North County San Diego
April 28, 2012 Nature Guide

SAN DIEGO CHAPTER
www.sandiego.sierraclub.org

www.3dchildrenandnature.org

More information about nature places at www.sdchildrenandnature.org/findnature.php
San Diego is home to the most bio-diverse county in the lower 48 and has some of the best weather in the country! Please use this information and the links to facilitate finding nature – nearby, or a little further from home! For a more information on connecting children to nature, and to find even more nature places, please visit www.sdchildrenandnature.org and www.facebook.com/sdchildrenandnature

### BEACHES

**Carlsbad State Beach** (parking fee)
Carlsbad Blvd, Highway 521, Carlsbad
[www.parks.ca.gov/?page_id=653](http://www.parks.ca.gov/?page_id=653)
Picnic area, restrooms

**San Elijo State Beach** (parking fee)
South Coast Highway, Cardiff-by-the-Sea
[www.parks.ca.gov/?page_id=662](http://www.parks.ca.gov/?page_id=662)
Outdoor showers, restrooms, camping, camp store

**South Carlsbad State Beach**
7201 Carlsbad Boulevard, Carlsbad
[www.parks.ca.gov/?page_id=660](http://www.parks.ca.gov/?page_id=660)
Outdoor showers, restrooms, camping, camp store

**Torrey Pines State Beach** (parking fee)
North Torrey Pines Road, Del Mar
[www.parks.ca.gov/?page_id=658](http://www.parks.ca.gov/?page_id=658)
Picnic area, restrooms, outdoor showers

**City of Del Mar Beaches**
15th St. to 29th St., Del Mar
[www.delmar.ca.us/visitors/Pages/BeachesParks.aspx](http://www.delmar.ca.us/visitors/Pages/BeachesParks.aspx)

**City of Encinitas Beaches**
Beacon’s Beach, 948 Neptune Avenue
D Street Beach, 450 D Street
Grandview Beach, 1700 Neptune Avenue
Leucadia State Beach, 948 Neptune Avenue
Moonlight State Beach, 400 B Street
Swami’s Beach, 1298 South Coast Hwy 101

**City of Oceanside Beaches**
[www.ci.oceanside.ca.us/gov/pw/harbor/info](http://www.ci.oceanside.ca.us/gov/pw/harbor/info)

### GARDENS

**Buena Creek Gardens**
418 Buena Creek Rd., San Marcos
[www.buenacreekgardens.blogspot.com](http://www.buenacreekgardens.blogspot.com)

**Hamilton’s Children’s Garden**
at San Diego Botanic Garden (fee)
230 Quail Gardens Dr., Encinitas
[www.sdbgarden.org/](http://www.sdbgarden.org/)

### LAKES

**Dixon Lake** (fee)
1700 North La Honda Drive, Escondido

**Lake O’Neill**
Santa Margarita Road, Camp Pendleton
[www.mccscp.com/lake](http://www.mccscp.com/lake)

**Lake Poway** (fee)
14644 Lake Poway Rd, Poway

**Lake Wohlford**
25453 Lake Wohlford Road, Escondido

### TRAILS AND NATURE PRESERVES

**Agua Hedionda Lagoon Ecological Reserve**
1580 Cannon Road, Carlsbad
[www.aguahedionda.org/Default.aspx](http://www.aguahedionda.org/Default.aspx)
Nature Center, Restrooms

**Batiquitos Lagoon Ecological Reserve**
7380 Gabbiano Lane, Carlsbad
[www.batiquitosfoundation.org/](http://www.batiquitosfoundation.org/)
Nature Center, Restrooms

**Blue Sky Ecological Reserve**
16275 Espola Road, Poway

**Buena Vista Lagoon and Creek Ecological Reserves**
[www.carlsbadca.gov/services/environmental/hmp/preserves](http://www.carlsbadca.gov/services/environmental/hmp/preserves)

**Pilgrim Creek Ecological Reserve**
Douglas Dr., Oceanside
[www.dfg.ca.gov/lands/er/region5/pilgrimcreek.html](http://www.dfg.ca.gov/lands/er/region5/pilgrimcreek.html)

**Torrey Pines State Natural Reserve** (parking fee)
N. Torrey Pines Rd., Del Mar
[www.parks.ca.gov/?page_id=657](http://www.parks.ca.gov/?page_id=657)

**Trails and Nature Preserves, cont.**

**Daley Ranch**
3024 La Honda Drive, Escondido
[www.escondido.org/daley-ranch.aspx](http://www.escondido.org/daley-ranch.aspx)

**Elfin Forest Recreational Reserve**
8833 Harmony Grove Road, Escondido

**Anstine-Audubon Nature Preserve**
2437 Hutchison Street, Vista
[www.sandiegoaudubon.org/anstine-nature-preserve](http://www.sandiegoaudubon.org/anstine-nature-preserve)

**Del Dios Highlands Preserve**
9860 Del Dios Highway, Escondido
[www.co.san-diego.ca.us/parks/openspace/deldios.html](http://www.co.san-diego.ca.us/parks/openspace/deldios.html)

**Goodan Ranch Sycamore Canyon Preserve**
16281 Sycamore Canyon Road, Poway
[www.co.san-diego.ca.us/parks/openspace/Sycamore_Goodan.html](http://www.co.san-diego.ca.us/parks/openspace/Sycamore_Goodan.html)

**Hellhole Canyon Preserve**
19324 Santee Lane, Valley Center
[www.co.san-diego.ca.us/parks/openspace/hellhole.html](http://www.co.san-diego.ca.us/parks/openspace/hellhole.html)

**San Elijo Lagoon Ecological Reserve**
and Nature Center
2710 Manchester Avenue, Cardiff-by-the-Sea
[www.co.san-diego.ca.us/parks/openspace/selr.html](http://www.co.san-diego.ca.us/parks/openspace/selr.html)

**Santa Margarita Preserve**
37385 De Luz Road, Fallbrook
[www.co.san-diego.ca.us/parks/openspace/santamargarita.html](http://www.co.san-diego.ca.us/parks/openspace/santamargarita.html)

**Wilderness Gardens Preserve**
14209 Hwy 76, Pala
[www.co.san-diego.ca.us/parks/openspace/wildernessgardens.html](http://www.co.san-diego.ca.us/parks/openspace/wildernessgardens.html)

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**City Parks and Recreation**

These websites contain information on the area’s parks, recreation, trails, camping, and other amenities when applicable.

**Carlsbad**
[www.carlsbadca.gov/services/departments/parksandrec/Pages/default.aspx](http://www.carlsbadca.gov/services/departments/parksandrec/Pages/default.aspx)

**Del Mar**
[www.delmar.ca.us/visitors/Pages/BeachesParks.aspx](http://www.delmar.ca.us/visitors/Pages/BeachesParks.aspx)

**Encinitas**

**Escondido**
[www.escondido.org/parks-lakes-trails.aspx](http://www.escondido.org/parks-lakes-trails.aspx)

**Fallbrook**
[www.fallbrook.org/tourism_hiking](http://www.fallbrook.org/tourism_hiking)

**Oceanside**
[www.ci.oceanside.ca.us/gov/ns/parks/amenities/parks.asp](http://www.ci.oceanside.ca.us/gov/ns/parks/amenities/parks.asp)

**Poway**

**San Marcos**

**Vista**
[www.cityofvista.com/departments/parks/parks_and_facilities.cfm](http://www.cityofvista.com/departments/parks/parks_and_facilities.cfm)

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**California State Parks**

Including beaches, mountains and deserts! Many State Parks include camping facilities and other amenities.
[www.parks.ca.gov/ParkIndex/](http://www.parks.ca.gov/ParkIndex/)
Research indicates that children who learn and play in nature are happier, healthier and smarter. The American Academy of Pediatrics recommends 60 minutes of daily unstructured outdoor play. Here are some simple, fun and FREE ways to help your children connect to nature:

- Look under the pots in your yard. Who did you find?
- Toss pebbles into a pond.
- Take a walk in the rain and splash in the puddles!
- Dig in the dirt or sand.
- Catch a worm and watch how it moves.

- Make mud pies and cakes! Decorate them with leaves and flowers.
- Chase a butterfly!
- Roll down a grassy hill.
- Find a trail of ants and follow it as far as you can.
- Climb a tree!

- Carefully look under a rock. Anyone home?
- Start an acorn collection.
- Catch a tadpole.
- Go on a rock hunt. Start a collection!
- Find the Big Dipper and Orion’s Belt in the night sky.

2012 Nature Exhibitors
Kids First Fair

- Birch Aquarium • www.aquarium.ucsd.edu
- Buena Vista Audubon • www.bvaudubon.org
- Cabrillo National Monument • www.nps.gov/cabr/index.htm
- Camp Pendleton Game Wardens
- City of Escondido, Parks & Recreation • www.escondido.org/parks-lakes-trails.aspx
- City of Oceanside, Parks & Recreation • www.ci.oceanside.ca.us/gov/ns/parks/amenities/parks.asp
- Elfin Forest Recreational Reserve • www.olivenhain.com/index.php/about-us/elfin-forest-recreational-reserve
- Family Adventures in Nature • www.familyadventuresinnature.org
- Lakeshore Learning • www.lakeshorelearning.com
- Project Wildlife • www.projectwildlife.org
- San Diego Botanic Garden • www.sdbgarden.org
- San Diego Natural History Museum • www.sdnhm.org
- San Diego Sierra Club • www.sandiego.sierraclub.org
- San Diego Zoo (Dr. Zoolittle) • www.sandiegozoo.org
- San Diego Zoo Institute for Conservation Research • www.sandiegozooglobal.org/icr/purpose
- Torrey Pines State Natural Reserve • www.torreypine.org
- US Fish & Wildlife Service • www.fws.gov