



GUIDED MOUNTAIN BIKE RIDE

LOS PEÑASQUITOS CANYON COUNTY PRESERVE

Meet at the Los Peñasquitos Ranch House Staging Area, 2122 Canyonside Park Road, San Diego

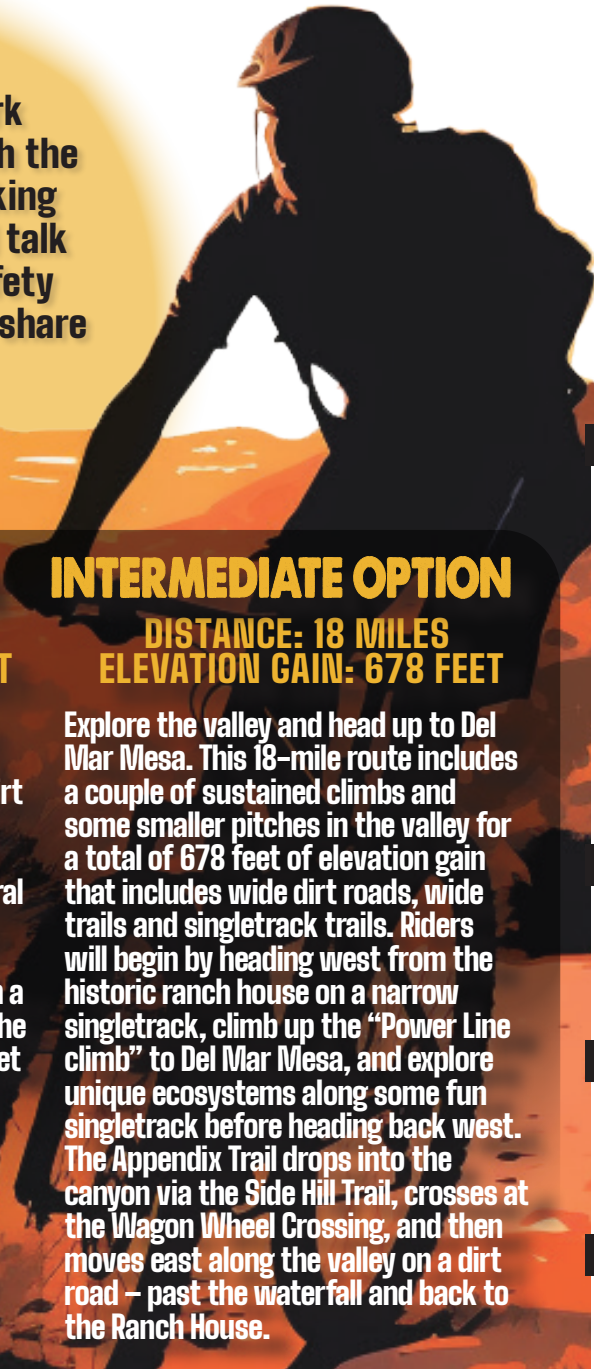
SATURDAY, NOV. 18, 2023

**REGISTRATION REQUIRED
SPOTS ARE LIMITED**

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



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.



BEGINNER OPTION

**DISTANCE: 6 MILES
ELEVATION GAIN: 83 FEET**

This is the most basic valley loop of Peñasquitos Canyon with some singletrack trail but mostly wide dirt roads. It starts at Los Peñasquitos Ranch House and travels to the waterfall and back, featuring several bridges at water crossings. Enjoy shade from oaks and sycamores along this easy-paced ride through a property of historic significance. The total distance is 6 miles with 83 feet of elevation gain.

INTERMEDIATE OPTION

**DISTANCE: 18 MILES
ELEVATION GAIN: 678 FEET**

Explore the valley and head up to Del Mar Mesa. This 18-mile route includes a couple of sustained climbs and some smaller pitches in the valley for a total of 678 feet of elevation gain that includes wide dirt roads, wide trails and singletrack trails. Riders will begin by heading west from the historic ranch house on a narrow singletrack, climb up the "Power Line climb" to Del Mar Mesa, and explore unique ecosystems along some fun singletrack before heading back west. The Appendix Trail drops into the canyon via the Side Hill Trail, crosses at the Wagon Wheel Crossing, and then moves east along the valley on a dirt road – past the waterfall and back to the Ranch House.

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
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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.



San Diego Mountain Biking Association

