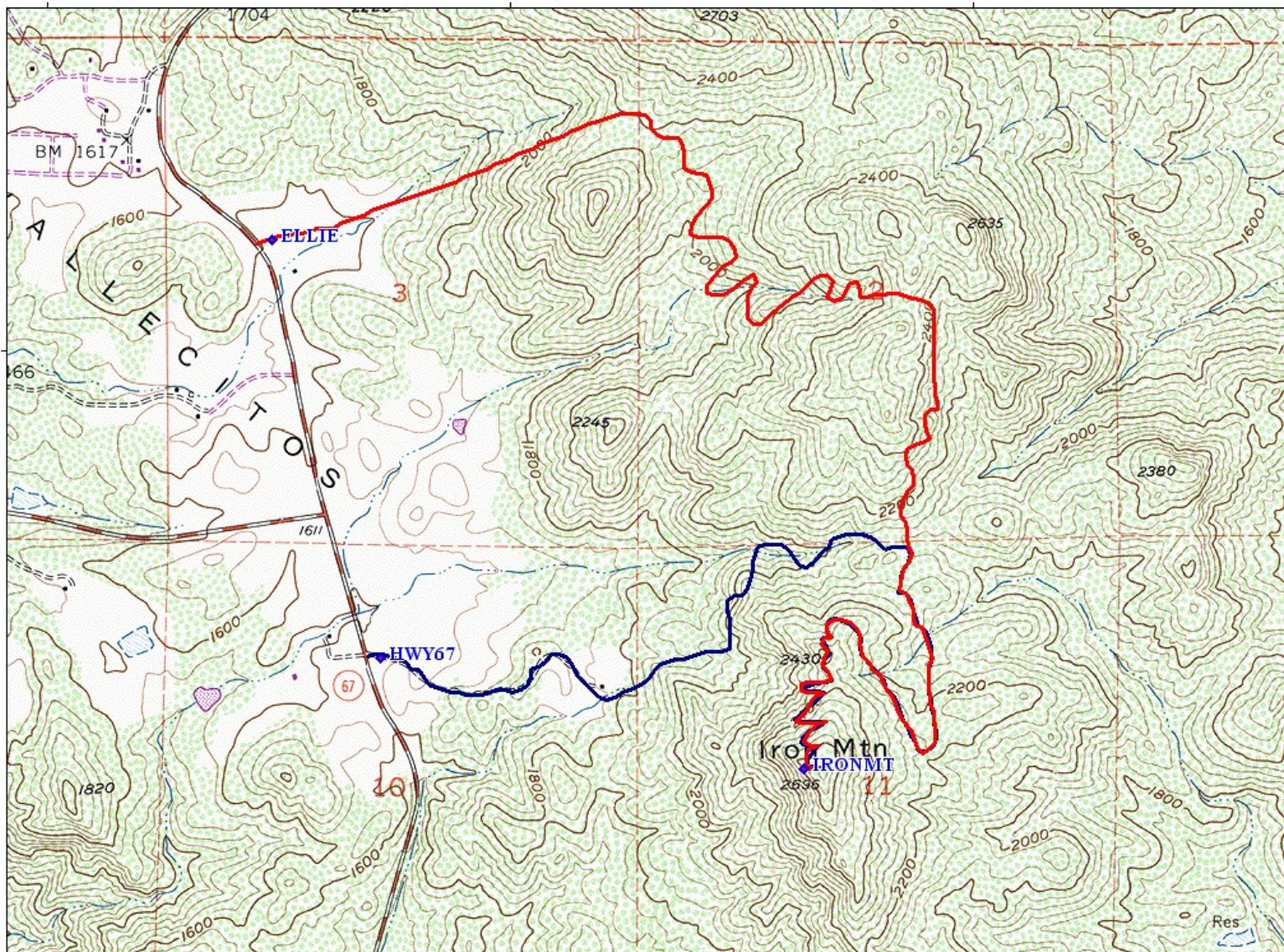
Total Elevation Gain: 950'/950'

Estimated hiking time: 2 hours (round trip)

Agency: Mission Trails Regional Park 619-668-3275

Difficulty = 2

Hospital: Alvarado 6655 Alvarado Rd. 619-287-3270



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IRON MOUNTAIN

From Hwy 67

Trailhead: Hwy 67 and Poway Road ●

Distance: 3.1 mi (one way)

Total Elevation Gain: 1600'/1600'

Estimated hiking time: 5 hours

Difficulty = 3

From Ellie Lane

Trailhead: Hwy 67 & Ellie Lane ★

Distance: 4.2 mi (one way)

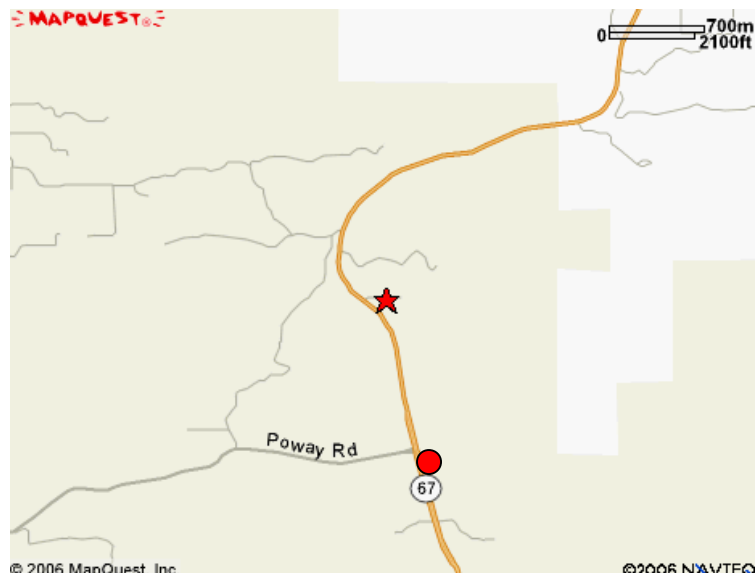
Total Elevation Gain: 1600'/1600'

Estimated hiking time: 6 hours

Difficulty = 4

Agency: Lake Poway Recreation Area 858-679-5465

Hospital: Pomerado 15615 Pomerado Rd 858-485-6511



Backpack Day Hike Resources Mt. Laguna Recreation Area Hikes

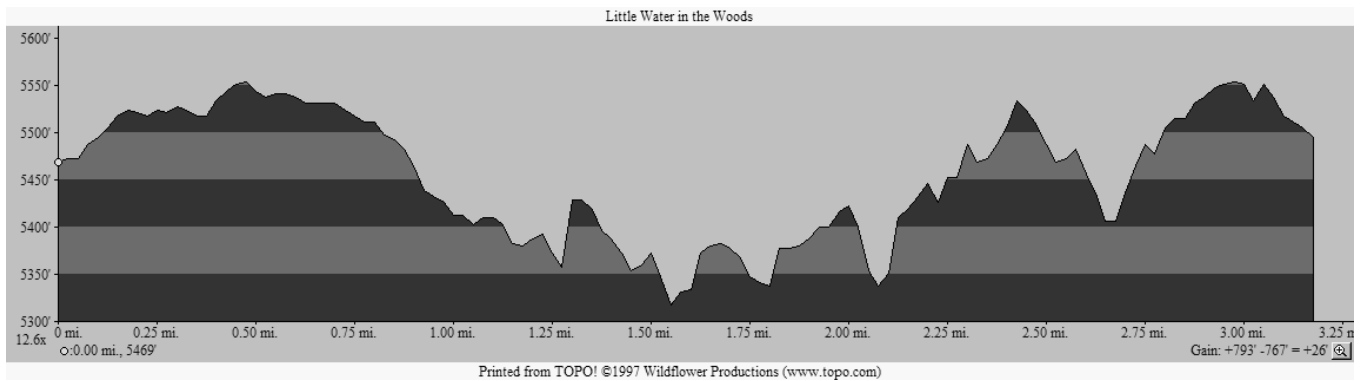
Allow approximately 45 minutes to reach the Meadows Information Station trailhead at mile marker 19 on Sunrise Highway, just east of Pine Valley. Roadside parking is available on both sides of the highway. You can extend your hiking time/distance by adding additional loops. These hikes are excellent year around. An Adventure Pass for parking at Trailheads (\$5/day, \$30/year) can be purchased at outdoor stores, the Descanso Ranger Station in Alpine, the Laguna Mtn. store, and Alpine gas stations.

Little Water in the Woods (blue)

Trailhead: Sunrise Hwy., mile marker 19
Distance: 3.25 miles, round trip
Elev. Gain/Loss: +793, -767 feet
Difficulty: Easy

Description

Loop trip with excellent views of Crouch Valley, and a nice picnic spot by Little Water. Return south, hiking uphill past the cement water trough, through mixed forest of black oak and Jeffrey pine.

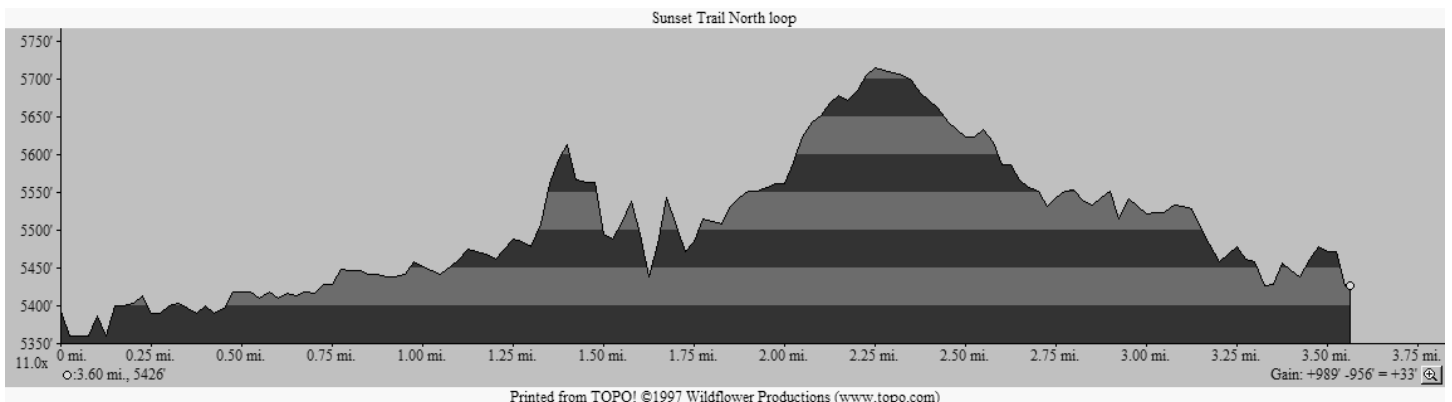


Sunset Trail North (green)

Distance: 3.6 miles
Elev. Gain/loss: +989/-987
Difficulty: Moderate climbing on ridge

Description

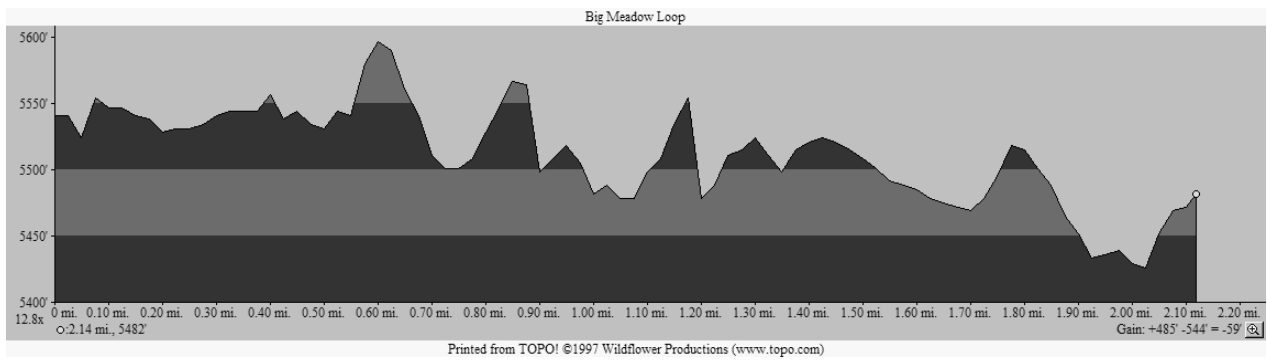
The Sunset Trail continues north of Little Water, climbing the ridge with views of Cuyamaca, Middle, North and Stonewall peaks to the west. Once you back down to the meadow, hike south back along the meadow past Big Laguna Lake to Little Water, or continue north on the Big Meadow Loop.



Big Meadow Loop (blue)

Distance: 2.14 miles
Elev. Gain/loss: +485', -544'
Difficulty: Easy meadow hiking
Description

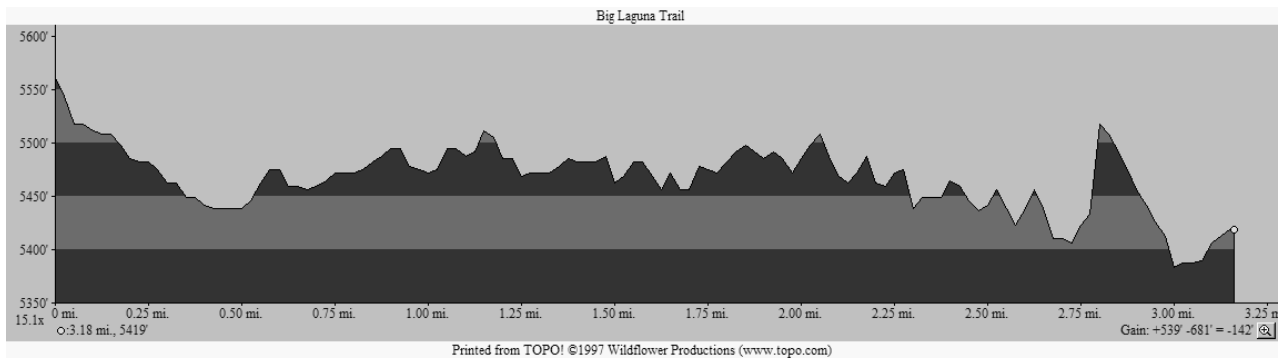
Take in all of Big Laguna Meadow, with a close-up view of the Cedar Fire damage at the north end of the meadow. Another trailhead (Penny Pines, mile 27 on Sunrise Highway) also provides access to the north meadow.



Big Laguna Trail (red)

Distance: 3.18 miles
Elev. Gain/loss: +539', -681'
Difficulty: Easy meadow hiking
Description

This trail section takes you east of the meadow, and north along the forest's edge almost to Laguna Campground (drinking water is available at the campground, about another 25 mile north.) The trail veers west to Big Laguna Lake.

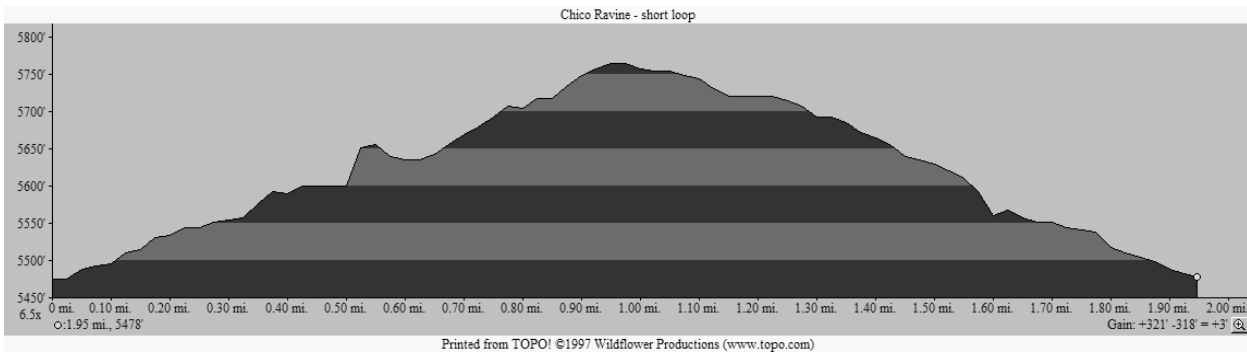


Chico Ravine - Short Loop (black)

Distance: 2 miles
Elev. Gain/Loss: +321'/-318'
Difficulty: Moderate hiking uphill

Description:

Hike through mixed forests of chaparral, Jeffrey Pine, Incense Cedar and Black Oak. Visit the old graveyard at the southeast junction of the Chico Ravine with Big Laguna Trail. The fenced gravestones stand on the small hill just south of the trail. Nice picnic rocks where the Chico Ravine Trail re-connects with the Big Laguna Trail.

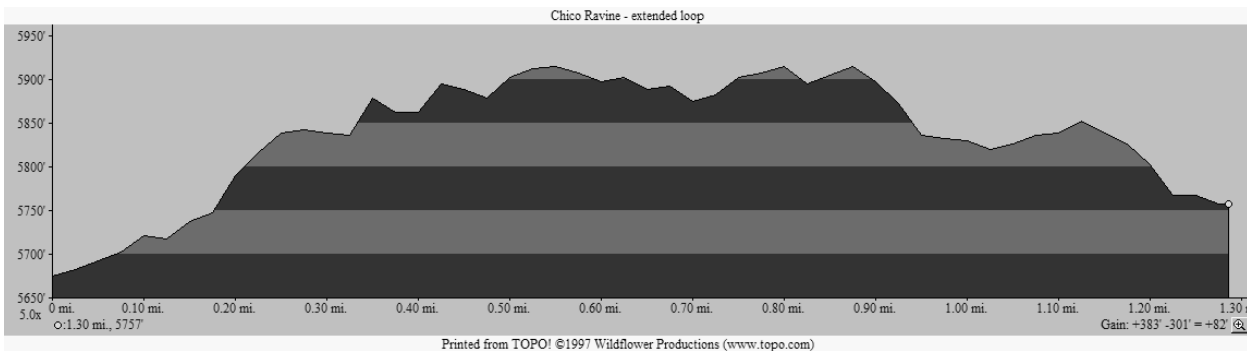


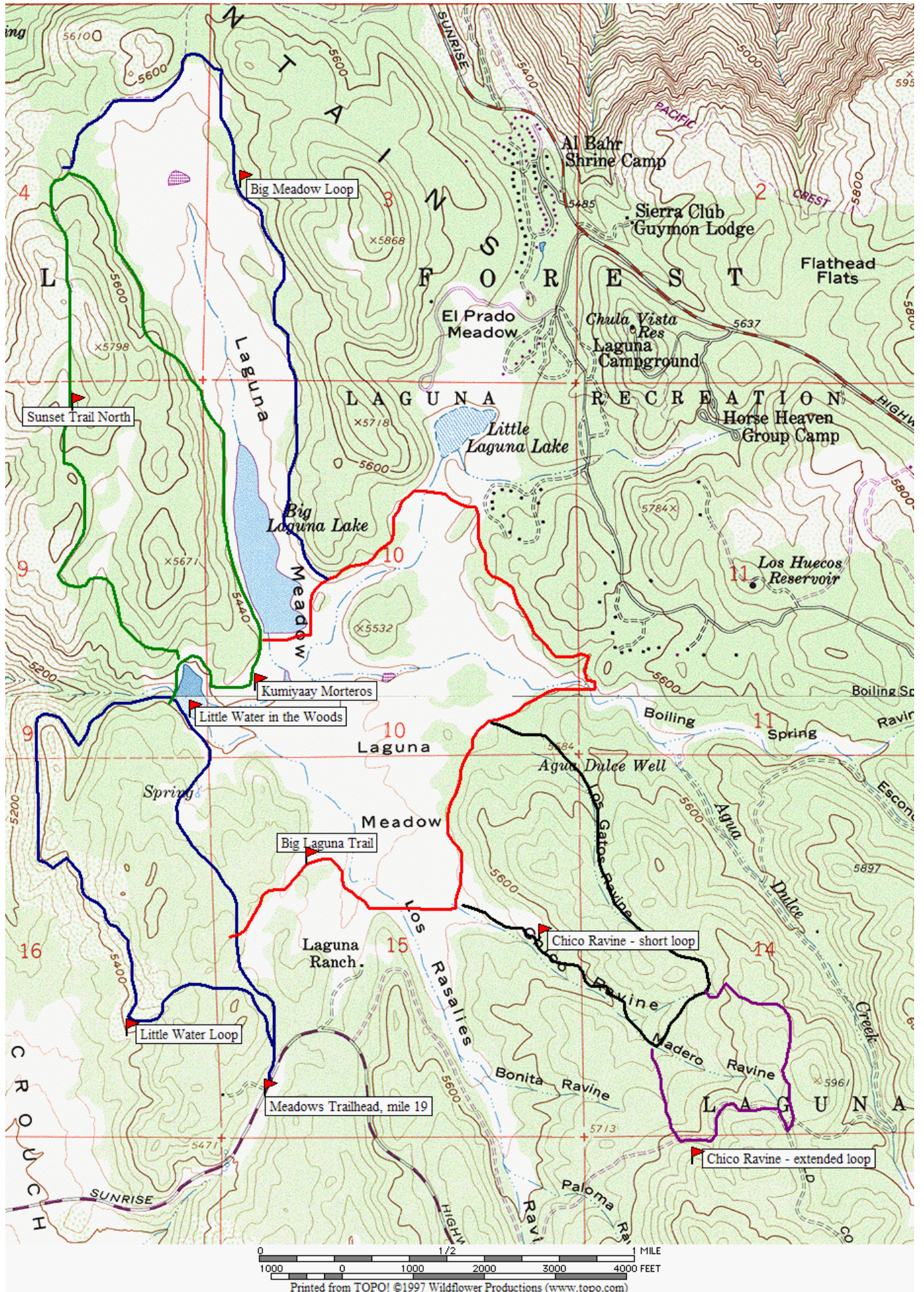
Chico Ravine - Extended Loop (purple)

Distance: 1.5 miles
Elev. Gain/Loss: +383', -301'
Difficulty: More strenuous climbing after leaving Short Loop. Route-finding ability necessary where trail joins and exits the Old County fire road.

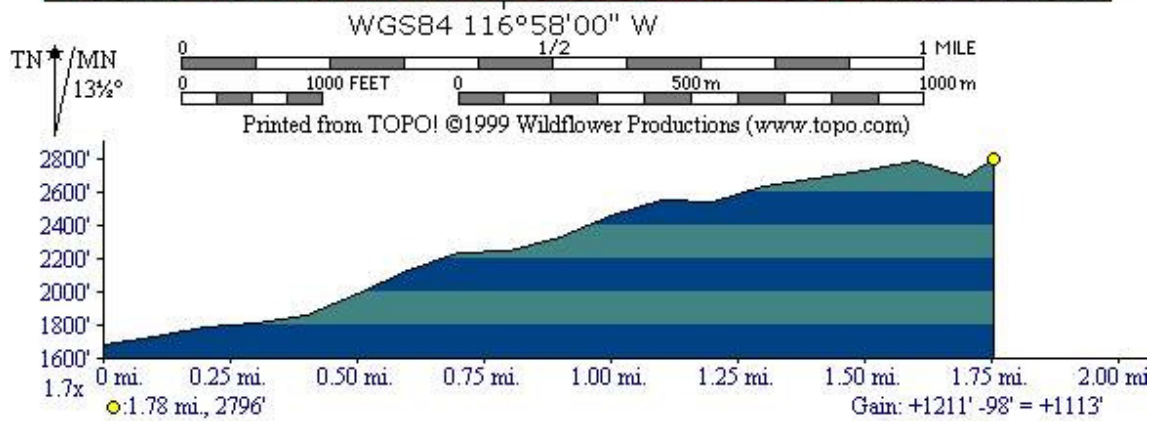
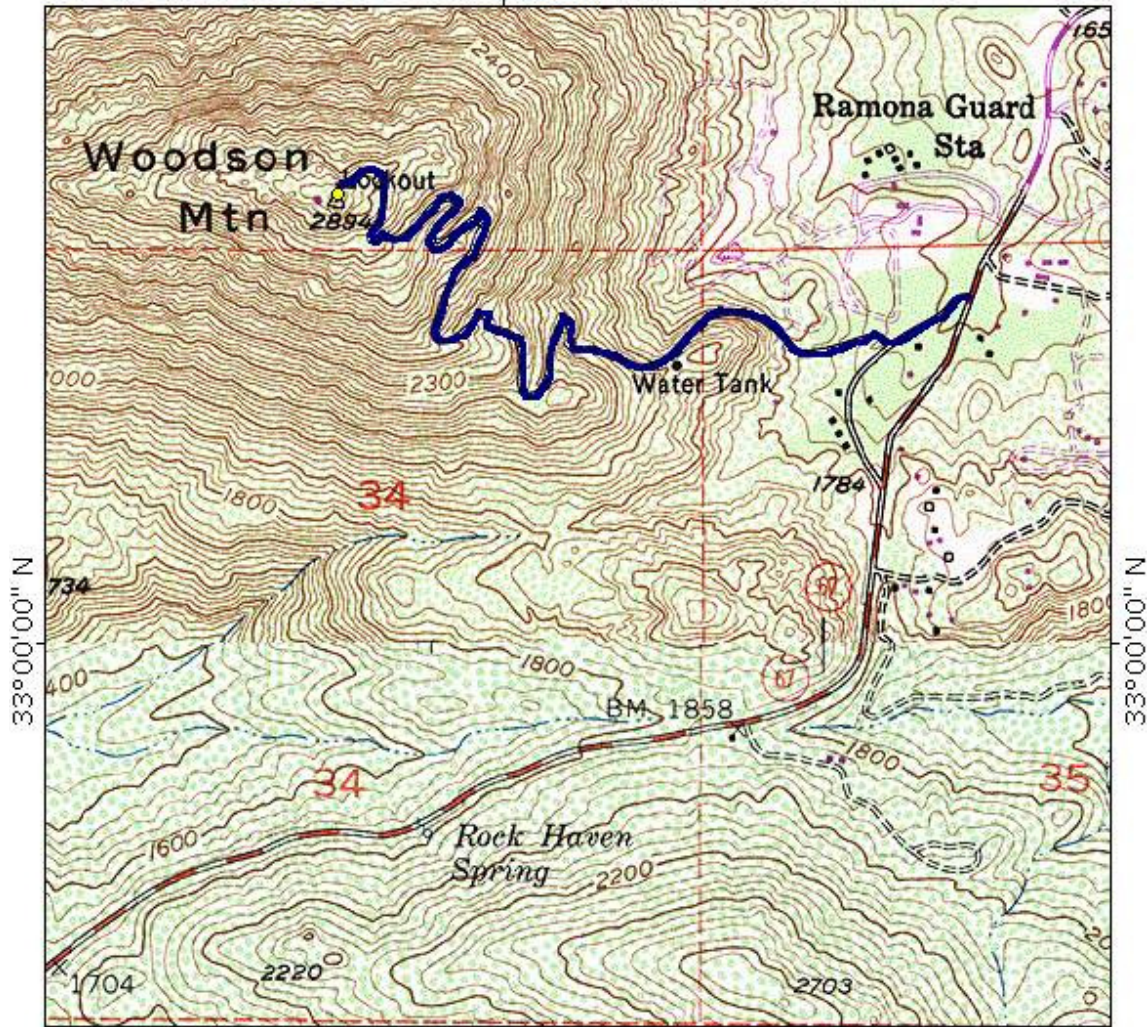
Description

The extended loop provides wonderful views north to San Jacinto (snow-covered in winter) in the north, Monument Peak to the east, and the Cuyamaca range to the west. Ocean views on clear days. After reaching the fire road, pay close attention in locating the trail that leaves the Old County fire road and re-enters the forest toward Gatos Ravine.





TN
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Mount Woodson East Approach

Trailhead: East side of Hwy 67 3 miles north of Poway Road (opposite CDF station)

Distance: 3.6

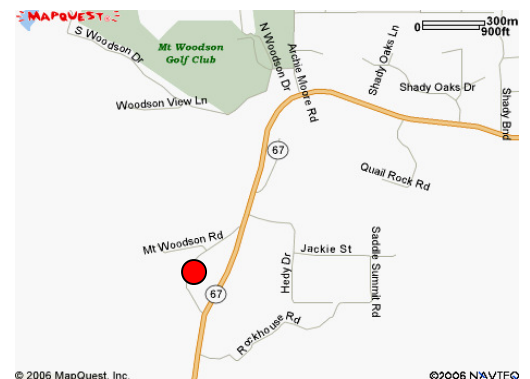
Total Elevation gain/loss: 1200'/1200'

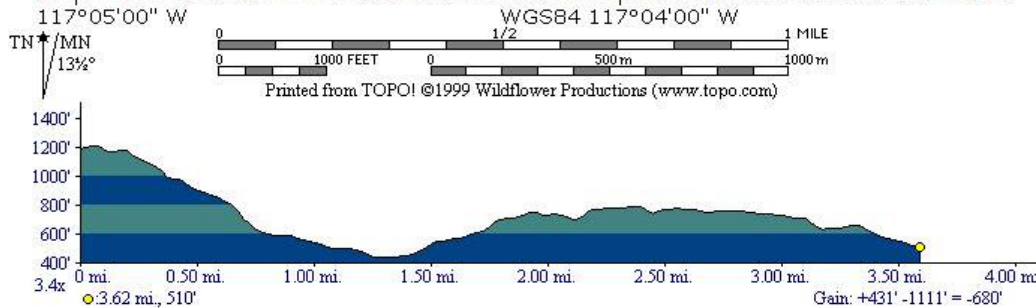
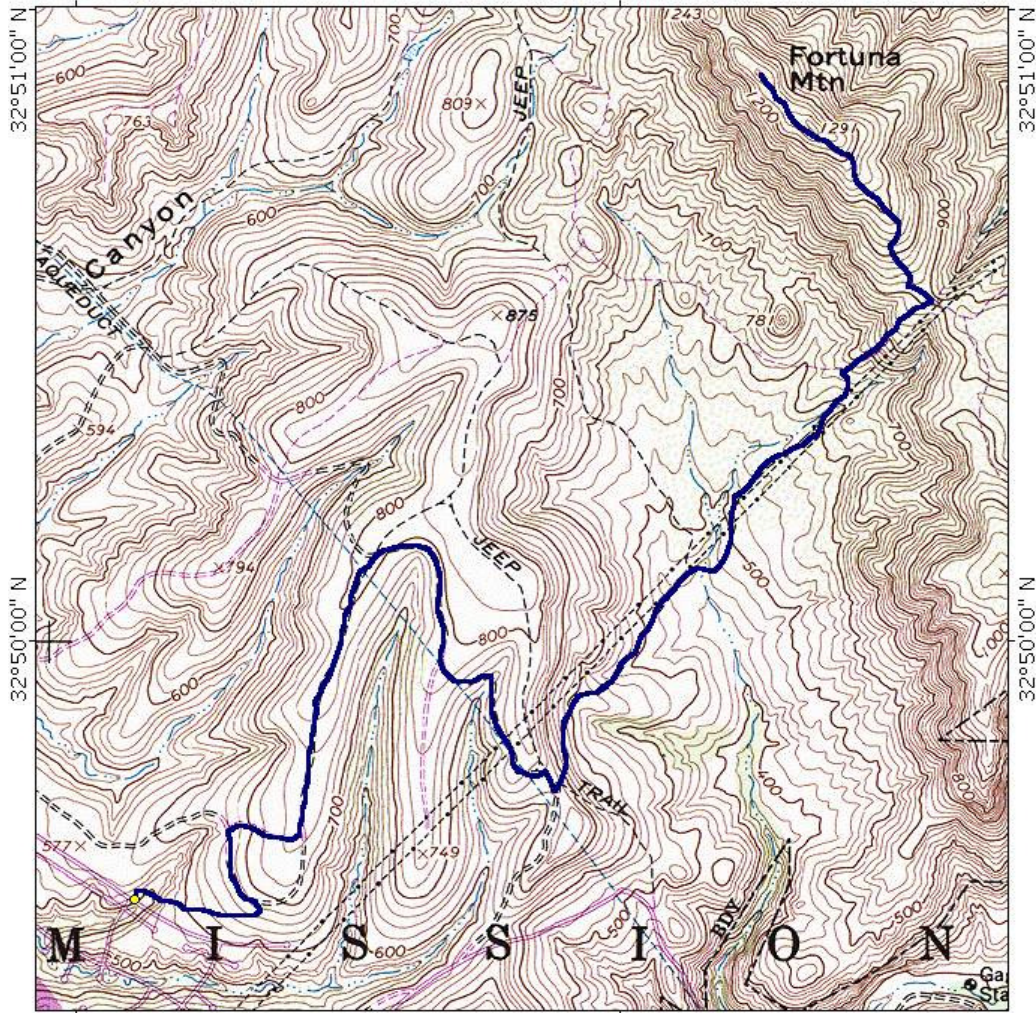
Hiking Time: 2 hours (round trip)

Agency: Lake Poway Recreational Area 858-679-5465

Difficulty = 2

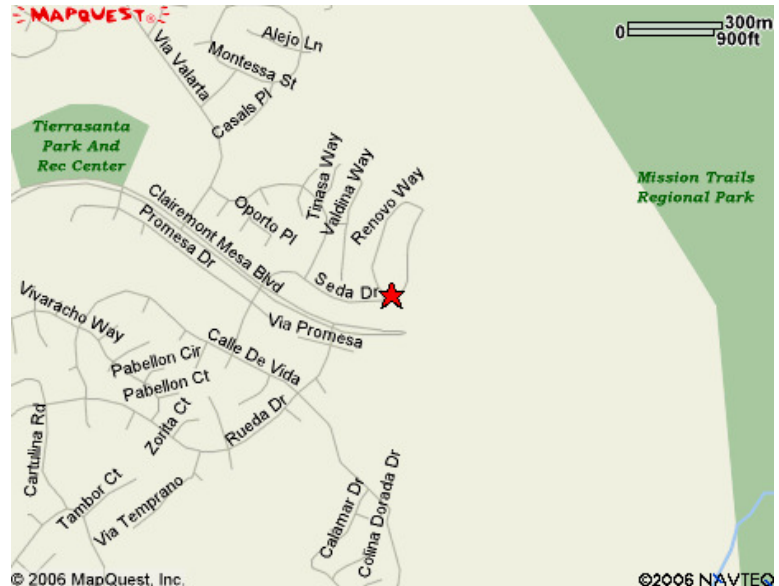
Hospital: Pomerado 15615 Pomerado Rd 858-485-6511

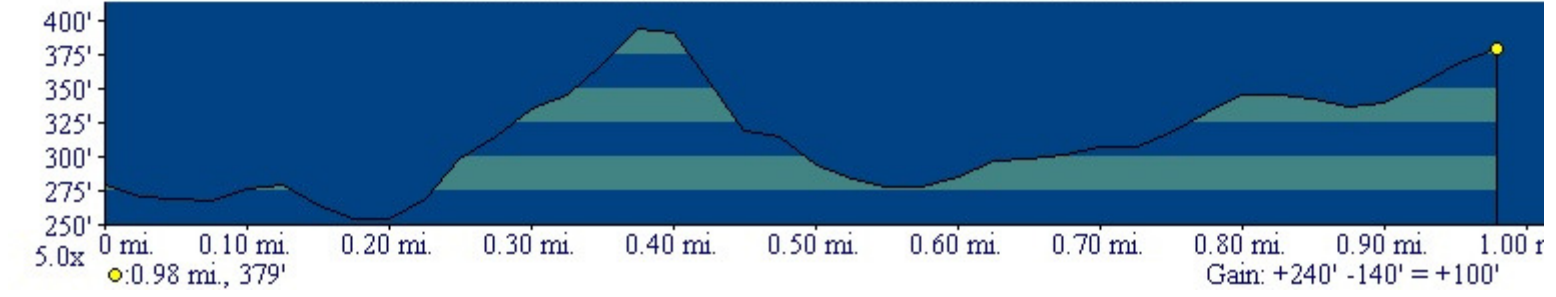
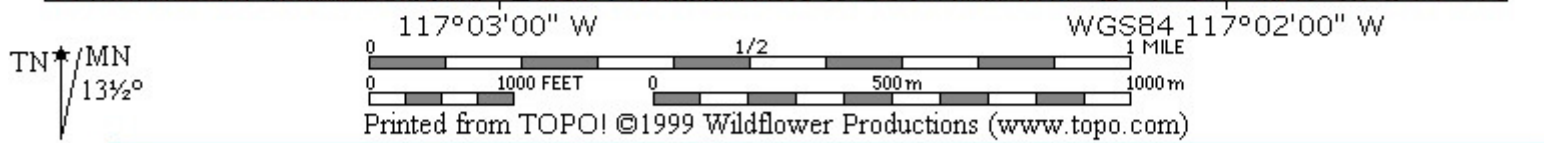
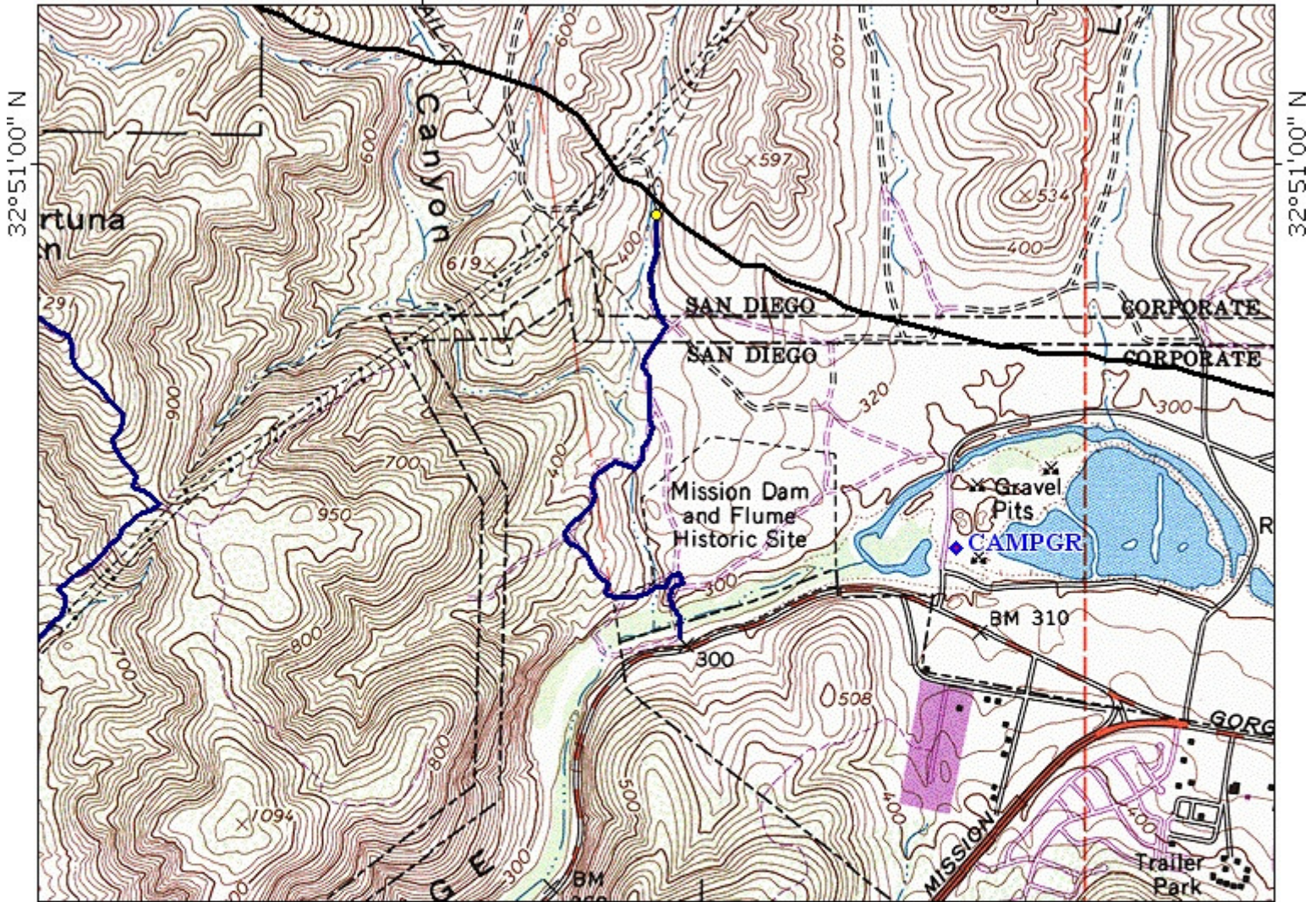




North Fortuna

- Distance:** 7 miles round trip
- Total Elevation gain/loss:** 850' / 300'
- Hiking Time:** 4-5 hours
- Difficulty = 4**
- Trailhead:** end of Seda Drive off of Clairemont Mesa Blvd in Tierra Santa
- Agency:** Mission Trails Regional Park
619-668-3275
- Hospital:** Sharps 7901 Frost Street
858-939-3400





Oak Canyon

Trailhead: on Father Junipero Serra 1/2 mi west of Kumeyaay Lake Campground

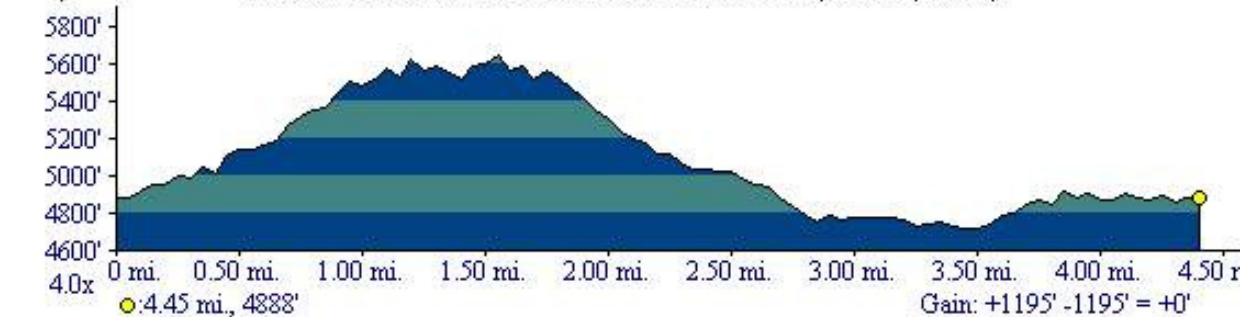
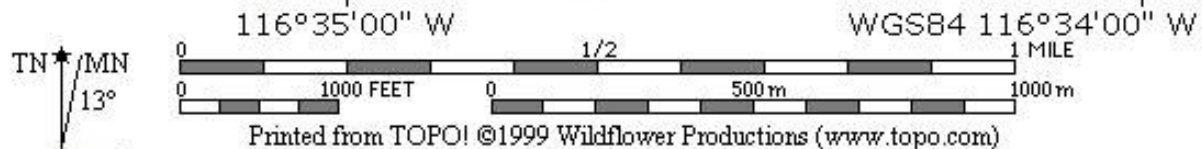
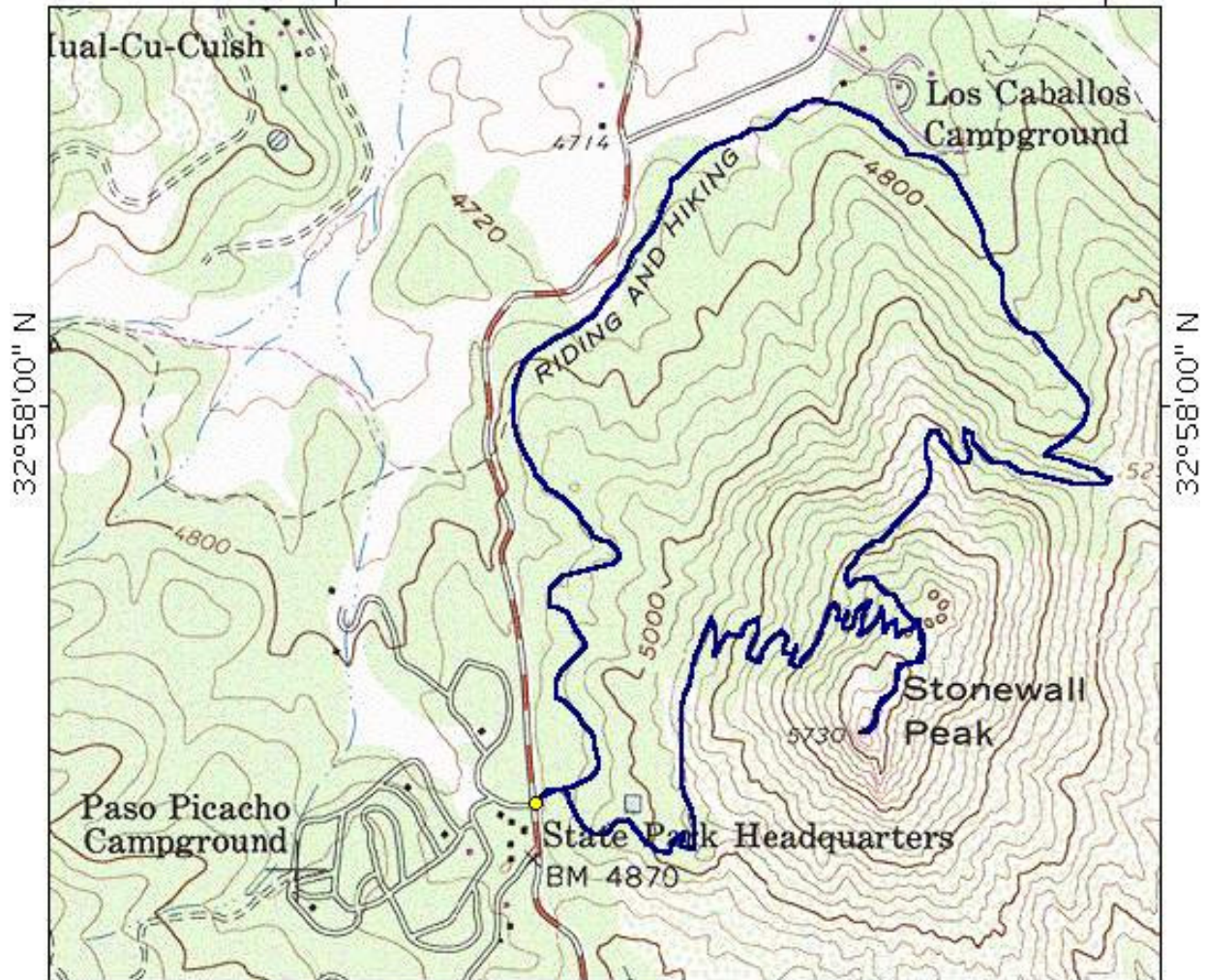
Distance: 1 mi

Total Elevation gain/loss: 150'/150'

Hiking Time: 1-1.5 hours (round trip)

Agency: Mission Trails Regional Park 619-668-3275

Difficulty = 2



Stonewall Peak & Horse Camp Loop

Distance: loop 4.5 miles round trip [Peak & return= 3mi]

Total Elevation gain/loss: 850'/ 300'

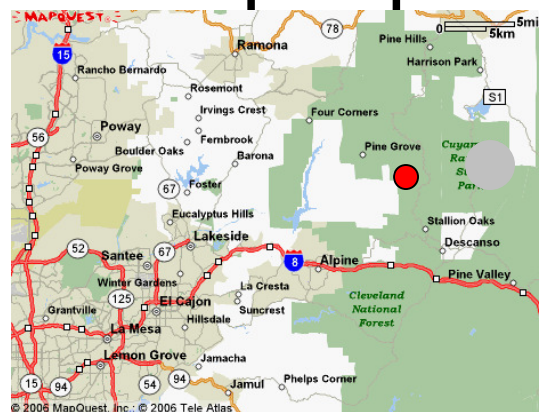
Hiking Time: 4-5 hours (loop) 2-3 hours (Peak & return)

Difficulty = 2

Trailhead: Across Hwy from Paso Picacho Campground in Cuyamaca St. Park

Agency: Cuyamaca State Park 760-765-0755

Hospital: Scripps Hospital 1688 East Main Street El Cajon,(619) 440-1122



Visiting Torrey Pines State Reserve

Torrey Pines State Reserve is a day-use park only. There is no overnight camping facility. Picnics are permitted on the beach only. No food or drinks (other than water) are permitted in the Reserve (i.e., the mesa above the beach and the Extension).

There is no place in the park to buy food or drinks. Hikers are advised to bring and carry drinking water on the trails - especially in the summertime.

Directions

Torrey Pines State Reserve is located between La Jolla and Del Mar, California, north of San Diego.

Take Hwy 5 to Carmel Valley Road, go West to North Torrey Pines Rd. Go South (left) about a mile to the reserve entrance (right) at the foot of the hill.

Fees

There is a parking fee for any car entering the Reserve. On weekends it is \$8.00 (\$7.00 for seniors/handicapped) and \$6.00 (\$5.00) on weekdays.

Operating Hours

Torrey Pines State Reserve is open daily from **8:00 AM until sunset**.

Be sure to visit the museum at the **Visitor Center (Lodge)** to see the exhibits of the natural and cultural history of the Reserve. It opens daily at 9:00AM (May-Oct) and 10:00 AM (Nov-Apr).

On weekends and holidays there are interpretive nature walks at 10:00 AM and 2:00 PM.

PLEASE REMEMBER

- Stay on the trails. Walking off trail causes erosion, tramples plants and frightens animals.
- The cliffs are unstable and dangerous. Children must be supervised by an adult at all times.
- State laws protect all features in the reserve, including rocks, artifacts, flowers and pinecones.
- Picnicking is only permitted at the beach, not in the reserve or on the trails (water canteens are okay). Place all trash in receptacles provided.
- Smoking is only permitted at the beach.
- Fires are prohibited. Personal portable barbecues are permitted only on the beach. Place hot coals in the hot coal containers provided.
- Dogs and horses are prohibited at the reserve and on the beach.
- All types of vehicles are prohibited on trails; bicycles may use only paved roads.
- Due to the sensitive ecological environment, it is occasionally necessary to limit the number of visitors by limiting the number of vehicles in the park. If the reserve is full, visitors may be asked to check back later or plan to visit another day.
- Park only in designated lots. Stopping on road shoulders is not permitted.



NOTE: Although the Beach Trail is open there will not be any beach access until late 2006.

**Torrey Pines
Docent Society
August 2006**



Guy Fleming Trail – 0.7 mile loop.

Easiest, relatively level, forested. nature markers. Diverse scenery, ocean vistas, sandstone formations. spring wildflowers, drinking water, parking. In winter you may see Gray Whales, and with luck, you may see bottlenose dolphins any time. [More on the Guy Fleming Trail](#)

Parry Grove Trail – 0.5 mile loop

Secluded, not too difficult but steep entry/exit (100 steps). Drought and Bark Beetle Infestation have devastated this grove, but it is recovering.

Whitaker native plant garden at trailhead.

[More on Parry Grove](#)

Razor Point Trail – 0.7 mile to point

Dramatic views of gorge, badlands, spring wildflowers, fewer but more picturesque trees. Trail splits from Beach Trail 200 yards below restroom trailhead, and follows the Canyon of the Swifts toward the bluffs.

Broken Hill Trail - Access to beach via north fork 1.2 miles; via south fork 1.3 miles. Longest trail, chaparral. few trees, scenic overlook of the "broken" hill. Combine this trail with Razor Point and Beach Trails for a 3-mile loop.

Beach Trail- 3/4 mile to Flat Rock and beach. Popular beach access. Least scenic trail. Few trees, steep. **Final beach entry closed until late 2006.** Trailhead at restroom. If you plan to hike down and then walk back to the lower parking lot along the beach, remember to check the tides. Also, winter storms may remove much of the beach sand and walking can be difficult over cobbles and rocks for the 3/4 mile to the parking lot.

