



Volunteer at Mission Trails!

Your Mission Trails adventure begins here! Nestled in the coastal sage scrub of Mission Trails Regional Park is the Visitor and Interpretive Center. Numerous volunteer opportunities exist in the Visitor Center and all throughout the Park.



Visitor Center Staff



As a part of our Mission Trails **Volunteer Family**, you can help out by greeting visitors, providing information about the Park and its educational and recreational opportunities, and by assisting visitors with purchases in our Gift Shop. You will also start video presentations upon request, answer the telephone, make photo copies, and restock brochures and flyers. Choose a morning shift, from 9 a.m. to 1 p.m., or an afternoon shift, from 1 p.m. to 5 p.m.

For more information, contact David Lee, at (619) 668-3278, or send e-mail to: dlee@mtrp.org

Become a trained **Trail Guide** naturalist through a 10-week class that covers a variety of subjects including ecology, botany, geology, history, birds, mammals, reptiles, Kumeyaay culture and more! Trail Guides share their knowledge leading guided nature walks, at special events, and staffing Discovery Tables. For more information, contact Ranger Chris Axtmann, at (619) 668-2746, or send e-mail to: caxtmann@mtrp.org



Trail Guides

Volunteer **Trail Patrol** Members interact with the public by answering questions, informing them about Park rules and trail etiquette, and assisting with minor first aid. There are opportunities for both Foot Patrol as well as Bike Patrol (must provide your own mountain bike). For more information, contact Ranger Mel Naidas, at (619) 668-3277, or send an e-mail to: mnaidas@mtrp.org



Park Patrol

You can complete a Volunteer Application on our website, at: www.mtrp.org

Monthly Volunteer Work Crews!

How can YOU get your exercise for the day, while helping to beautify your park, improve its hiking trails and preserve its natural habitat all at the same time? By lending a hand on one of our monthly volunteer work crews! All Crews meet at 8:00 a.m. and work until 12 noon, at the latest. Meet in the Kumeyaay Lake Campground's Day Use Lot. * The West Sycamore volunteer crew meets in Scripps Ranch.



Habitat Restoration, 2nd Saturdays

Ranger Heidi Gutknecht (619) 668-3279 or hgutknecht@mtrp.org for more info or to RSVP.

Don't forget:

Work Gloves
Sunscreen
Water bottle

Please be sure to:

Long Pants
Sturdy Closed-Toe Shoes
A smile!

Recommended: Hat, long sleeves, sunglasses

Trail Improvement, 3rd Sundays

Ranger Levi Dean (619) 668-2745 or leidean@mtrp.org for more info or to RSVP.

We provide all crews with:

Water	Gatorade
Snacks	Tools
Exercise	Plenty of fresh air!



Park Beautification, 4th Saturdays

Ranger Araceli Dominguez (619) 668-2744 or adominguez@mtrp.org for more info or to RSVP.

It's hot, let's not!

All crews take a break during July and August due to the extreme heat. West Sycamore crew breaks through September.



West Sycamore, 1st Sundays

The West Sycamore Volunteer Crew meets on the 1st Sunday of each month (weather permitting/excluding the summer months & holidays) at the West Sycamore Staging Area (located at the Far East end of Stonebridge Parkway in Scripps Ranch).

For more information or to RSVP, email Ranger Andrew Miller at amiller@mtrp.org.

