



# 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 **Jennifer Morrissey**, at (619) 668-582-4502, or send e-mail to: [jmorrissey@mtro.org](mailto:jmorrissey@mtro.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) 668-3277, or at: [CAxtmann@sandiego.gov](mailto:CAxtmann@sandiego.gov)



## 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 bike).

For more information, contact **David Lee**, at (619) 668-3278, or send an e-mail to: [DNLee@sandiego.gov](mailto:DNLee@sandiego.gov)



## Park Patrol

**Volunteer Applications may be completed on our website: [www.mtrp.org](http://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 a.m. and work until 12 noon, at the latest. Meet in Kumeyaay Lake Campground's Day Use Lot. The West Sycamore volunteer crew meets in Scripps Ranch.

## West Sycamore - 1<sup>st</sup> 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 east end of Stonebridge Parkway in Scripps Ranch.

For more info or to RSVP, e-mail **Ranger Dan Kimpel** at [DKimpel@sandiego.gov](mailto:DKimpel@sandiego.gov)



### We Provide All Crews With:

Water	Gatorade
Snacks	Tools
Exercise	Fresh Air

## Trail Improvement - 3<sup>rd</sup> Sundays

**Ranger Andrew Miller** (619) 668-2745 or [MillerAJ@sandiego.gov](mailto:MillerAJ@sandiego.gov) for more info or to RSVP.



## Habitat Restoration - 2<sup>nd</sup> Saturdays

**Ranger Heidi Gutknecht** (619) 668-3279 or [HGutknecht@sandiego.gov](mailto:HGutknecht@sandiego.gov) for more info or RSVP.

### Don't Forget:

Work Gloves  
Sunscreen  
Water Bottle

### Be Sure to Wear:

Long Pants  
Hat & Sunglasses  
Closed-Toe Shoes



## Park Beautification - 4<sup>th</sup> Saturdays

**Ranger Julie Aeilts** (619) 668-3201 or [JAeilts@sandiego.gov](mailto:JAeilts@sandiego.gov) 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.