

The City Of San Diego • Park and Recreation Department  
**MISSION TRAILS REGIONAL PARK**



# ADOPT-A-TRAIL



"In every walk with nature  
one receives far more than he seeks."

John Muir

**Join this new volunteer work project to help make important contributions in preserving and enhancing our park trails!**



**Adopted Trail:** Barker Way Trail, Cowles Mountain

- Remove of overgrown brush
- Install/repair water bars & trail signs
- Remove litter and traces of undesignated trails
- Place rock and logs to build steps and walls



**Dates & Time:** 8 A.M. to 11 A.M.

- Saturday, March 2<sup>nd</sup>
- Saturday, June 1<sup>st</sup> ( National Trails Day)
- Saturday, September 7<sup>th</sup>
- Saturday, December 7<sup>th</sup>



**What to Wear and Bring:**

Wear a long-sleeve shirt, long pants and work boots. Bring work gloves, eye protection and plenty of drinking water. A hat and sunscreen are also recommended.



**Group Size and Age Requirement:**

Recommended team size for each adopted trail section is three adults, or, two adults and two children. Children age 17 and under will need a parent or legal guardian's permission to volunteer.

**For more information, or to reserve your space, send email to:**

**[adoptatrail@mtrp.org](mailto:adoptatrail@mtrp.org)**

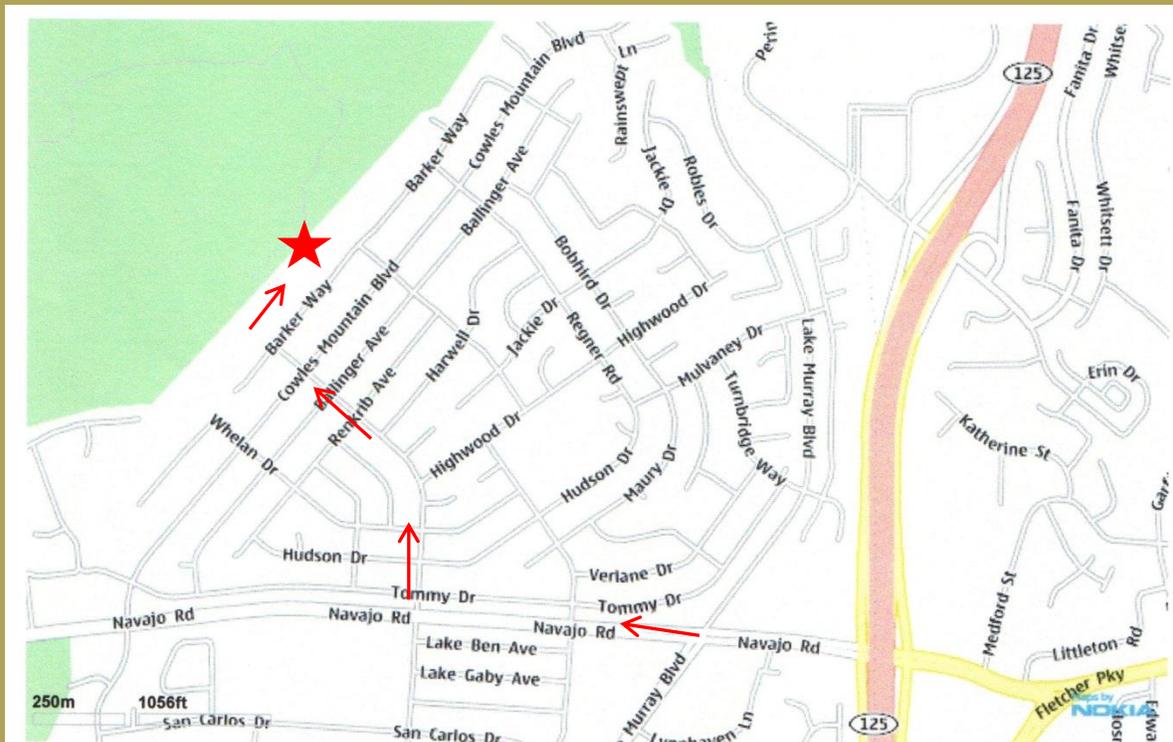
# MISSION TRAILS REGIONAL PARK'S ADOPT-A-TRAIL PROGRAM

Thank you for your interest in participating in our new ADOPT-A-TRAIL program. You will get the chance to make everyone's recreational experience a positive one, by maintaining one trail at a time.

## Directions:

**From Highway 125:** Take Navajo Road west to Boulder Lake Ave. and turn right. Take Boulder Lake Ave. to Barker Way and turn right. Trail head is 75 yards on the left.

**From Interstate 8 or Highway 52:** Take to Highway 125 and follow directions above.



## Volunteer Age Requirements:

1. Children age 13 and under: parent or legal guardian must sign all paperwork and be present to provide supervision at all time during volunteer's work assignment.
2. Children age 13 to 17: parent or legal guardian must sign all paperwork, and have an on-site supervisor available during volunteer's work assignment. If the minor is part of an organized group, the group leader must obtain required signatures from parents and/or legal guardians, and be present to provide group supervision during volunteer work assignment.

To obtain individual liability waiver forms prior to volunteer project, send e-mail to: [adoptatrail@mtrp.org](mailto:adoptatrail@mtrp.org)

3. Adults (age 18 and older) must sign a Group Volunteer Participation Agreement form and sign-in sheet when they arrive. The On-Site Volunteer Program Supervisor provides supervision at all times.

**Tools:** Please make sure to bring your own work gloves (leather ones recommended). Also, please bring along any appropriate tools you may have available such as pick mattock, McLeod, loppers, shears, and long-handled round point shovel.

**Weather:** Volunteer work project cancelled if raining.

