

Trails at Camp Winacka



Girls, leaders, and camp staff are invited to explore the camps owned and operated by Girl Scouts San Diego! The trails at Camps Winacka and Whispering Oaks are outstanding opportunities for camp orientation, physical activity, and nature learning. Leaders can pick up a map at camp, and look at the map online as they plan the days at camp. These trails are not open to the public. Camp trail information is posted at sdgirlscouts.org/camphikes. There are three trail guide documents: one for Camp Winacka, one for Whispering Oaks, and one for the two trails connecting the camps.

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Hiking at Camp

TRAIL TRAVEL. First explore camp on the trails that start at or near the units or Lodge. Some of the trails at camp are short, but are a long way away from the units. You need to add up the distances for each trail you will be walking, on to get your total distance. All distances and coordinates are approximate.

- Hiking with girls takes approximately double the time a walk the same distance would take at home or by yourself. Most adults have a 20 minute/mile pace. At camp, this same mile may take 40 minutes.
- Have one adult at the beginning and one adult at the end of your group to prevent losing stragglers. Always stay in sight of the person behind and ahead you. Do **not** let the strongest hiker set the pace; they will exhaust the others.
- Stop at trail intersections to make sure that everyone in the group makes the turn. When climbing over rocks or challenging surfaces, give the person behind you a hand once you've gotten up.

- Put those with asthma up front to decrease the likelihood of inhaling dust. If start sweating (or complaining) or get red faces, stop to remove clothing layers and to take a break.

TRAIL SAFETY. Sign out a walkie-talkie from the ranger while hiking to report emergencies. Phones will lose signal on **all** trails. Even if you don't think anything will happen, there have been fire-related evacuations in the past, at these camps, and though rare, you would want a walkie-talkie to learn about one.

Poison oak is common off the trail and away from the units. Stay on the trails, which are usually kept clear of poison oak by our Rangers. In the summer, plants have clusters of three shiny leaves; in the fall the leaves are bright red; and in the winter, there are no leaves but the stems still have the irritating oil that causes the rash.

Snakes live at camp, but they try to avoid us, so a sighting can be considered a privilege rather than something to fear. Watch where you put your hands (when climbing or picking up sticks), your feet (when walking), and your seat (when sitting). Stay on trails and out of tall grass, wear closed-toed shoes. If you see a snake, call out "Freeze!" and let the snake move off the trail or under the rock.

TRAIL GEAR. Always bring water and snack. Wear closed-toed shoes, hat, sunglasses, sunscreen, and long-sleeved shirt. In colder weather, dress in layers.

Bring a first aid kit. Divide it up between the girls if one person doesn't want to carry it all. Bring toilet paper and a baggie to put used paper, if someone needs 'to go' and you are far from toilets.

TRAIL ACTIVITIES. Take time to "smell the sage," feel the wind, hear the birds, and slow down. Leave all rocks, plants and flowers on the trail, so the next hiking group can enjoy this nature.

The trail guides provide "home prep keywords.". You can assign one to each girl before the trip. Have them report back on the trail when the topic comes up. This method of learning is called "The Jig-Saw Puzzle" and helps to involve everyone to create stronger memories and learning.

TRAIL MAP. Start by orienting the Camp Trails map. From the back of the lodge (to the right of the trash bins), walk on the short trail to the interior camp road. Stand on the road, with the lodge to your left. Hold the map flat in front of you. Find this road on the map, just below the playfield. Turn your body around, so that the road on the map is parallel to the road you are standing on. Now the map is oriented. Look up the road on the right to the buildings that are in the trees. What unit is this? (Hilltop) Now choose a trail, start walking and follow the trails!

If you have a compass, hold the compass on the map so that the painted arrow on the compass aligns with the north arrow at the lower left corner of the map. Now turn your body until the red part of the movable arrow in the compass aligns with the painted north arrow on the compass. Now your map is correctly oriented.

You may want to repeat this at trail intersections. You can match the direction of the trail(s) or any linear feature with map. When you come to a road or trail, you can orient the map and then choose which direction to turn or which trail to take.

Troops need to contact Girl Scouts San Diego, if they want to visit either camp for a "day hike." To correct these trail guides, which are prepared by volunteers, **contact** gchiker@san.rr.com. We appreciate your help to improve how girls and adults can enjoy the trails and nature at camp.

See also detailed hiking instructions from girlscouts.org:

http://www.sdgirlscouts.org/content/dam/girlscouts-sdgirlscouts/documents/volunteer/Training/safety-activity-checkpoints/TR-1519W_Hiking_SAC.pdf

Creek Trail (CRT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.8 mi. ea. way	40 min. ea. way	Moderate	Long, More uphill in this direction	N33°01.747 W 116°38.460 N33°02.170 W116°38.252	Near Lower Lake: 3520 Campfire Ring 3773

Home Prep Keywords: Julian Schist, Kumayaay, metates, acorn flour, false trail sign, poison oak

Starting Point from Eagle Peak Trail (EPT): South end of EPT trail near Lower Lake

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

Creek Trail was mapped from the south end of EPT, and trail ends at Upper Lake.

Go uphill on Creek trail over rocky, narrow terrain. Give others a hand on the way up.

On the R you will pass a dry creek bed with rock plateaus. W33°01.841 N116°38.332 e3598

There is poison oak in this area off the trail.

Trail Activity: Describe what poison oak looks like: 'Leaves of 3, let them be'. Two scalloped oak like leaves come off the stem at the same point. The last leaf on the stem is separated from the other two by a small piece of the stem. The leaves are rust color in late summer and autumn. Most people get a rash from touching it. If hikers touch it do not let them touch their face. Wash with water and soap at the earliest convenience. Technu soap is specially formulated to get rid of the oil and is a nice addition to the troop's first aide kit.

About .2 miles into the hike you will come across large rocks with deep holes in them.

Trail Activity: Describe how the deep hollows in these rocks were formed when water flowed over small hollows that had rocks in the bottom of the well. The rocks rolling around in the wells caused erosion of the larger rock, making the hollowed part larger and larger over time.

There will be a radical L turn in the trail and a false trail to the R leading nowhere. There should be a false trail sign at this point guarding you against going R.

Trail Activity: *If there is no sign, you can create one with the troop to warn other campers. Line up sticks and/or rocks across the false trail in a way that looks obvious that someone laid them there and they did not exist naturally in nature.*

Go L and follow the zigzag uphill.

After climbing over the rocks, cross a creek bed 33°01.911 N116°38.242 elevation 3649

Look carefully when the trail bends to the L. Here you will find a set of Native American grinding holes in the rock in the trail

Trail Activity: Talk about how the Kumayaay Native Americans lived here and ground acorns in the hole to make flour. The grinding holes are called Metates. This is a nice place for a moment of reflection about how different the lives of women are now than they were then. At that time the entire day was spent preparing food and doing 'housework' while the men hunted for meat for dinner.

Continue on the trail a short distance. Be careful near the ridge. Leaves can be very slippery on the trail when moist with dew or rain.

Trail Activity: Notice the Julian Schist rocks on the L side of the trail along the eroded creek bed. Discuss how this striated (layered) rock is found only in this area and named for the area. Discuss the power of water to carve out the eroded creek bed that is now dry most of the year. Discuss climate change.

The trail takes another turn R uphill W33°02014 N116°38.170 elevation 3731 and then a quick L.

Soon you will see the Upper Lake on the L.

The trail ends at the campfire ring.

To get back to the lodge keep going straight through the meadow, past the flagpole to the lodge.

If starting at the campfire ring: More downhill in this direction. After trail crosses creek bed it remains to the right of the creek bed. Look for directional arrows to stay on the trail. Some false trails in the rocky areas will seem to lead you down into the creek bed. These are only apparent on the way south not on the way north.

Eagle Peak Trail (EPT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
1.3 miles each way	1 hour each way	Moderate	Long	N33°02.540 W116°38.624 N33°01.747 W116°38.460	3932 3520

Home Prep Keywords: Rip-rap (rip rap) retaining wall, erosion control, animal scat (bobcat, deer, coyote, raccoon)

Common Starting Point: Corner of service road (past Hilltop) and EPT trailhead. It takes 20 min to get to the trailhead from the lodge (see Winacka Lodge to EPT Trailhead or Tower Trail map description)

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description: This is a long and beautiful hike. You can do it point-to-point and turnaround, or create a loop trail by connecting to Creek Trail near lower lake or the adventurous might climb up Middle Trail and back through Rocky Ridge. Middle trail is quite steep, though, going in that direction. Manzanita Trail and Gorge Trail can also be accessed when hiking EPT.

Starting at the trailhead hike up hill.

Trail Activity: Notice the fieldstones along the trail. These have been used to make many rip-rap retaining walls at the Nature Center and Shady Glen to fight erosion.

There is a R turn shortly after starting the trail that does not appear on the map. Do not take this unless you want a detour. N33°02.425 W 116°38.703 elevation 4022. This leads you to a picnic table (see Discovery Trail map description which is not on the map).

EPT trail continues straight. At the fork in the road bear L, which becomes downhill hiking. A R would take you to the Climbing Towers.

The next L is the connection to Tower Trail. Do not take this- go straight instead. Tower trail in that direction would lead you to Morningside.

Another L will emerge shortly to Los Caballos Trail. Do not take this either. It would bring you to Rocky Ridge. N33°02.098 W116°38.769 elevation 3728

Keep hiking downhill.

Trail activity: Look for carnivorous scat or bird feathers in this area. You can tell if the animal eats meat because the scat will have fur in it (instead of berries). There are often feathers or fur along the trail here left behind after 'someone's' dinner. Don't worry, this animal doesn't eat in the day and would be afraid of a group of loud hiking girls.

In about 10 minutes you will see the public road off to the R and also the trailhead to Manzanita trail which is horseshoe shaped and ends back up on EPT. If you have the time take it because it is the most beautiful Manzanita grove you will likely ever see.

Keep hiking forward on EPT about 5 minutes and you will come across a horse corral on the R. This is where Manzanita trail ends and rejoins EPT.

Keep hiking forward on EPT for about 10 minutes and you will come to the trailhead for Gorge Trail on the R. It is marked by a stone marker. Gorge trail is a point-to-point trail that ends at a magnificent rock plateau and takes about 20 minutes in each direction if you have the time.

Following EPT, go straight ahead and very shortly you will see Lower Lake tent site and picnic stop on the R. The trail ends at the service road near the dam at Lower Lake. This signifies the end of EPT. N33°01.747' W116°38.460'.

You have several choices here.

- You can hike back the way you came, which will be uphill.
- OR you can hike back on Creek Trail, which loops back to camp near the campfire ring. Creek trail is the same difficulty as hiking EPT back, because both encounter hiking uphill. Creek and EPT are more gently uphill than Middle.
- OR you can hike to Rocky Ridge by hiking uphill on Middle Trail. Start on Creek Trail and then turn L on Middle Trail. This route is shorter and harder so it ends up taking nearly the same time as the other two choices.

If starting at the other end note: It is uphill going back to camp so it will take longer.

Gorge Trail (GOT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.35 ea. way	20 min ea. way	Advanced	Long distance to trailhead	W33'01.748 N116'38.517 W33'01.521 N116'38.510	Start 3504 Rock Plateau End 3328

Home Prep Keywords: Willow bark aspirin, poison oak, white sage, Technu soap, plant-based medicines, Julian Schist, Quartz rock veins, Julian gold-mining

Starting Point: There are three ways to get here, and all are about 1 to 1.5 hours to the trailhead.

- Lodge to Meadow to Rocky Ridge to MIT then R on Creek Trail. Continue on EPT and turn L on Gorge trailhead
- Lodge to EPT then R on Gorge Trail at the trailhead
- From Lodge to Creek Trail to EPT then Gorge trailhead will be on your left.

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

It is a long hike to get here, but beautiful rock formations await at the end of the trail.

At the trailhead enter the trail (R or L depends on which way you came – see above) and hike downhill.

Trail Activity: Watch for white sage on R. Talk about the Native American uses of white sage.

You may see a willow tree on the L. Discuss how many medicines we use today in pills come from nature. The willow bark is where natural aspirin comes from.

Stay on the trail. There is known poison oak off the trail.

Trail Activity: Talk about how to spot poison oak. "Leaves of 3 let them be" Two leaves come off of the stem at the same point, the third one at the tip is separated from the other two. The leaves look like scalloped oak leaves. The plant is green in the spring, and orange and red at summer's end. In winter the leaves fall and the bare stalks remain but can cause an allergic reaction causing a bad itchy rash. If campers come in contact with it, do not let them touch their face. Rinse with soap and water. Technu soap from any camping store is specially formulated to remove the oils and is a nice addition to every troop's first aid kit.

Cross the dry small creek bed and go slightly uphill.

The trail will come to a sharp L hand turn. A sign should mark this point.

After the crossing make a R uphill W33'01.604 N 116'38.556 elevation 3478

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Go through a rock garden.

Trail Activity: Discuss how the red stains in the rock are caused by iron deposits and water causing 'rust'.

As you walk through the rocks look for Julian Schist. This is a special rock named in this area and recognized by the linear striations (stripes) made of thin layers of rocks compressed together. There is one rock with a white quartz 'vein' in it. These quartz veins in this rock often signaled 'gold in the hills' to the gold miners that once mined in this area.

You will come to a plateau of beautiful rocks. This is the natural end of the trail. There is no sign signifying the end. The property goes further and is sometimes used by experienced rock climbers. Nearly all campers stop at the rock plateau and have a nice lunch and water.

If starting at the other end note: It is not possible to start at the other end.

Lakeside Trail (LST)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.2 miles each way	10 minutes each way	B	Short	N33'02.205 W116'38.403 N33'02.158 W116'38.253	3827

Home Prep Keywords: Canoeing, Animal tracks (raccoon, turkey, deer, bobcat, dog, skunk), Woodpecker, Stellar Jay, Birds of Julian and Pine Hills, Bird watching

Starting Point: Trailhead on service road just before you get to Hideaway

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description: This is a lovely easy hike that is good for nature lovers.

Start on the service road near Hideaway.

The Winacka archery site will be on the L but across a small ravine.

R to continue on trail along the back of the lake.

L at the end of the lake. Turn around.

It looks like you could climb down and get to the campfire ring from here, but that would cause erosion when it rains. Turn around at the dam and go back the way you came.

Trail Activity: First thing in the morning, the birds in camp all congregate on the tops of the highest trees and are easy to find for bird watching with or without binoculars.

This is one of the only water sources around for the wildlife. Look for tracks on the trail and along the edges of the lake. Animals tend to visit at dawn and dusk for water.

If starting at the other end note: When you arrive back at the corner near archery you have two choices.

- You can go back the way you came through hideaway and Meadow trail
- OR take a right towards the campfire ring and left through the meadow towards the flagpole to arrive at the lodge. From the campfire ring to the lodge is 0.2 miles.

Los Caballos Trail (LCT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.35 miles each way	15 minutes each way	Moderate	Some uphill	W33'02.126 N116'38.475 N33'02.261 W116'38.621	RR Service Rd Intersection 3862 EPT Intersection 3958

Home Prep Keywords: Granite, Julian Schist, Kumayaay, acorn flour, Metates

Most Common Starting Point: End of the Rocky Ridge service road to the R of the equestrian center. This is .22 mi from Lodge.

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

This is a connecting trail. Most campers start at the Equestrian Center, past Rocky Ridge. It is used by horses during the summer. Trail ends on Eagle Peak Trail where you can turn around or explore one of the other adjacent trails.

Look to the L to see a small granite rock with a quartz vein (white stripe).

Then you will see more rocks to the L. There are two different types of rocks here.

Trail Activity: See if you can tell the difference between the two types of rock. One has large crystals (Granite) and the other is striped (Julian Schist). The pink hue in the granite is just a surface phenomenon caused by oxygenation of iron in the rock turning rusty. The rocks were pushed to the surface by volcanic eruption, but the lava never came to the surface. This is a nice spot for a snack. It is possible that the hollows in the rocks are Metates or Native American Kumayaay grinding stones. Discuss how the Native Americans used to grind acorns to make flour.

Now your hike is downhill a short way until you get to the intersection of EPT.

Warning: If you decide to go further and Left at Eagle Peak it would be an all-day hike requiring more water and snacks.

R will take you to the climbing Towers, and you could make a nice loop back to camp on Tower Trail.

If starting at the other end note: It is the same level of difficulty either way, a little up and a little down.

Meadow Trail (MET)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.4 miles each way	25 minutes each way	Beginner	Short	W33'2.312 N116'38.410 N33'3.222 W116'38.475	Near flagpole 3815 By Rocky Ridge 3883

Home Prep Keywords: Meadow, well water, wind energy

Most Common Starting Point: Winacka Flagpole

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

This is a very short connecting trail that can be used to link up with either Rocky Ridge cabins, Sunset Ridge Trail or to go to Hideaway cabins.

Look behind the flagpole to the trees.

Go through the little trail between the trees down the rock garden. A rock garden is the name for rocks in the trail that you walk over.

Follow the trail over Bob's bridge. (Bob built it)

Most of the year the meadow is damp but dry. When it rains water can flow through the meadow under the bridge.

On the R you see the windmill.

Trail Activity: Discuss how this windmill is making energy to pump water under the meadow to upper lake. Discuss well-water and how the camp uses all of it's own water. The rangers take care of us by making sure the water is good to drink.

At the service road, go straight across the service road and up the hill to continue on to Rocky Ridge

L would take you to Hideaway cabins where you can link up with Lake trail.

R on the service road would bring you in a loop back to the lodge passing by Morningside (Tower Trail) and Hideaway (Playfield and EPT trailhead), Nature Center, and Oak Knoll on the L.

If starting at the other end note: If heading back from Rocky Ridge look for the trail head off the service road to your right. Taking this little trail down will be faster and shadier than using the service roads. Same degree of difficulty in either direction.

Manzanita Trail (MAT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.44 miles each way	20 minutes each way	Moderate	Short	N33°02.083 W 116°38.796	3722
				N 33°01.989 W116°38.743	3670

Home Prep Keywords: Manzanita, Kumeyaay, deer scat, carnivorous

Common Starting Point: Corner of EPT trail near the public road.

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description: This is a short horseshoe-shaped trail lined on both sides by beautiful Manzanita. Look to the left of the clearing with the metal fence in front of it. The beginning is marked with a stone marker.

Hike through the trail, removing any fallen branches for the next hikers. When you come to a barbed wire fence, that signifies the end of Girl Scout property, look to your left to pick up the trail going downhill to the horse corral.

Very few campers walk this trail, so you are a special group if you have chosen Manzanita Trail as a destination.

Trail Activity: Discuss how the Kumeyaay Native Americans who used to live here used the Manzanita for many purposes. The peeling bark was used for tea. Notice how the bark curls.

In some times of year you will see red berries on the tree. The deer eat these berries that you can often find in their scat. Describe how you can tell deer scat by the berries (vs. carnivorous animal scat that often has fur). Dog scat has neither if they are fed by humans.

Notice the beautiful glow of the wood. This wood was 'over-harvested' for carving, which is why these shrubs are now protected.

If starting at the other end note: If starting at the horse corrals, the beginning of the trail is a jeep track that goes up hill and ends at a barbed wire fence with a meadow on the other side. Look to your right to pick up the rest of the trail as it goes into the Manzanita grove that this trail is named for.

Middle Trail (MIT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.44 miles each way	20 minutes (40 minutes on the way back uphill)	B downhill from RR A uphill from lower lake	Uphill on return trip	W33°02.056 N116°38.428 W33°01.769 N 116°38.409	Equestrian Center 3847 EPT Intersect 3532

Home Prep Keywords: Manzanita, equestrian, rock garden

Most Common Starting Point: Equestrian Center near Rocky Ridge

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

This is a connecting trail between Rocky Ridge Equestrian Center and Lower Lake. It is often used by the horses in the summer. In the winter it can become a little overgrown. From the Lodge you may follow Meadow trail to Rocky Ridge to use Middle trail. From the Towers you can follow EPT to SRT to Rocky Ridge to find Middle trail.

Trail Activity: Imagine what it would be like to come to summer camp to stay at Rocky Ridge, learn horseback riding and use the trails on a horse.

Look to the left of the horse corral.

The trailhead goes downhill.

Notice the live oaks that you pass through along the way.

You will pass through two sets of rocks and over a "rock garden" of rocks in the trail.

In 0.2 mi the trail will bear L

The trail ends at Creek Trail intersection.

R will take you to Lower Lake picnic area and you can loop further uphill on EPT to the climbing towers

L will bring you further on Creek Trail and loop back to the Winacka campfire ring.

If starting at the other end note: Going back is a short steep climb.

Panorama Trail (PAT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.15 miles each way	10 minutes each way	Beginner	Short	W33'02.366 N116'38.717 W33'02.329 N116'38.759	Towers 4044 Panorama Point 4097

Home Prep Keywords: Landmarks: North Peak, Middle Peak, Cuyamaca Peak. Distance from Pine Hills (Camp) to the Peaks.

Starting Point: To the back and R of the climbing tower leading away from the ramp

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

This is a very short trail behind the climbing towers with beautiful views.

See the rock marker on the ground signifying the start of the trail.

Hike gently uphill until you get to the plateau/end.

Look to the end and you will see the mountain peaks from L to R: North Peak, Middle Peak, Cuyamaca Peak.

Trail Activity: Find and name the mountain peaks. Estimate how far away the landmarks are in the distance.

If starting at the other end note: Downhill and faster on the way back.

Sunset Ridge Trail (SRT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.4 miles each way	15 minutes each way	Beginner	Short	W33'02.286 N116'38.636	Tower Trail Intersect 3968
				W33'02.164 N116.38.468	Rocky Ridge 3894

Home Prep Keywords: Granite, night vision: eye accommodation

Most Common Starting Point: Connection at Tower Trail

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

This is a connecting trail between Tower Trail and Rocky Ridge that goes up and down hill.

Trail Activity. Stop and look at the big oak trees. On the left are small Engelmann and coast live oak trees. Engelmann oak have dull bluish-green oval-shaped leaves. These oaks are "endemic" to San Diego County, meaning they only grow in this county. Coast live oak have cupped, shiny, dark-green leaves with jagged edges. Both of these trees keep their leaves all year round, and therefore are called "live oaks."

Hiking on the trail you will see a large tree cut in half on each side of the trail. Go gently uphill.

Trail Activity: Discuss the rock formations. On the R you will see a rock off the trail. This is a granite intrusion that cooled underground. Lava under the granite never came to the surface. The hill lifted up and sediment washed off. The rock was exposed to the surface. Over the years water flowing through the cracks caused red linear bands of oxygenation (rust). W33'02.204 N116'38.600 elevation 4009

The little trail to the R will bring you almost immediately to Sunset Ridge Rock. It is the perfect place for lunch or sunset. Get the girls in a calm state of mind before climbing onto the rock because there is a cliff on the other side.

Trail Activity. On a clear day, you can see the ocean to the west! If there are clouds in the sky, can you tell which way the wind is blowing by watching them? If you can see big birds soaring in the sky, what are they looking for?

Trail Activity: Sunset Ridge Rock is another granite intrusion rock formation with beautiful striations and a panoramic view of the mountains. Lava cooled here under the ground without coming to the surface. The hill lifted up. Sediment washed off the rock causing surface weathering, exposing the striations (stripes) where you can see the layers from their sides. W33'02.166 N116'38.497 elevation 3981

False trail to the L. Ignore.

You will come to the service road at Rocky Ridge, which signifies the end of the trail.

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A L would bring you back to camp via the Rocky Ridge access road and Meadow trails. (.2 mi further) Flagpole coordinates: W33°02.310 N116°38.405 elevation 3836

Curving to the R you can link up to LCT trail.

Further past the horse corral you can continue down Middle trail.

If starting at the other end note: Same level of difficulty. Half of this trail is gently up and the other half is gently down.

Trail Activity: Most campers who go to Sunset Ridge rock do it without using flashlights (bring them but don't use them). Hike Meadow to RR to SRT to Sunset Ridge Rock and then returning home. When doing a hike in the evening without flashlights, explain how the eyes will accommodate and how this allows the girls to use their senses better. They will also be able to hear the night sounds.

Tower Trail (TOT)

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.35 miles each way	20 minutes each way	Beginner	Uphill	W33'02.362 N116'38.572	At Morningside 3919
				W33'02.366 N116'38.717	By Towers 4040

Home Prep Keywords: Manzanita, plant gall, live oak, rock garden

Common Starting Point: L side of Morningside near the first set of buildings

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

L onto trail head

Walk under the low hanging tree

Look to the L and you will see a view of the meadow

Look to the R and soon you will see a very large gall on an old tree

Trail Activity: Discuss how galls are made. These are outgrowths of plant tissue, like a wart is to a human. They are caused by parasites, fungi, bacteria, insects or mites. The inside of the gall is often eaten by whatever lives inside, and the outer layer protects it from the world like a cave. To make a gall the insects have to invade the plant during the spring growing season and take over the growing cells of the tree, reprogramming them to make the gall.

You will hike gently upward over a rock garden. This is the term that hikers and mountain bikers use for rocks in the trail.

Trail Activity: Look for Manzanita, shrub-like trees about 5-6 feet tall with shiny chestnut brown bark. The bark is usually peeling. Discuss how the Manzanita are protected and cannot be cut down for personal use. The wood was over-collected for carving. Native Americans used the Manzanita for many purposes; the peeling bark for medicinal teas. Deer eat the red berries that can be found in their scat.

Just after the rock there is a split in the trail at the start of SRT trailhead W33.02.286 N116'38.636 elevation 3957

Do not take the split to the L, Stay R on tower trail.

The trail meets EPT and appears to end TOT and EPT share this section of the trail. You are very close to the towers W33'02.392 N116'38.703 elevation 4058

R on EPT.

Shortly ahead take a L at what looks like a 3 way corner with a live Oak Tree on the left hand side of the road W33°02.392 N116°38.703 elevation 4069

You are now looking at the towers. There is one picnic table to sit and snack. Have fun!

Once you are done, make sure to do the tiny little Panorama Point Trail hike.

If starting at the other end note: Downhill and faster all the way back to the lodge

Winacka Lodge to EPT trailhead or Tower Trail trailhead

Distance in Miles	Approximate time	Difficulty	Attributes	GPS Coordinates Start/End	Altitude in Ft. Start/End
0.22 miles each way	10 minutes each way	Beginner	Short	Winacka Lodge W33'02.350 N116'38'410	Lodge 3846

Home Prep Keywords: Well water, Water windmills, Wind energy

Starting Point: Winacka lodge parking in back of the kitchen near the bell

Hiking Safety: Have one adult at the beginning and one adult at the end. Put those with asthma up front to decrease the likelihood of inhaling dust. Do **not** let the strongest hiker set the pace; they will exhaust the others. When climbing over rocks or challenging surfaces give the person behind you a hand once you've gotten up. Always stay in sight of the person behind and ahead. Always bring water and snack. Phones will lose signal on all trails. Sign out a walkie-talkie from the ranger while hiking to report emergencies.

Description:

This is a short hike that brings you to either EPT or TOT trailhead.

Look a little to the L across the parking lot from the bell.

Go down the little path to the service road.

This path can retain water after a rain and might be muddy and is known to be the home of frogs. In the springtime they sometimes migrate in large groups in this area.

Once you reach the service road, go L W33'02.361 N116'38.519 3865 elevation

You will see Hilltop to your R. These tents have platforms and are fun to sleep in because you hear all of the night sounds.

Trail activity: On the L you will see a windmill in the meadow. The windmill pumps water to the upper lake. There is water below the surface of the meadow, and at night you can often see a mist on the meadow. It is always colder on the meadow than in the rest of camp. Can you explain why?

Keep going straight on the service road.

You will see a R that will bring you to the EPT trailhead W33'02.360 N 116'38.518 . Turn R if you are hiking EPT trail and go gently uphill on the service road.

Go straight if you are going to Tower Trail. Where the service road becomes a 'T' take a R towards Morningside. This campsite is nice because it has a floor and feels like a cabin but is open to air at night so that you can still hear the night sounds. An owl is known to live here and if you stay here and are lucky you can hear him singing at night.

Once you come to the first cabins up the hill you will see a trail sign to your L to start Tower trail.

If starting at the other end note: Downhill and faster going back