

## FUN & FITNESS HIKING SERIES

6 week program starting January 6  
Mondays at 9:00 a.m.

### ALL LEVELS OF FITNESS WELCOME

Hiking is one of the best things you can do for your health. Come out and join us. What better way to meet new friends, de-stress, connect with nature, and get in shape? The fun begins at the south end of the parking lot. Distance and fitness level will gradually increase over six Monday mornings. No sign up needed.

## WILD WINGS OVER BLUE SKY

Saturday, February 15

1:00 p.m. – 4:00 p.m. \$3 per person

Bring the family out to the Reserve for a fun bird-themed afternoon! We'll kick off the program with a presentation on birds followed by bird themed crafts! Next enjoy a ½ mile hike with our 'im-peck-able' docents to look for our feathered friends! Spread your 'wings' and see which native bird you measure up to. Limited to 50 participants.  
Register online: [poway.org/classes](http://poway.org/classes)

Coming Up!



## SOLAR WALK

Saturday, April 18

\$5 per person

Join us on a journey into outer space and viewing of our nighttime skies. First, we'll travel through the solar system during a 1.5 mile hike into the Reserve before meeting up with Curiosity Peak astronomers from Julian with their powerful telescopes trained on a distant constellation or planet.

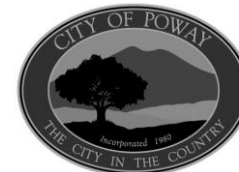
Registration begins March 3 – [www.poway.org](http://www.poway.org)

**DIRECTIONS:**  
FROM I-15 TAKE RANCHO BERNARDO ROAD EXIT, HEAD EAST ON RANCHO BERNARDO ROAD/ESPOLA ROAD FOR APPROXIMATELY THREE MILES. BLUE SKY RESERVE IS ON ESPOLA ROAD, APPROXIMATELY ¼ MILE PAST THE OLD COACH ROAD/BRIDLEWOOD ROAD TRAFFIC LIGHT INTERSECTION.

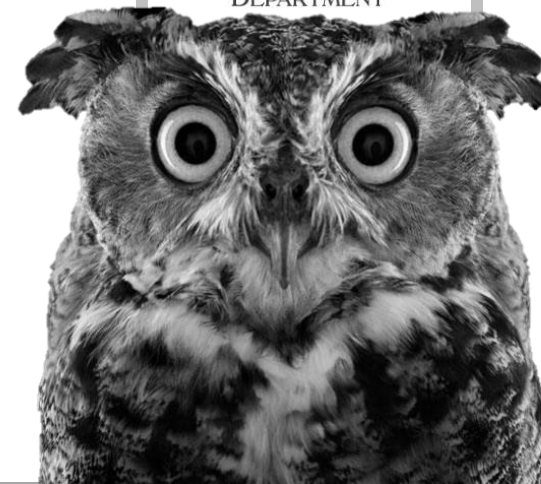
*Blue Sky Ecological Reserve is a 700-acre, oak-lined canyon flanked by coastal sage scrub and chaparral-covered hills. The Reserve is home to a wide variety of flora and fauna. Brilliant colors of wildflowers on the hillsides in Spring, a gentle breeze, and the songs of birds provide an inviting escape for a nature walk. The trails are open to the public, free of charge, during daylight hours. The Reserve is managed by the City of Poway, the California Department of Fish and Wildlife, and the County of San Diego Department of Parks and Recreation with support from the non-profit Friends of Blue Sky Canyon.*

Blue Sky Ecological Reserve

January - March  
2020 Activities



COMMUNITY SERVICES  
DEPARTMENT



P.O. Box 789  
Poway, CA 92074

Tel: (858) 668-4781

Email:  
[blueskyreserve@poway.org](mailto:blueskyreserve@poway.org)  
Website:  
[www.poway.org/bluesky](http://www.poway.org/bluesky)

**ALL GUIDED HIKES ARE FREE AND  
RESERVATIONS ARE NOT REQUIRED.**

# JANUARY

# FEBRUARY

# MARCH

Meet at the bus shelter in the Blue Sky parking lot for all hikes. Bring your own water, as there is no drinking water in Blue Sky.

## Dogs Unite at Blue Sky

*Sunday, January 5 – 8:00 a.m.*

Join docents Anna Gateley-Stanton and Ann Martin on an easy trail hike for you and your dog(s). Don't forget the leash, treats, and plenty of water for you and your furry friend.

## Blue Sky's Flora and Fauna

*Saturday, January 18 – 9:00 a.m.*

Explore the animals and plants of Blue Sky's habitats on a fun hike with docent Ale Franklin.

## Lake Poway Loop

*Saturday, January 25 – 9:00 a.m.*

Join docent Eric Brewer on a hike to Lake Poway. Its 5.7 miles roundtrip, moderately strenuous and steep in some areas. Be sure to bring plenty of water!

## Chinese New Year 2020 – Year of the Rat Big-eared Woodrat

If you see a large dome-shaped pile of sticks in Blue Sky you may have found a woodrat's home! Big-eared woodrats (aka pack rats) live in homes which are divided into different areas – a kitchen for food, a bedroom to sleep, and an "art gallery". Woodrats are fond of collecting shiny objects!

## Canines in Blue Sky

*Sunday, February 2 – 8:00 a.m.*

Bring your furry friend and join docents Anna Gateley-Stanton and Ann Martin for a morning dog walk in Blue Sky. Don't forget the leash, treats, and plenty of water for you and your furry friend.

## Blue Sky's Flora and Fauna

*Saturday, February 8 – 9:00 a.m.*

Explore the animals and plants of Blue Sky's habitats on a fun hike with docent Ale Franklin.

## Family Bonds in Nature

*Sunday, February 23 – 9:00 a.m.*

Are you a pack animal, happy with the posse or are you a solitary type? In nature, that will affect more aspects of your life than you might think. Explore Blue Sky with docent, Mary Glass and contemplate your place in the Universe.

## Dogs Unite at Blue Sky

*Sunday, March 1 – 8:00 a.m.*

Attention all dogs! Bring your human and join docents Anna Gateley-Stanton and Ann Martin for a walk in Blue Sky. Don't forget your leash, treats, and plenty of water!

## Almost Full Super Moon Hike

*Saturday, March 7 – 5:30 p.m.*

Hike up to Ramona Dam with docent Celeste Larson at sunset for a hike up to Ramona Dam under the light of the full moon.

## Blue Sky's Flora and Fauna

*Saturday, March 7 – 9:00 a.m.*

Explore the animals and plants of Blue Sky's habitats on a fun hike with docent Ale Franklin.

## Plants and Habitats

*Saturday, March 14 – 9:00 a.m.*

Join docent Eric Brewer on a plants and habitats tour of our beautiful canyon.

## What's New in Blue Sky?

*Saturday, March 21 – 9:00 a.m.*

Take a stroll with docent Carol Crafts to enjoy Blue Sky and all its wonderful sights and sounds.

