

SD Volunteer at Mission Trails



YOU can make a difference in the community by volunteering at Mission Trails Regional Park. Volunteers are involved in many aspects of the park, from staffing the front desk at the Visitor Center or leading nature walks, to helping on regular work crews (see other side for details). 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 (619) 668-3288 or 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, please contact **Ranger Monica Demetry** at: MDemetry@sandiego.gov



Volunteer applications available on our website: www.mtrp.org

MONTHLY VOLUNTEER 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 Crews!

All Crews meet at **8:00 a.m.** until **12:00 noon.** (*Rain Cancels*)



**TRAIL CREW
FIRST SUNDAY**

Create a profile and
officially sign up
for crews at:

<http://bttr.im/r0m3x>



We Provide All Crews With:

- Water
- Tools
- Exercise
- Snacks
- Work Gloves



**HABITAT RESTORATION
SECOND SATURDAY**

Please Bring:

Work Gloves Water Bottle, Sunscreen

Please Wear:

Long Pants, Closed-toe Shoes, Hat &
Sunglasses



**KUMEYAAY CAMPGROUND
THIRD SATURDAY**

It's Hot, Let's Not!

All crews take a summer break during
the months of July and August.



**PARK BEAUTIFICATION
FOURTH SATURDAY**