

Tijuana River Valley Regional Park

Trail Information and Map

Thanks for your interest in joining us for our Trail to Bay Challenge hike at the Tijuana River Valley Regional Park Trail!

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

Program description: Join us as we explore the watershed at the Tijuana River Regional Park. During this bilingual guided walk, you will learn about the plants, animals, and communities that live along the watershed and depend on clean air and water. This walk will be facilitated and supported by Casa Familiar, San Diego Coastkeeper, San Diego Natural History Museum, Living Coast Discovery Center, County of San Diego Parks and Recreation, the Tijuana River National Estuarine Research Reserve, and the U.S. Fish and Wildlife Service.

Meeting Location: Tijuana River Valley Regional Park 2721 Monument Road, San Diego, CA 92154. See map below! Look for the large flag with the Trail to Bay Challenge logo!

Driving directions: Follow I-5 and take Exit 2 onto Dairy Mart Rd. Follow Dairy Mart Rd. going west, then turn left into the parking lot along Monument Rd, San Diego.

Suggested parking: Parking is available at the Tijuana River Valley Regional Park parking lot near the trail head.

Restrooms and Water: Bathrooms are available at the ranger station. There are no water fountains, please come prepared with a large refillable water bottle. Some water and light refreshments will be available at the check-in booth.

Program Time: The hike will be from 9:00am – 11:00am, with check-in beginning at 8:45am.

Hike length(s) and Difficulty: This hike is about 1.5 miles with a difficulty level of moderate to difficult. The trail includes some rocky terrain/erosion, inclined switchbacks, and other uphill portions. This trail has very limited accessibility for strollers, walkers, and wheelchairs, and they are not recommended.

Program Supplies: Please make sure to wear comfortable clothes and shoes for hiking. Shoes with good traction and long pants are highly recommended. Please come prepared with bug protection, sun protection, hiking poles (if desired), water, and preferred snacks.

No dogs will be allowed on the hike.

This event is in support of Tijuana River Action Month and Latino Conservation Week. Find more resources and events through the links below:

latinoconservationweek.com

trnerr.org/tram

