Nature Play in San Diego

Research shows that children are healthier, happier and smarter when they spend time in nature. Your healthcare provider encourages your family to...

1. Go outside and play each day. Take a walk, toss pebbles in the water, collect fallen leaves, look for evidence of animals, gaze at the sky from under a tree, follow a line of ants, hop on rocks, dig in the dirt, chase a butterfly, search for spider webs, have fun!

2. Enjoy family time outdoors in nature. Visit a neighborhood park, canyon or nature location once a week or more.

3. Limit screen time. No more than 1 to 2 hours daily, for TV, computer, video games, and cellphone.

Here are a few family-friendly nature locations in San Diego County:

- **Miramar Lake**: Scripps Lake Drive (east of Scripps Ranch Blvd.) in Scripps Ranch, [http://www.yelp.com/biz/lake-miramar-san-diego](http://www.yelp.com/biz/lake-miramar-san-diego). Walk, bike ride or rollerblade on a road circling the lake or hike on dirt trail next to the road.

- **Mission Trails Regional Park and Visitor Center** 1 Father Junipero Serra Trail, San Diego (San Carlos area) (619) 6668-3281 [http://MTRP.org](http://MTRP.org). Open 9 – 5 p.m. daily; Hiking and mountain biking trails. Exhibits, library, nature hike and theater. Family Discovery Walks, alternating 4th Sundays, 3 – 4:30 p.m.


- **Open Space Parks and Canyons – City of San Diego**: Find one near you and explore! [http://www.sandiego.gov/park-recreation/parks/oscp/maps.shtml](http://www.sandiego.gov/park-recreation/parks/oscp/maps.shtml)


- **Tijuana Estuary** 3rd Street and Caspion Way in Imperial Beach: Trails, bird watching, and Border Field State Park [http://www.tijuanaestuary.com/](http://www.tijuanaestuary.com/)

- **Elfin Forest Recreational Reserve** 8833 Harmony Grove Road, Escondido: Interactive center designed by James Hubble with microscopes, murals and nature presentations. Trails for Hiking, Horses and near Olivenhain Dam and Reservoir. [http://www.olivenhain.com/elfin-forest-recreational-reserve](http://www.olivenhain.com/elfin-forest-recreational-reserve)