



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 at Mission Trails Regional Park.



Visitor Center Volunteers



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 8:45 AM to 1PM, or an afternoon shift, from 1 to 5:15PM.

For more information, contact **Jennifer Morrissey** at (619) 582-4502 or jmorrissey@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) 668-3277, or at: 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 Ranger Aide Mansour Habis at (619) 668-2744 or e-mail MHabis@sandiego.gov



Trail Patrol

Volunteer Applications may be found on our website: 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 - 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 east end of Stonebridge Parkway in Scripps Ranch.

For more info or to RSVP, e-mail **Ranger Dan Kimpel** at DKimpel@sandiego.gov



We Provide All Crews With:

Water	Gatorade
Snacks	Tools
Exercise	Fresh Air

Trail Improvement - 3rd Sundays

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



Habitat Restoration - 2nd Saturdays

Ranger Heidi Gutknecht (619) 668-3279 or 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 - 4th Saturdays

Ranger Julie Aeilts (619) 668-3201 or 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.