

DISCOVER SWEETWATER

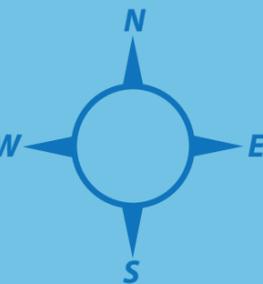


Discover Nature Here!

Download the free **DISCOVERNATURE APP**

Remember to look for these markers on the trail 

Data rates may apply.



San Diego Bay Shoreline

Gunpowder Point

Cottonseed Trail

Bay Overlook

Main Trail

Coyote Trail

Bay Overlook

Bird Blind

US Fish & Wildlife Service

Gunpowder Factory Historical Site

Native Pollinator Garden

Living Coast Discovery Center

Vener Pond

San Diego Bay National Wildlife Refuge

Sweetwater Marsh Unit

Free to walk the trails!
Open daily 10:00 a.m. – 5:00 p.m.
Complimentary shuttle from parking lot Bayfront Blvd. & E St., Chula Vista, CA
Additional refuge information available at the USFWS Administrative Headquarters building or online at www.fws.gov/refuge/san_diego_bay

Please remember this is a wildlife refuge. Stay on the marked trails. Keep a safe distance from wildlife. No bikes allowed on the trails. The trails are generally level dirt that can accommodate most types of strollers. Take only memories and leave only footprints.

Rattlesnake warning: Rattlesnake occur in this area. If you observe a rattlesnake on or near the trail, freeze and slowly back away. Please report the rattlesnake to a staff member right away. In case of an emergency, always call 9-1-1 first before seeking additional help.

SWEETWATER SAFARI Activity Guide

The Living Coast Discovery Center has backpacks available to borrow. Inside each backpack are supplies to help you explore the San Diego Bay National Wildlife Refuge. Ask the front desk staff for your Sweetwater Safari Backpack today!

BIRDS



Grab a set of **binoculars** and see how many birds you can spot out on the refuge. Local bird species are identified on the back of this guide. Depending on where you are on the refuge, you'll see shorebirds along the beach, perching birds in the saltbush, and raptors soaring high in the sky.

BUGS



Look closely for small bugs, spiders, and other insects using your **magnifying glass**. The best places to find bugs are under rocks, fallen branches, and in the leaf matter. When you find a bug, you can temporarily place it in your **bug box**. Please no bees, spiders, or larger insects! And remember to return the animal back to its home when you are done.

TRACKS & SCAT



You may not always see the animal, but you know they are there by the evidence left behind! Look for tracks (footprints) or scat (poop) left behind on the trail. You can use a **stick** to break apart the scat and determine what the animal may have eaten. Or use your **magnifying glass** to look closely at the tracks.

PLANTS



The Refuge has a variety of unique plants that are important to the health of a saltmarsh ecosystem. Can you identify them all? Using the guide on the back, identify as many plant species as you can! Feel free to get out the **magnifying glass** and look at the leaves or flowers up close, but please do not pick the leaves or flowers.

REPTILES



There are a variety of reptiles here on the marsh. Reptiles are ectothermic (cold-blooded) and depend on their environment for warmth. Your best chances of seeing a reptile is while it basks in the sun. Use your **binoculars** to observe the animal up close. Can you spot the scales that cover the reptile's skin?

Want to explore more? Check out our guided-trail tours that happen (almost) every weekend! Ask the Living Coast staff for details or visit www.thelivingcoast.org to learn more.

SWEETWATER SAFARI Trail Guide

A guide for the San Diego Bay National Wildlife Refuge - Sweetwater Marsh Unit

- Trail Map
- Free Activities
- Species Identification



CHULA VISTA, CALIFORNIA