



# GUIDED MOUNTAIN BIKE RIDE

## SWEETWATER REGIONAL PARK | MORRISON POND

**SATURDAY, OCT. 21, 2023**

Meet at Morrison Pond Staging Area, 5102 Sweetwater Road, Bonita  
CHECK-IN + EQUIPMENT CHECKS AT 8:30 A.M. | ROLLING BY 9:15 A.M. | RIDE FINISHES AROUND 11 A.M.

San Diego County Park Rangers, volunteers with the San Diego Mountain Biking Association and REI will talk about gear checks, safety tips, trail etiquette, and share route details.



**REGISTRATION REQUIRED  
SPOTS ARE LIMITED**

RSVP AT THE CODE OR BY CALLING  
619-669-5239  
M - F, 8 - 5



### BEGINNER OPTION

**DISTANCE: 10 MILES  
ELEVATION GAIN: 107 FEET**

This classic, double golf course loop tour of Bonita Valley is nearly flat with a combination of wide dirt trails, some singletrack trails, gravel roads, sidewalks and a few road crossings. This is a great ride for those who are just starting out as well as families, but it's a popular area, so having good trail etiquette is essential. Share the path and say "hi" to other trail users for a safe and enjoyable experience.

### INTERMEDIATE OPTION

**DISTANCE: 12 MILES  
ELEVATION GAIN: 1,005 FEET**

Our steeper option takes riders east, skirting the Bonita Golf Course before heading up the hill to Sweetwater Summit Campground on a combination of wide dirt trails, old fire roads and a touch of singletrack trail. A quick connector through the campground will take riders east into the San Diego National Wildlife Refuge to a local viewpoint known as the Tiki Hut. After a brief pause and photo op, the group will head back west on some fun singletrack trail, through the campground and down to skirt the southern edge of the golf course before finishing back at the Morrison Pond staging area.

### SAFETY FIRST!

Helmets are required and all bikes should be in good working order with treaded knobby tires and working gears and brakes - ready to travel uneven, rocky, sandy and challenging terrain. Events are not for unaccompanied youth or kids under the age of 8. Parents are responsible for determining their children's skill levels. Routes are subject to change based on conditions and group dynamics. **Waivers are required.**

### FREE EQUIPMENT AVAILABLE:

No bike? No problem! Equipment can be borrowed through REI, if requested at the time of registration. Supplies are limited. The minimum height is 5 feet.

### WE GIVE, YOU GET!

All first-time participants will receive a pair of "Ride On" athletic socks (thanks to a donation by the San Diego County Parks Society) and a lifetime REI membership card.

### FOR MORE INFORMATION:

Susie Murphy, Executive Director, SDMBA  
executivedirector@sdmdba.com

This monthly series is part of the County of San Diego Department of Parks and Recreation's Experience the Outdoors Program which boosts awareness of, and increases equity, inclusivity and accessibility in, park properties and events. Learn more at [sdparks.org/experienceoutdoors](http://sdparks.org/experienceoutdoors).



San Diego Mountain Biking Association

