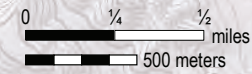


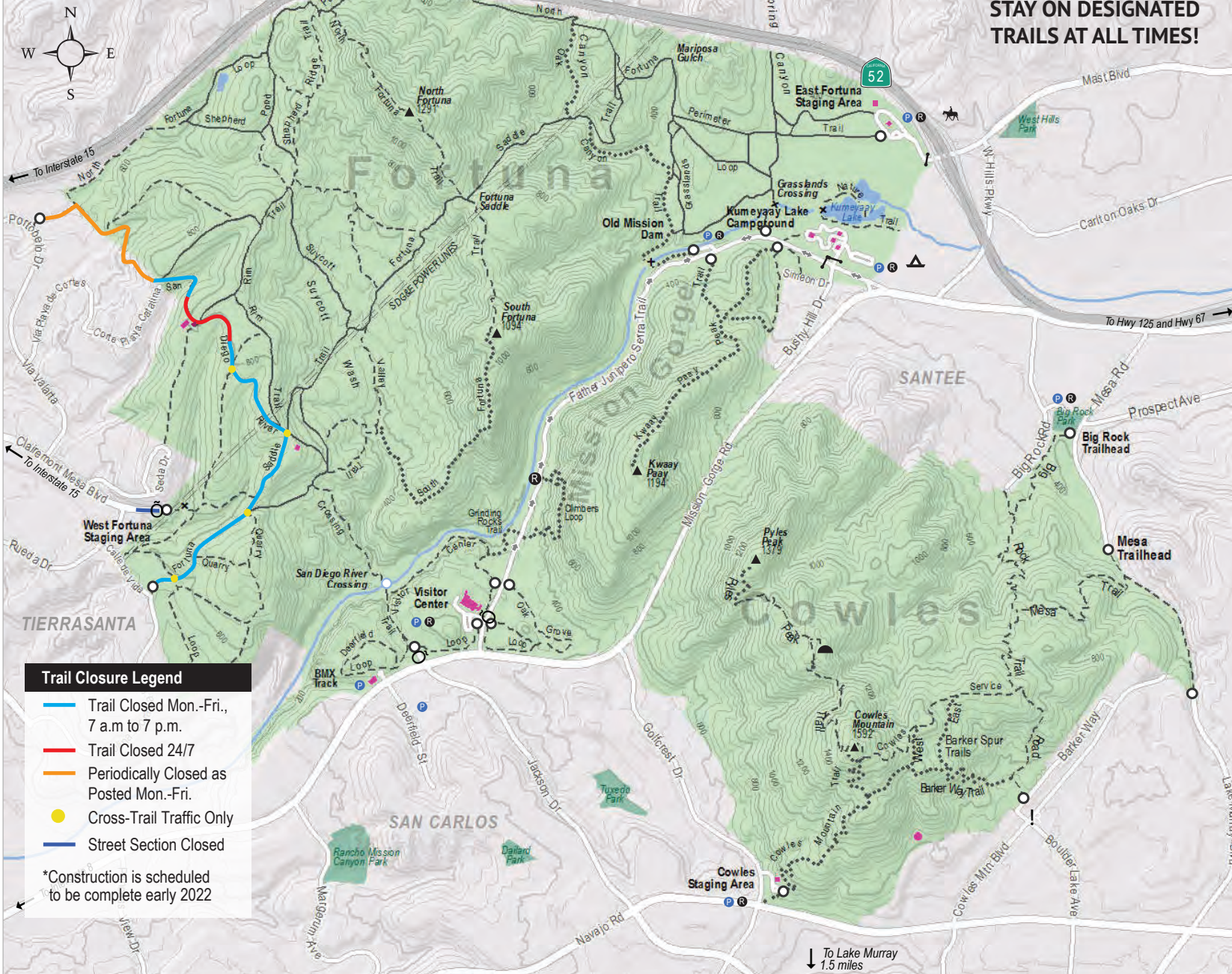
Mission Trails Regional Park: Fortuna, Mission Gorge, Cowles

TRAIL MAP

Some trails are closed through early 2022 during construction of an important water project by the San Diego County Water Authority. See [Trail Closure Legend](#) below for closure timing. For more info visit: www.sdcwa.org/mission-trails-FRS



STAY ON DESIGNATED TRAILS AT ALL TIMES!



Trail Closure Legend

- Trail Closed Mon.-Fri., 7 a.m. to 7 p.m.
- Trail Closed 24/7
- Periodically Closed as Posted Mon.-Fri.
- Cross-Trail Traffic Only
- Street Section Closed

*Construction is scheduled to be complete early 2022

Legend

- P Parking
- R 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 Mon.-Fri., 7 a.m. to 7 p.m.
- Trail Closed 24/7
- Periodically Closed as Posted Mon.-Fri.
- Cross-Trail Traffic Only
- Street Section Closed

Please stay on designated trails at all times

Make a donation to support the park and learn about volunteer opportunities at 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

(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.