



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



Monthly Volunteer Work Crews

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.

To sign up, please go to
<http://btrr.im/r0m3x>



Habitat Restoration Crew Every 2nd Saturday

with Park Ranger Heidi Gutknecht
RSVP at: HGutknecht@san Diego.gov

Trail Improvement Crew Every 3rd Sunday

with Park Ranger Dan Kimpel
RSVP at: DKimpel@san Diego.gov



Please Bring: Please Wear:

Work Gloves
Sunscreen
Water Bottle

Long Pants
Hat & Sunglasses
Closed-toe Shoes

We Provide All Crews With:

Water
Snacks
Exercise

Gatorade
Tools
Fresh Air

Park Beautification Crew Every 4th Saturday

with Park Ranger Julie Aeilts
RSVP at: JAeilts@san Diego.gov

It's Hot, Let's Not!

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

