The San Diego River is a local treasure waiting to be explored. With a watershed of more than 440 square miles, the River is an inviting and often overlooked waterway rich in cultural history, value, and recreational opportunities.

Today, the River is being rediscovered and you are invited to follow its course and learn more about our namesake waterway.

The San Diego River Park Foundation's Eagle Peak Preserve is one of those special places that can be transformational for many. It is a place of rare beauty that is matched by its natural, recreational and cultural resources.

At the end of Eagle Peak Road are amazing views of the River gorge and Cleveland Dam. The Eagle Peak Preserve offers 3.4 miles of trails that are accessible via the Thornbush trailhead across the river.

Just below El Capitan Reservoir, the River enters a beautiful agricultural and equestrian valley which is home to El Monte County Park. The park is a terrific place for a family picnic and affords wonderful views.

Maintained by Lakeside's River Park Conservancy, this park has a lovely 3/4 mile trail that runs from Riverside Drive to Channel Road on the northern bank of the San Diego River.

The San Diego River meets the Pacific Ocean. This is a popular destination for boating, birding, overnight camping and more. This is a popular destination, as well as a recreational treasure.

The San Diego River begins its journey to the ocean, providing superb bird viewing and migration opportunities. Along the San Diego River at the intersection of Rio Camino and Riverside Drive is one of the largest urban parks in the United States.

At more than 6,000 acres, Mission Trails Regional Park is one of the largest urban parks in the United States. It is a wilderness within a city, full of wondrous vistas and close-up glimpses of native plants and animals. The park surrounds the San Diego River as it passes through Mission Gorge. MTRP is a naturalist’s and hiker’s paradise, and any visit should include a walk, ride, or slow drive from the Visitor’s Center along Junipero Serra Trail to Old Mission Dam, a distance of about 2.5 miles.

When the River passes beneath Interstate 5, it enters the City of San Diego’s Mission Bay Park. At this point, the meandering route to the Pacific Ocean takes it through the Southern Wildlife Preserve. The Preserve is part of the River’s estuary — you may view many migrant bird species as they make their journeys along the Pacific Flyway, as well as permanent residents of the marshes. There are bicycle and walking trails on both the north and south sides of the river, providing superb bird watching and photography opportunities.

The Famosa Slough is a 37-acre wetland between Ocean Beach and the San Diego Sports Arena. The slough is an excellent place for bird watching and just going on a relaxing walk through nature.

San Diego’s Mission Bay Park. At this point, its journey along the Pacific Ocean takes it through the Southern Wildlife Preserve. The Preserve is part of the River’s estuary — you may view many migrant bird species as they make their journeys along the Pacific Flyway, as well as permanent residents of the marshes. There are bicycle and walking trails on both the north and south sides of the river, providing superb bird watching and photography opportunities.

San Diego, CA 92107

San Diego, CA 92109

The Famosa Slough provides opportunities to stroll along the River, play basketball, and have a family get-together. Mast Park is also a summertime home for the Least Bell’s Vireo, an endangered songbird which is making a comeback along the River.

Famosa Slough

Notice the long sandy beach of Dog Beach can be found where the river meets the Pacific Ocean. This is a popular recreational area as well as an excellent and accessible location for experiencing an emerging sand dune habitat.

North end of Del Mar Bridge, Ocean Beach, CA 92107

For membership and other information about getting involved in helping our River and creating the River Park, please contact:

The San Diego River Park Foundation
phone: (619) 297-7380
email: info@sandiegoriver.org
PO Box 80126
San Diego, CA 92110-0126
www.sandiegoriver.org

Want to do more?

Become a MEMBER of the San Diego River Park Foundation today!

Help protect the San Diego River by taking the following steps to prevent pollution:

• Always properly dispose of trash and take larger items to a landfill or recycling center
• Keep gutters in front of your house free of leaves and grass clippings
• Sweep up trash and debris instead of tossing down driveways and sidewalks
• Pick up after your pet and properly dispose of waste in the trash
• Property dispose or recycle household chemicals
• Add ground cover to landscaped areas to help prevent erosion
• Never dispose of wastewater or other liquids including paint and motor oil down the storm drain

For more information visit
www.thinkblue.org

PO Box 80126
San Diego, CA 92110-0126

Want to do more?

Become a MEMBER of the San Diego River Park Foundation today!

Keeping the storm drains clean is just one of the many ways you can help our River. The San Diego River Park Foundation is a community benefit non-profit organization working to create a river-long system of parks, open spaces and community places that enhance our community’s quality of life.

You can show your support for the San Diego River Park Foundation by volunteering, participating in clean-ups along our River, or making an annual donation and becoming a member!

For just $35, you can make a difference. Become a member today!

Want to do more?

Our River clean and healthy

Help keep our River clean and healthy.

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