



FRIENDS OF
LOS PEÑASQUITOS
CANYON PRESERVE

TRANS COUNTY TRAIL



On the Road to San Diego

Distance: 3.3 miles out and back, 157 feet of elevation gain

Trailhead GPS: 32.939168, -117.127931

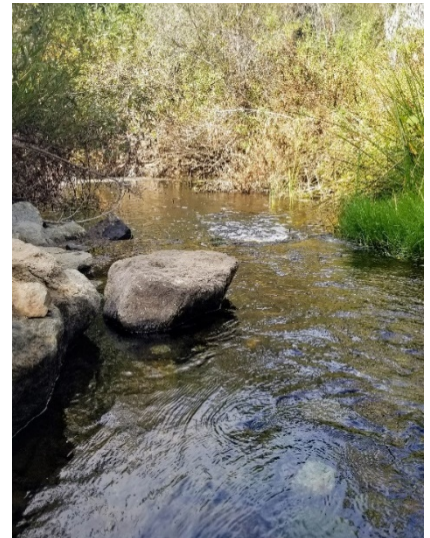
Getting There: Park at Canyonside Community Park. Cross Black Mountain Road and walk toward the stables. Before you reach the stable area, take a right at the small intersection with wooden fencing and continue on this path for your duration. **Turn around** under the I-15 bridge.

On your way back, it is possible to take a higher trail for a nice view of the valley. This trail can be accessed where the County Aqueduct road crosses the trail and then crosses the creek with a concrete crossing. Take a right here, cross the creek and pick up the trail a bit up the hill on the other side and go left.

Difficulty: Easy

Disclaimers: This is a common horse trail. Pedestrians and bikes both yield to horses. There will be poison oak and sensitive riparian plants around you.

Restrooms are in the community center building. Open limited hours, shown at <https://www.sandiego.gov/park-and-recreation/centers/recctr/canyonside>.





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Tips: AllTrails mislabels this hike as “Knott Grove Trail” – Knott Grove memorial site is just beyond the I-15 bridge, a nice extension of the hike. But this trail is part of the Trans County Trail system. The Trans County Trail is a planned and partly completed trail system that goes from Torrey Pines State Park to Anza Borrego State Park. More information can be found on the San Diego Trans-Country Trail Facebook group.

Highlights:

- Biodiversity flourishes around waterways in San Diego. The wildlife and water here provided essential resources for travelers when the dense chaparral that surrounded was dry and impassable.
- Many of these native plants were essential to Native Americans during their seasonal migration such as sycamore, oak trees, toyon berries, and manzanita. They used these plants in a variety of medicines and foods.
- Constant heavy traffic on riparian areas like this one gives way to invasive plants that can push out the native plants. Some common invasive plants are palms, most grasses, and tumbleweed.
- San Diego’s development has been tremendous over the past two centuries, from this small trail you’ve walked today to the busy freeway above. Enjoy the beauty of the environment, remembering all those who have appreciated this very path before you.



Remember to Leave No Trace – Leave nature as you found it. These preserves have so much beauty! Let’s keep it that way. Leave the plants undisturbed so they can continue to thrive. Leave rocks and historical items as you find them so others can enjoy them. Learn more at <https://lnt.org/>.

More info. Visit The Friends of Los Peñasquitos Canyon Preserve website at <https://www.penasquitos.org/>.

