



Mission Trails Regional Park Foundation

Mission Trails Regional Park Foundation Field Trips

Contact: Alissa Lustgarten, MTRP Foundation Lead Educator, alustgarten@mtrp.org

Dear Educator,

Thank you for your interest in Mission Trails Regional Park and for selecting it as a destination for your class field trip. The following information will assist you in preparing for your visit. For MTRP Foundation Field Trips, there is a 15-student minimum. Please note that if you are seeking financial assistance from the MTRP Foundation for bus transportation (\$250 per trip), there is a 25-student minimum.

Reservations

Reservations are required for all group and class visits. If you have not made a reservation, please do so through our website. Once registered with an MTRP Foundation field trip, you will receive an auto-generated confirmation message when you sign up for your field trip and a personal message from our Lead Educator within a week of your request. If there are conflicts or questions, we will contact you to arrange a different date or time.

Field Trip Guidelines

To ensure an enjoyable learning experience for everyone, remember the following rules and guidelines. Please discuss the rules and guidelines with your class and adult chaperones before your field trip.

For students who need special attention during the field trip, please ensure that there is a teacher or chaperone assigned to be the student's buddy during their time at MTRP. Do advise our Lead Educator if accommodations that need to be made least two weeks prior to your trip. There will be no Gift Shop sales to students while they are on their field trip.

School groups may bring in lunches and store them on a cart behind the front desk until lunch time; there is a large outdoor amphitheater on the back terrace of the Visitor Center where students eat their lunch.

Supervision

- Student groups must have at least one adult chaperone for every eight children. We will ask the adult leaders to intersperse with the children while hiking to monitor their activities and behavior.
- Adult chaperones should refrain from cell phone use during the program, unless there's an emergency or they're using the phone to take photos.
- Teachers and adult chaperones are responsible for class control and discipline at ALL times; if the group becomes unmanageable, the MTRP Foundation Educator can end the program at any time.

Prepare for the Trails

Everyone must wear sturdy, closed-toe shoes (no sandals) and clothes that are comfortable for hiking and can get a little dirty. Students should layer their clothing to allow for a variety of weather conditions. Students should bring a full water bottle, hat, and sunscreen.

Field Trip Rules

- Stay behind the leader and on the trail at all times.
- Leave all rocks and sticks on the ground; do not remove any natural objects from MTRP.
- All animals in the park are wildlife; please do not feed or attempt to handle them.
- Discard all trash in the garbage cans and put recyclable items in the blue recycle bins.
- No running in the Visitor Center or on the trails.

Bus Transportation Reimbursement Procedure

- The MTRP Foundation can support bus transportation reimbursement up to \$250 per field trip for groups of 25 or more.
- Invoicing must be done via the school district.
- Invoicing must occur no later than 30 days after the field trip.
- Invoices must be accompanied by actual transportation cost documentation.
- Invoices prior to field trip date will not be reimbursed.
- All invoices for June field trip transportation must be received prior to June 30.

Mission Trails Regional Park Foundation Field Trip Programs for K-8th Grade

Listed below are descriptions of the guided programs offered for grades K-8th. One-day field trips include: Guided nature hike with an Outdoor Educator, a tour of the Visitor Center including an educational scavenger hunt, exhibits, and a film presentation as time allows. Bus reimbursement up to \$250 per trip for student groups of 25 or more.

K – 2nd Grade: The Habitats of Mission Trails Regional Park

As awareness of where we live in relationship to San Diego's cherished wildlife is the focus of this K-2nd grade outdoor education program. The concepts of habitat and the four elements necessary for one – food, water, shelter, and space – are discussed in an introductory presentation. Students are then taken on an easy half-mile guided walk through some of the park's native habitats to see where some of Mission Trails' many inhabitants live. Students will also discover some of the many signs and clues wildlife leave behind. This program begins and ends at the park's Visitor Center.

NGSS; K-LS1-1, K-ESS3-1, K-ESS3-3, 1-LS1-1, 1-LS3-1, 2-LS2-1, 2-LS2-2, 2-LS4-1

3rd Grade: The Kumeyaay and Mission Trails Regional Park

The Kumeyaay are our region's indigenous people, and their ancestors lived in the area that is now Mission Trails Regional Park. One of the more obvious dwelling sites used by the Kumeyaay includes a granitic bedrock area that has several depressions worn into the surface from hundreds of years of grinding acorns and other foods. This 3rd grade outdoor education program takes students on a one-mile roundtrip interpretive walk to the historic Grinding Rocks site at the edge of the San Diego River. Along the way, Kumeyaay usage of native plants and

wildlife resources will be discussed. The cultural and social customs of the Kumeyaay will be covered. This program begins and ends at the Visitor Center, where students will also get the chance to view an educational video or Native storytelling presentation and participate in a Scavenger Hunt through the museum.

NGSS; 3-LS3-2, 3-LS4-4, 3-5-ETS1-1, 3-5-ETS1-2

4th, 5th & 6th Grade: Ecosystems of Mission Trails Regional Park

Within the park there are seven distinct ecosystems – places where living and nonliving things interact. This one-mile exploratory walk takes students through four of the park’s dominant ecosystems – coastal sage scrub, chaparral, oak woodland and riparian. Students will have an opportunity to discover the differences between each ecosystem and learn why these differences exist. We’ll discuss animal species that may be found within each ecosystem (and, with hope, see some!), and identify soil composition. This program begins and ends at the park’s Visitor Center.

NGSS; 4-ESS2-1, 5-ESS2-1, 5-LS1-1, 5-LS2-1, MS-LS2-1, MS-LS2-4

7th & 8th Grade: Biodiversity and Stewardship of Mission Trails Regional Park

Human beings are living organisms who interact with and benefit greatly from the ecosystems around them. Ecosystems that have a greater variety of different species of plants and animals have a greater biodiversity. These ecosystems are also healthier and more stable. This field trip will emphasize biodiversity, human impact on the environment, and stewardship. We will include a discussion about biodiversity, and students will have the opportunity to be "citizen scientists" by using the iNaturalist app to track nature observations along the trail. Students will learn about stewardship and how they can be stewards for the environment, including a video about stewardship, which focuses on the stewardship involved with Mission Trails Regional Park. This program begins and ends at the park’s Visitor Center.

NGSS; MS-LS2-1, MS-LS2-2, LS2.C (MS-LS2-4, MS-LS2-5)

About Mission Trails Regional Park

At more than 8,000 acres, Mission Trails Regional Park one of the largest urban parks in the United States. There are approximately 65 miles of trails throughout the park, including the areas of Cowles Mountain and Lake Murray. Seven native habitats are found within the park boundaries, including Chaparral, Coastal Sage Scrub, Oak Woodland, Riparian, Aquatic, Grasslands and Vernal Pools. Old Mission Dam, both a State and National Registered Historic Landmark, is also located in the park. Learn more at www.mtrp.org

Mission Trails Regional Park Visitor Center, 1 Father Junipero Serra Trail, San Diego, 92119

MTRP Foundation Office: 619-668-3280; MTRP Visitor Center Front Desk: 619-668-3281

Directions to the Mission Trails Regional Park Visitor Center
1 Father Junipero Serra Trail, San Diego, CA 92119

From Interstate 8 – Exit Mission Gorge/Fairmount and turn north onto Mission Gorge Road. At the Friars Road junction, turn right to stay on Mission Gorge Road, and follow it east for 4.2 miles. Just past the Jackson Drive intersection, turn left onto Father Junipero Serra Trail. To get to the Visitor Center, turn left into the parking lot entrance, just before you get to the half-closed road.

From Route 52 – Exit Mast Blvd. in Santee. Turn north onto Mast Blvd. and then right at the first traffic signal (West Hills Parkway). Take West Hills Parkway to Mission Gorge Road and turn right. To get to the Visitor Center, stay left at the merge and take Mission Gorge Road west 2.4 miles. After you pass the light at Golfcrest Drive, turn right onto Father Junipero Serra Trail. The entrance to the parking lot is located on the left, just before you get to the half-closed road.

