

Poway Parks & Trails



hiking • biking • horseback riding • sports • recreation • wilderness

Welcome to Poway's Trails and Open Space System

The City of Poway and the Trails and Open Space Volunteer Advisory Board welcome you to one of the finest trail systems in Southern California. We believe you will enjoy our 76 miles of scenic trails, more than 330 acres of improved parks, 4,000 acres of open space, and pleasant year-round climate. Hiking, mountain biking, and horseback riding are popular trail activities.



Parks, Open Space and Wilderness Areas

Please visit poway.org/park-map for information on park amenities.

- A Adobe Ridge Park** (12551 Adobe Ridge Road) — 4-acre neighborhood park accessible from Pomerado Road.
- B Arbolitos Park** (12495 Ted Williams Parkway) — 22-acre park accessible from Twin Peaks (23) trail.
- C Bette Bendixen Park** (12342 Old Pomerado Road) — 1-acre park accessible from South Poway (28) trail system.
- D Blue Sky Ecological Reserve** (16275 Espola Road) — 770-acre ecological reserve within the Clyde Rexrode Wilderness Area; contains the Blue Sky (7) trail and connects into the Espola (5) and Lake Poway (13) trails. (NO BIKE ACCESS)
- E Clyde Rexrode Wilderness Area** — 1,000-plus-acre open space area includes Lake Poway Park and Blue Sky Ecological Reserve.
- F Community Park** (13094 Civic Center Drive) — 28-acre park accessible from the Poway Creek (27) trail.
- G Garden Road Park** (14901 Garden Road) — 7-acre park accessible from the Espola (5) and Garden Road (26) trails.
- H Hilleary Park** (13500 Community Road) — 11-acre park; adjacent to a wetland containing a diversity of wildlife.
- I Iron Mountain Wilderness Area** — 1140-acre wilderness park. Includes trails 10, 11, 12, 31 and 33. Parking at the Iron Mountain trailhead fills up early most weekends.

- J Kumeyaay-Ipai Interpretive Center of Pauwai** (13104 Ipai Waaypuk Trail) — 5-acre archeological site open to the public for guided tours. Visit poway.org for schedules.
- K Lake Poway Park Recreation Area** (14644 Lake Poway Road) — 128-acre recreation area located within the Clyde Rexrode Wilderness Area. The park can be accessed from the Espola (5), Blue Sky (7), Sumac (9), Lake Poway (13), and Mount Woodson (15) trails.
- L Lomas Verdes Park** (south end of Tannin Drive) — 4-acre open space park accessible from West Ridge Trail (4).
- M Mount Woodson Wilderness Area** — 730-acre open space area within the City of Poway, contains the Mount Woodson (15), Warren Canyon (16), and Fry-Koegel (17) trails. The wilderness area connects with the Lake Poway Recreation Area and San Diego County open space.
- N Old Coach Trail Open Space Preserve** — 530+ acres of hills, creeks and valleys adjacent to Maderas golf course, including part of the San Dieguito River Park open space. Contains Old Coach (1), Justin's (2) and Lomas Verde (3) trails as well as some of Poway's largest oak and sycamore trees, riparian shaded areas, and two year-round creeks.
- O Old Poway Park/Aubrey Park/Veterans Park** (14134 Midland Road) — 17 acres of parks interconnected and accessible from these trails: Twin Peaks (23), Kent (24), and Dearborn (25).
- P The Pond** — 40-acre open space park with a natural pond. Accessible from the South Poway (Trans-County) (28) trails.
- Q Poway Oaks Mini-Park** (12402 Whispering Tree Lane) — half-acre park.
- R Poway Sportsplex** (13249 McIvers Court) — 15-acre sports complex accessible off Stowe Road.
- S Silverset Neighborhood Park** (14795 Silverset Street) — 11-acre park accessible from Twin Peaks (23) trail and close to Twin Peaks Road (22) trail.
- T South Poway Open Space Area** — 500 acres of grass and chaparral-covered foothills includes the South Poway (28) trail.
- U Starridge Neighborhood Park** (13745 Carriage Road) — 26-acre park.
- V Sycamore Creek Neighborhood Parks** (15605 Garden Road and 15309 Hidden Valley Drive) — Two play areas (1 acre total) accessible from Garden Road (26) trail.
- W Valle Verde Park** (16899 St. Andrews Drive) — 5-acre park accessible from the Espola (5) trail and close to West Ridge (4) and Green Valley (6) trails.

Trail Tips

Be prepared for backcountry travel. Bring along items that are necessary to provide for your safety and comfort. Basic items include:

- Drinking water for yourself and your dog
- Map and compass or GPS
- Fully charged cell phone (in case of an emergency)
- Appropriate clothing and footwear
- Sunblock and hat
- Snack food (for longer trips)

Be alert. There are a wide range of potential hazards in any backcountry area. Rattlesnakes, mountain lions, and poison oak can all be found in the Poway outback.

Practice trail courtesy. Be respectful of other trail users. You are responsible for your own safety. Failure to use due care while using the Poway trail system can result in personal injury. Please observe all trail regulations; they exist to protect you.

Be a good steward. Some trails pass through residential neighborhoods. Poway residents and property owners have generously allowed access next to and through private property. Please respect their privacy. Pick up your own trash, avoid excessive noise, and remain on trails.

Parks & Trails Regulations

For regulations governing specific parks/open spaces, visit [poway.org](https://www.poway.org).

Parks and trails are generally open from sunrise to sunset daily. Hours and days at individual parks may vary. Visit [poway.org](https://www.poway.org) for more information.



Weapons, firearms, air guns, archery devices (except as permitted in the Lake Poway Archery Range), and explosive devices are prohibited in parks and on trails.



No overnight parking or camping.



Motorized vehicles and equipment are prohibited on trails.



Fires, open flames, and barbecues are prohibited in any location except cooking areas provided by the city.



Bicyclists must yield the right-of-way to hikers and horseback riders.



Glass containers are prohibited.



Maximum trail speed permitted is 10 mph at Lake Poway, and 15 mph on all other trails.



Dogs must be leashed at all times. Clean up after your pet and dispose of waste in a proper manner.



Off-trail travel is prohibited. Please don't shortcut trails or travel cross-country.



Smoking is prohibited except in designated areas.



All applicable federal, state, and local regulations are in force.












Trails Updates

Visit [poway.org/trails](https://www.poway.org/trails) for the most up-to-date information on trails conditions and hiking safety - or follow [@cityofpoway](https://twitter.com/cityofpoway) on social media.



Description of Trails

The City of Poway trails system, with more than 78 miles of trails, is one of the finest in Southern California. Trails vary in length and level of difficulty and provide scenic vistas, challenging ascents, level travel through neighborhoods, and access to many of the City's parks and recreation areas.

- 1 Old Coach Trail** — 5.3 miles. From Old Coach Staging Area South to the northern Poway city limits and San Dieguito River Park, providing access to the Coast to Crest Trail to the north and "Oak Oasis" to the east. Varies in elevation and terrain, including oak-wooded trails and access roads. 
- 2 Justin's Trail** — 0.3 miles. Connects the Espola (5) trail to the Old Coach (1) trail staging area (south). Provides a safe route along the main roadway, connecting the trails through a small canyon. 
- 3 Lomas Verde Trail** — 1 mile. From Old Winery Road east to the Old Coach (1) trail. Rural trail between homes leading to a large open space to the east creating a loop between the West Ridge (4), Old Coach (1), Justin's (2) and Espola (5) trails. 
- 4 West Ridge Trail** — 2 miles. From Valle Verde Park (W), head west on the Espola (5) trail to reach the trailhead. The trail passes through fields, around homes and up to a scenic overlook point, ending at Old Winery Road. It creates a loop between the Lomas Verde (3), Old Coach (1), Justin's (2) and Espola (5) trails. 
- 5 Espola Trail** — 7.7 miles. This regional trail connector begins just west of Valle Verde Park (W) and heads east along the north side of Espola Road. At Lake Poway Road the trail diverts off Espola through rural neighborhoods, open space and connecting trails south to Garden Road. The northern portion is flat, with varying terrain once it passes south of Lake Poway Road. 
- 6 Green Valley Trails** — 1.2 miles. Rural trails through the Green Valley and Silver Saddle Ranch neighborhoods. Easy to navigate paths with shade. Connects to Pomerado (18), West Ridge (4) and Espola (5) trails. 
- 7 Blue Sky Trail** — 2.3 miles. Espola Road to Lake Ramona, also linking to Lake Poway. Wide, well maintained trail for first 1.2 miles, with shaded riparian and oak woodland; after which it begins a challenging 500-foot gain to Lake Ramona providing scenic views (NO BIKE ACCESS). 
- 8 Del Poniente Trail** — 2.1 miles. East-west route joins Pomerado (18), Avocado (14) and Tierra Bonita (19) trails. Trail crosses through open space to the west and rural residential neighborhoods to the east. 
- 9 Sumac Trail** — 1.6 miles. Loops from Lake Poway (13) staging area to High Valley neighborhood and back to Lake Poway. Trails follows a ridge uphill and includes a breathtaking view of the lake. 
- 10 Iron Mountain Trail** — 6 miles round trip. From Hwy 67/Poway Road staging area to the peak. The first section of the trail is easy to moderate, with little incline. The middle section of the trail switchbacks east of the peak and overlooks Ramona. The top section to the peak is a steep, rocky areas and switchbacks. Parking lot fills up early on the weekends. 
- 11 Wild Horse Trail** — 1 mile. Link between the Iron Mountain (10) and Ellie Lane (12) trails, with a connection to Old Miner's (31) trail. Extends options for hiking Iron Mountain Peak area. 

Trail Rating System

Trails are marked for difficulty and usage rights.



Green is considered an easy trail.



Blue is a moderate trail.



Black is a difficult trail.



Trails may be used for hiking, horseback riding, and biking unless otherwise marked with the international symbol for “prohibited.”

The degree of difficulty for a trail may vary for different types of use. See example below.



12 Ellie Lane Trail — 3.7 miles trail (one way). Starts at the Ellie Lane staging area off Hwy 67 and links to Iron Mountain (10) trail, as well as the Ramona Overlook. Scenic wilderness trail with steep grades. Hilly, rocky and occasionally wooded.



13 Lake Poway Trail — 4.9 miles. Loops around Lake Poway. Some steep areas on the north end of the lake behind the dam. For an easier hike, start at the south end of the lake and turn back at the dam. Beautiful views of lake; connects to Blue Sky (7) and Mount Woodson (15) trails.



14 Avocado Trail Link — 2.2 miles. Begins at Lake Poway Road connects to Del Poniente (8) and Twin Peaks (23) trails. Mostly wide trail with an even surface; varies in elevation.



15 Mount Woodson Trail — 2.4 miles. From Lake Poway to Mount Woodson Peak. Steep terrain with 2000-ft. elevation gain. Strenuous hike with little shade. Sweeping views of San Diego County.



16 Warren Canyon Trail — 2.3 miles. Undeveloped trail on the southern slope of Mt. Woodson branches off the Mount Woodson (15) trail into Warren Canyon. Trail ends near Hwy 67, with no connecting access. Steep, rough terrain.



17 Fry-Koegel Trail — 1.8 miles. Connects the Mount Woodson (15) trail to Archie Moore Road in Ramona on the northern slope of Mt. Woodson. Partially wooded, great views, with large boulder outcroppings.



18 Pomerado Trail — 4 miles. Access trail from the north via the Green Valley (6) trails. Although many segments are not yet complete, the trail generally follows the Pomerado Road corridor though both open space and residential communities with plans to connect to South Poway (28) trail.



19 Tierra Bonita Trail — 1.3 miles. Suburban trail link connecting the Del Poniente (8) trail to the Dearborn (25) trail. Access to challenging trails along the way, including the Twin Peaks (23) trail.















20 Tooth Rock Trail — 1.4 miles. Partially accessible from Espola (5) trail and Tooth Rock Road. Creates a loop with Espola (5) trail and High Valley Road.



21 Rattlesnake Canyon — 0.5 miles. Begins at Espola Road and explores canyon from riverbed to Poway Road Grade, with the intention of connecting to Tooth Rock (20) trail in the future.



- 22 Twin Peaks Road Trail** — 3.3 miles of urban trail. Follows Twin Peaks Road between the western city limit to Espola Road. Easy to access from many points along the way. 
- 23 Twin Peaks Trail** — 3.6 miles. From Tierra Bonita (19) trail west through the hills to Pomerado (18) and Twin Peaks Road (22) trails. Also accessible from Silverset Park (S). Some steep, rough terrain. 
- 24 Kent Trail** — 1 mile. Connects Espola Road to Midland Road along Rattlesnake Creek. Easy walk along flat terrain; mostly wooded; creek flows all year round. 
- 25 Dearborn Trail** — 2.5 miles. Connecting trail between Tierra Bonita (19) and Espola (5) trails. Provides trail access for Poway's equestrian hub. Routes through rural homes, passes Dearborn Memorial Park cemetery; hilly at times. 
- 26 Garden Road Trail** — 1 mile. Connects to Espola (5) trail at Garden Road Park (G) and then east through the Sycamore Canyon neighborhood to open space and city limits. Shaded in some areas; runs along the eastern end of the Poway Creek. 
- 27 Poway Creek Trail** — 1.2 miles. From Community Park (F) to Community Road. This is a short, easy urban trail along Poway Creek that passes behind City Hall and connects to the South Poway (28) trail system. 
- 28 South Poway (Trans-County) Trail** — 9 miles. From western city limits crosses hills on the north side of the South Poway Business Park. Trail access at Old Pomerado Road (by Beeler Creek) and staging area off Metate Lane. Provides sweeping views of Poway and routes through native grasslands. Ties into San Diego's Sycamore Canyon. 
- 29 Beeler Canyon Trail** — 1 mile. From Creek Road to South Poway (28) trail along the foothills east of Pomerado Road. Connects the Poway trail system to the City of San Diego. 
- 30 Scrub Oak Trail** — 0.7 miles. Connects Pomerado Road and Treadwell Drive (southwest corner) to City of San Diego trail system. Connects neighborhood streets with hiking paths. 
- 31 Old Miner's Trail** — 0.85 miles. Equestrian bypass from Wildhorse (11) trail to Ellie Lane (12) trail. Provides the most direct access to the Ramona Overlook and includes a natural staircase of rocks. 
- 32 Fishermens Trail** — 0.8 miles. Shoreline path along the south side of Lake Poway; popular with fisherman. Access from the Lake Poway (13) trail. 
- 33 Equestrian Bypass Trail** — 0.9 miles. Provides an alternate route for exploring between Ellie Lane (12) trail and Old Miner's (31) trail. 





Special thanks to the following for their roles in the development, construction and maintenance of Poway's parks and trails:

Poway City Council

Adopt-a-Trail & Adopt-a-Park volunteers

Parks & Recreation Advisory Committee

Developers and individuals who have dedicated trail easements and improvements or additional information about Poway's parks and trails

Trails & Open Space Advisory Board

California Conservation Corps



Visit us online at poway.org

For information about Poway's Adopt-a-Trail and Adopt-a-Park programs, call **858-668-4700** or email trails@poway.org



To report a trails-related problem or maintenance issue, use the Poway City App (download for free at Apple App Store or Google Play Store), fill out a service request at poway.org/service or call **858-668-4700**

In the event of an emergency, call 9-1-1

To contact the Sheriff's Department in a non-emergency event, call **858-565-5200**

If "locked in" after hours, call the Emergency Response Technician at **858-668-4751**





LEGEND

- Poway
- Existing Trail
- Connector Trail
- City of San Diego Trail
- County of San Diego Trail
- Lake/River
- Trail Number
- Park Letter
- Park/Open Space
- Staging Area
- Mountain Peak
- City Hall
- Fire Station
- Hospital
- Library
- School
- Sheriff Station

