

# Cowles Mountain Trail Information and Map

**Thanks for your interest in joining us for our Trail to Bay Challenge hike at Cowles Mountain.**

**Please see below for information on the site location and details.**

**Program Description:** Cowles Mountain was one of the five major peaks included in the Mission Trails Regional Park 5-Peak Challenge, which concluded in 2020. This popular trail showcases many of the native plants and wildlife species common to San Diego's coastal chaparral habitat. An optimal trail for sunrise and sunset hikes, the peak is the tallest within San Diego City and gives a fantastic 360 degree view of San Diego County.

**Meeting Location:** We will be meeting at the beginning of the southern trailhead located at 7001 Golfcrest Dr, San Diego, CA 92119

**Driving Directions:** Take CA-15 N and connect to I-8 E to College Ave in San Diego. Take exit 10 from I-8 E. Follow College Ave then turn right onto Navajo Rd. Follow Navajo Rd to the intersection with Golfcrest Dr. then turn left. The parking lot is on your right.

**Suggested Parking:** Guest parking will be available at the Cowles Mountain trailhead parking lot, which is located next to 7001 Golfcrest Dr, San Diego, CA 92119. If there are no spots open in the lot, street parking will also be available along Golfcrest Dr.

**Restrooms and Water:** There are restrooms and water fountains located at the southern trailhead.

**Program Time(s):** Vary on seasonality.

**Hike Length:** 3 mile out and back trail, elevation change of 950 ft

**Trail Difficulty Level:** This trail is listed as difficult due to rocky portions of the trail incline and trail stairs.

**Recommended Gear:** Water pack / bottle, hiking poles, headlamp / flashlight (if sunrise or sunset hike), hiking shoes with proper support.

**Helpful Links:** [Mission Trails Regional Park Trail Map](#)

