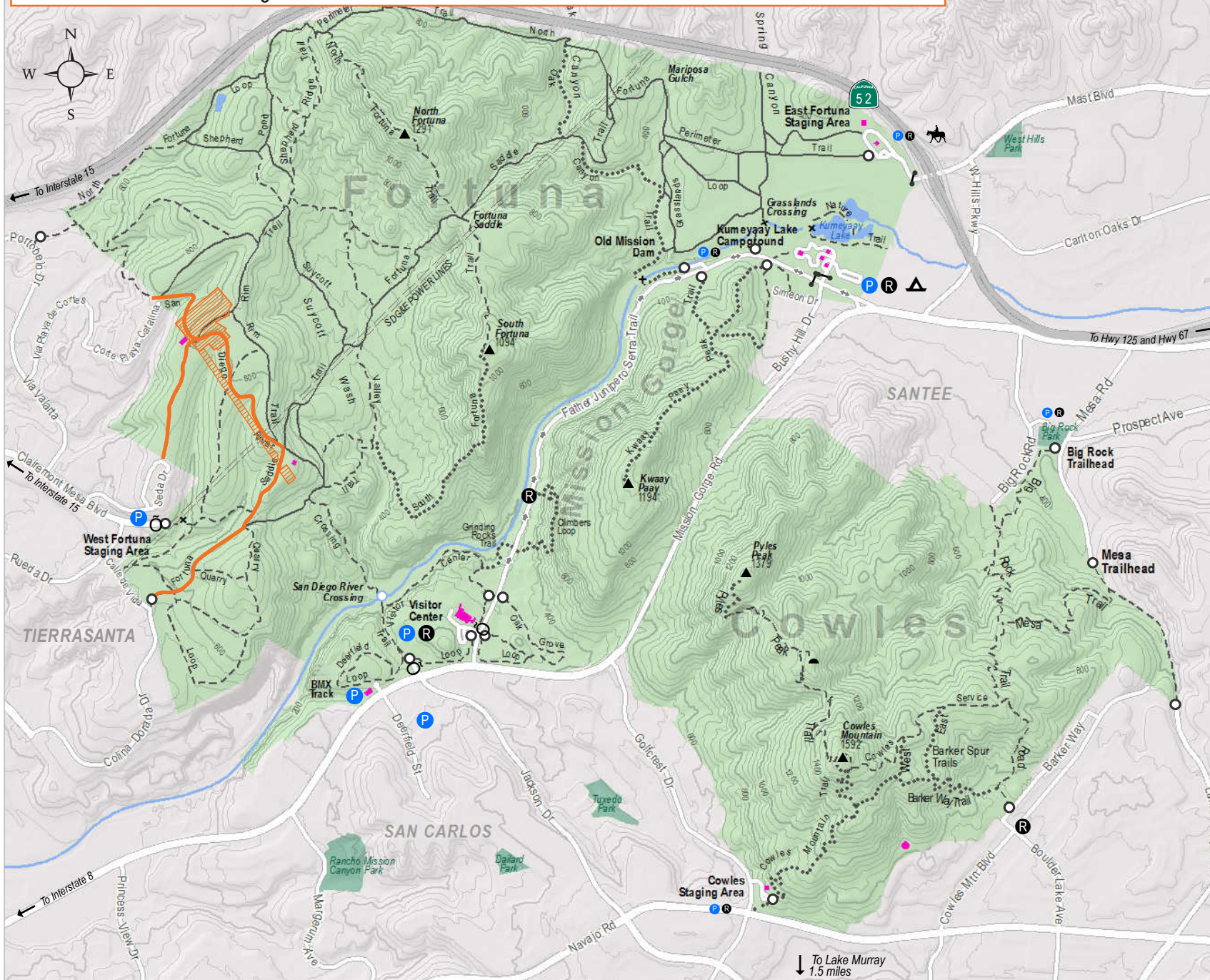
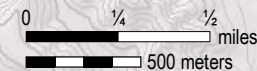


# Mission Trails Regional Park: Fortuna, Mission Gorge, Cowles

TRAIL MAP

Trails marked in **orange** are closed during construction of a water project by the San Diego County Water Authority through early 2022.  
For more info visit: [www.sdcwa.org/mission-trails-FRS](http://www.sdcwa.org/mission-trails-FRS)



## Legend

- Parking
- Restrooms
- Trailhead
- Peak
- Bridge
- Stream crossing seasonal
- Elevation contour 40-foot interval
- Multi-use trail
- Hiking-biking trail
- Hiking-only trail
- One Way
- Both Ways
- Power lines
- Building/Structure
- Community Park
- Mission Trails Regional Park
- Trail Closed
- Water Authority Work Areas

**Please stay on designated trails at all times**

Make a donation to support the park and learn about volunteer opportunities at [www.mtrp.org](http://www.mtrp.org)



The City of  
**SAN DIEGO**  
Parks and Recreation Department

Our Region's Trusted Water Leader  
San Diego County Water Authority



# MISSION TRAILS REGIONAL PARK



## Recommended Hikes

**CATEGORIES** (For your safety, always wear hiking shoes with good tread on trails.)

- 1 = EASY:** Mostly level terrain with some gradual inclines; suitable for beginners.
- 2 = MODERATE:** Medium to long distances with good inclines and possible switchbacks. Suitable for physically fit people.
- 3 = DIFFICULT:** Long distances and/or greatest gain and inclines. May require climbing over boulders. Suitable only for experienced hikers in excellent physical condition.

### FORTUNA REGION

	Category	Distance (miles)	Elev. Gain
Fortuna Saddle via Visitor Center	3	2.7	740'
Fortuna Saddle via W. Fortuna Staging Area	3	1.8	440'
Suycott Wash/South Fortuna Mountains	3	1.2+	734'
Fortuna Mountains Loop via Fortuna Saddle	3	4.1+	1151'
Oak Canyon Trail	2	1.7	240'
Rim Trail Loop via W. Fortuna Staging Area	2	3.1 roundtrip	300'
Quarry Loop via W. Fortuna Staging Area	2	2.1 roundtrip	245'
Shepherd Pond via W. Fortuna Staging Area	2	2.3	313'
Grasslands Loop Trail	1	1.2 roundtrip	Minimal
North Fortuna Mtn. via Grasslands Crossing	3	3.0	1198'
Fortuna Saddle via E. Fortuna Staging Area	3	2.4	662'
Fortuna Mountains Loop via Grasslands Crossing	3	7.1 roundtrip	1932'

### MISSION GORGE REGION

Visitor Center Loop Trail	1	1.5 roundtrip	206'
Father Junipero Serra Trail	1	2.6	47'
Oak Grove Loop Trail	1	1.0 roundtrip	97'
Climbers Loop Trail	3	1.0 roundtrip	407'
Kumeyaay Lake Nature Trail	1	1.0	Minimal
Deerfield BMX Loop Trail via Visitor Center	1	1.1 roundtrip	182'
Kwaay Paay Peak Trail	3	1.0	880'

### COWLES MOUNTAIN REGION

Cowles Mtn. summit via Golfcrest Drive	3	1.5	950'
Cowles Mtn. summit via Cowles Service Rd.	3	1.6	870'
Cowles Mtn. summit via Big Rock Park	3	2.5	1192'
Cowles Mtn. summit via Mesa Road	3	2.1	1150'
Cowles Mtn. summit to Pyles Peak summit	3	1.5+	834'

## Rules and Regulations

- For your safety, stay on authorized trails at all times; refer to trail map on other side.
- Obey all posted speed limits. Speed not to exceed 15 mph (5 mph in parking lots and in Kumeyaay Lake Campground) unless otherwise posted. SDMC 63.0102 (b) (20)
- Motor vehicles are not permitted on dirt roads, trails or paths. CVC 23127
- All natural features (plants, soil, rocks, etc.), may not be removed, damaged or destroyed. SDMC 63.0102 (b) (4)
- Taking, wounding or disturbing animals is prohibited. SDMC 63.0102 (b) (10)
- Fishing is permitted under CA Fish and Wildlife codes, with appropriate license for those 16 years of age and older. FGC 7145 (a)
- Possession of fireworks, firearms or weapons of ANY kind are prohibited (including paintball guns, sling shots, air rifles, pellet guns, archery devices, etc.) SDMC 63.08
- Fires of any kind (including the throwing of a lighted match or cigarette) are prohibited. SDMC 63.0102 (b) (11) Fires permitted only in campground fire boxes and park barbecue grills.
- No smoking or vaping (the use of electronic cigarettes) in the park. SDMC 43.1002 (g)
- Overnight camping is permitted only at the Kumeyaay Lake Campground; anywhere else in the park is prohibited. SDMC 63.0102 (b) (12)
- Bicyclists must keep their speed at 10 mph or less and yield to hikers and equestrians. Hikers must also yield to equestrians.
- All dogs must be kept on leash (not more than 8 feet) and under the handler's control at all times. SDMC 63.0102 (b) (2)
- Dog waste must be disposed of immediately in trash cans. SDMC 44.0304.1
- Anyone under 18 years of age is required to wear a helmet while using a bicycle, scooter, skateboard, roller-skates, etc. CVC 21212 (a)
- Alcoholic beverages are illegal in the park. SDMC 56.54 (a)
- Glass containers of ANY kind are prohibited. SDMC 63.0102 (b) (7)
- Solicitation, posting of handbills or conducting business of any kind in the park is illegal. SDMC 63.0102 (b) (1)
- All posted park rules and regulations must be followed. SDMC 63.20.13
- Playing any game of ball in the park is prohibited. SDMC 63.0102 (b) (17)
- Groups of 50 or more must obtain a permit before visiting the park. SDMC 63.0102 (b) (24)

### **MISSION TRAILS REGIONAL PARK VISITOR & INTERPRETIVE CENTER**

ONE FATHER JUNIPERO SERRA TRAIL, SAN DIEGO, CA 92119

**Open Daily 9 a.m. - 5 p.m. / 619-668-3281 / [www.mtrp.org](http://www.mtrp.org)**

(Closed Thanksgiving, Christmas and New Year's Day)

### **DON'T GET LOCKED IN AND CITED**

If you plan on staying past closing time, park **outside** of the gated areas.

Gates open at **8 a.m.** & close at **5 p.m.** (Nov-March) & **7 p.m.** (April-Oct.)

VISITOR CENTER GATES CLOSE AT 5 P.M. DAILY YEAR-ROUND.