



GUIDED MOUNTAIN BIKE RIDE

OTAY VALLEY REGIONAL PARK

SATURDAY, SEPT. 16, 2023

Meet at Rios Avenue Staging Area (Nearest address: 1820 Rios Ave, Chula Vista)
 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



ABOUT THE RIDE

**DISTANCE: 8.5 MILES
 ELEVATION GAIN: 230 FEET**

This route will explore an entire loop of Otay Valley Regional Park. The ride begins at the Rios Avenue Staging Area (near Swiss Park) and heads west to explore the ponds and other features of the valley. The west end of the trail is also at the west end of Main Street - connecting to the Bayshore Bikeway for future exploration.

On this route, riders will head east into the valley to explore sections of wide dirt and gravel pathways with some singletrack trails. Attractions include Hollister Pond, Fenton Pond, Le May Pond and several overlooks. Toward the end of the loop, riders will have a chance to try their skills at the Greg Cox Bike Park before looping back to the Rios Avenue Staging Area.

This ride is easy and relatively flat, so only a beginner option is being offered.

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

