



# JUNE 2023: TIJUANA RIVER VALLEY REGIONAL PARK

RANGER STATION: 2721 MONUMENT ROAD, SAN DIEGO  
 CAMPGROUND: 1942 MONUMENT ROAD., SAN DIEGO  
 DAIRY MART POND: 2564-2898 DAIRY MART ROAD., SAN DIEGO  
 (619) 428-2946 | 8 A.M. TO SUNSET, DAILY



## ABOUT THE PARK

Tijuana River Valley Regional Park offers more than 1,800 acres of diverse habitats to enhance visitors' experiences – from dense riparian forests along the Tijuana River to coastal maritime sage scrub on top of Spooner's Mesa. Experience the extensive system of trails that link the many habitats in this fertile river valley. Tijuana River Valley is one of the only places in San Diego that offers seasonal beach access for horseback riders.

Some of our trails are designated equestrian and hiking only. You can hike, mountain-bike and ride horseback along 22.5 miles of multi-use trails, or bring your binoculars to track some of the 340 native and travelling bird species at a park that sits beneath the Pacific Flyway. The park also offers a community garden, a bird and butterfly garden, multiple sports fields, children's play areas and a campground.



## EVENT CALENDAR

### OUTDOOR OPEN HOUSE

Saturday, June 10, 6 - 8 p.m.  
 Meet at the Campground

Join us for a special outdoor open house where you can tour our new yurts, learn about local wildlife and touch skins and pelts, attend an animal talk in the amphitheater, take a ranger-led hike at dusk and enjoy some quality conversation around the campfire. Get info on camping rates and reservations, and inquire about our First Time Camping Program which provides all tent materials for free for up to two nights!

The Live Well WOW bus will be at this event to provide information about County resources and services.



### SPOONER'S MESA HIKE

Sunday, June 11, 9 a.m.  
 Meet at the Campground

Can you climb 40 stories? Here's your chance! Embark on a steep climb to the hill above the campground known as Spooner's Mesa, where you will be treated to epic views of the U.S. and Mexico coastline, including Coronado and Cabrillo. See where the rivers meet the ocean and listen to rangers as they discuss the unique ecology of this wetland habitat.

### BIRD WALK

Sunday, June 18, 9 a.m.  
 Meet at Dairy Mart Pond Parking Lot

Hundreds of bird species frequent Tijuana River Valley – some native, some migrating, but all documented under the realm of the Pacific Flyway. Birdwatchers flock here to view them in the wild, enjoying the discretion of an innovative bird blind and thick native vegetation. This educational walk-and-talk activity takes place along a 1-mile loop trail on relatively flat terrain, and is great for families and travelers on wheel.

## MEET A RANGER

### ADAIR FLORES, PARK RANGER

Park Ranger Adair Flores has always loved the outdoors lifestyle: Hiking, camping, spending time in nature and appreciating wildlife. He joined the department in 2013 as a Park Attendant at the Lakeside Community and Teen Centers, and transferred to Sweetwater Regional Park in 2016, where he spent two years before promoting to Park Ranger on the Homeless Outreach Team.

In 2023 Adair moved to the Tijuana River Valley crew where he's been conducting trail maintenance, park improvement projects and hosting educational programs ever since. See him and say "hi" throughout the month of June!



Hi, I'm Adair!

"I love helping others enjoy the outdoors while teaching them to protect and enhance our environment. It's my goal to give them a positive customer experience and to make their day when they're visiting our park."

LEARN MORE ABOUT THE SERIES:  
[SDPARKS.ORG/EXPERIENCEOUTDOORS](http://SDPARKS.ORG/EXPERIENCEOUTDOORS)

MEDIA AND SPONSOR INQUIRIES:  
[JESSICA.GEISZLER@SDCOUNTY.CA.GOV](mailto:JESSICA.GEISZLER@SDCOUNTY.CA.GOV)

The County of San Diego Department of Parks and Recreation maintains 23 regional parks across the region. The Rad Regional Parks series shines a light on these properties, and the diverse amenities, services and programs they offer. This series is part of the County's overarching Experience the Outdoors Program to encourage more people to spend quality time outside; breaking down barriers to visitation through inclusive and equitable participation practices.

## THIS PROGRAM BROUGHT TO YOU BY:



LIVE WELL  
 SAN DIEGO