Volunteer at Mission Trails

You can make a difference in the community by volunteering at Mission Trails Regional Park (MTRP). Volunteers are involved in many aspects of the park, from staffing the front desk at the Visitor Center to helping on regular work crews (see reverse side). Information and applications are available at www.mtrp.org

Our Visitor Center volunteers greet visitors, provide information about the park and its educational and recreational opportunities, and assist with purchases in the Gift Shop. Volunteers also start video presentations upon request, answer the phone, make photo copies, and restock brochures and flyers. Morning and afternoon shifts available, either 8:45 AM to 1 PM or 1 to 5:15 PM. For more information, please contact Janet Gavaldon at jgavaldon@mtrp.org.

Become a 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) 668-2746, or at: CAxtmann@sandiego.gov

Volunteer applications available on our website: www.mtrp.org
How can YOU get your exercise for the day, while helping to beautify your park, improve its hiking trails, or preserve its natural habitat all at the same time? By lending a hand on one of our monthly Volunteer Crews!

All Crews meet at 8:00 a.m. and work until 12:00 noon, at the latest.

### Monthly Volunteer Work Crews

**Habitat Restoration Crew**

*Every 2nd Saturday*

with Park Ranger Heidi Gutknecht

RSVP at: HGutknecht@sandiego.gov

**Trail Improvement Crew**

*Every 3rd Sunday*

with Park Ranger Dan Kimpel

RSVP at: DKimpel@sandiego.gov

**Park Beautification Crew**

*Every 4th Saturday*

with Park Ranger Julie Aeilts

RSVP at: JAeilts@sandiego.gov

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**Please Bring:**

- Work Gloves
- Sunscreen
- Water Bottle

**Please Wear:**

- Long Pants
- Hat & Sunglasses
- Closed-toe Shoes

**We Provide All Crews With:**

- Water
- Gatorade
- Snacks
- Tools
- Exercise
- Fresh Air

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**It’s Hot, Let’s Not!**

All crews take a break during the summer months to avoid the heat.

To sign up, please go to [http://bttr.im/r0m3x](http://bttr.im/r0m3x)