

Sweetwater River Trail Information and Map

Thanks for your interest in joining us for our Trail to Bay Challenge hike at the Sweetwater River Trail!

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

Program description: Join us for a beautiful sunset hike where we will discover the different species of bats that call the San Diego National Wildlife Refuge home! We will see the distinctive view of San Miguel Mountain and learn about the native plants and animals thriving in this protected space. . The hike begins at the Sweetwater River Bridge and continues on to a looped trail.

Meeting Location: We will meet at the new trail parking lot at [Millar Ranch Rd, Spring Valley, CA 92019](#). See map below! Look for the large flag with the Trail to Bay Challenge logo!

Driving directions: Take 94 East until it turns into Campo Road. Turn right onto CA-94 E/Campo Road. Turn right onto Millar Ranch Rd. The parking area will be on your right.

Suggested parking: Parking is available at the new trail parking lot. There is additional parking available on the street at no cost. If you park on the street, you will need to walk a short distance to join the group.

Restrooms and Water: No restroom or water stations are available on the trail. The nearest restrooms will be in the strip-mall down the street. Please plan accordingly.

Program Time: Our program time will vary based on sunset time. Please check the hike listing and registration page on thelivingcoast.org for the correct hike times!

Hike lengths: This hike is about 2 miles and moderate in difficulty. The trail is mostly flat but does include some rocky terrain/erosion, some uphill portions, and a small wooden bridge that we will cross.

Program Supplies: Please make sure to wear comfortable clothes and shoes for hiking. Living Coast staff will be wearing head lamps but bringing a flashlight is highly recommended. Please bring water and bug protection!

