

Fun and Fitness



Hiking is one of the best things you can do for your health. What better way to meet new friends, de-stress, connect with nature, and get into shape?

Join us for our annual hiking series. Distance and fitness level will gradually increase over 6 Monday mornings in January and February.

All fitness levels welcomed. Meet at 9:00 am in the parking lot. Don't forget to bring water! Registration not required.

Hikes on Jan 5, 12, 26 and Feb 2, 9, 16.
Check the Fun and Fitness Schedule posted on our website or in the kiosks for details.



Junior Nature Ranger

February 28, 9:00-11:00 AM

Docents will lead children through a series of activities allowing them to experience nature firsthand and have fun in the outdoors. Nature Ranger Certificates will be issued upon completion of the activities.

An adult must accompany their children. Program is FREE, but space is limited to 15 children (ages 6-10).

Sign up today by calling (858) 668-4781 or emailing blueskyreserve@poway.org



Solar Walk and Stargazing

March 21

Join us on a journey into outer space and view our nighttime skies! As you travel through the Reserve on a 1.5 mile hike, you will learn about the planets in our solar system. At the end of the hike, you will join astronomers from the San Diego Astronomy Association with their powerful telescopes to get an up-close view of our galaxy.

Groups of 25, led by a docent, leave from the trailhead at 15 minute intervals. The first group starts their adventure at 6:30 pm, and the last group sets out at 7:15 pm.

This program is suitable for all ages, and everyone should dress warmly.

Registration opens February 6 on poway.org/classes

Weather-dependent event



Contact us:

Interpretive Park Ranger

858-668-4781

Park Ranger

858-668-4777

Website

poway.org/bluesky

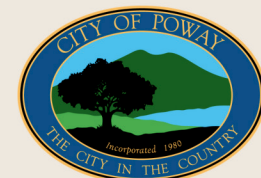
Blue Sky Ecological Reserve



January-March

2026

Activities Schedule



JANUARY

SUNDAY, JANUARY 4, 8:00 AM

PAWS ON THE TRAIL

Bring your four-legged friend and enjoy a guided walk in Blue Sky with docent Anna Gateley-Stanton. It's the perfect outing for dogs and their humans to stretch their legs, breathe fresh air, and explore nature together. Don't forget to pack water and treats for your pup.



SATURDAY, JANUARY 17, 8:00 AM
PRE-SEASON PLANT ID WARMUP

January is the best time of year in our region to start watching new growth. Join docent Celeste Larson in Blue Sky and see how many sprouts you can spot on a fun-paced hike up to Ramona Dam. About 5 miles out and back, 800+ feet elevation gain, moderately strenuous.



FEBRUARY

SUNDAY, FEBRUARY 1, 8:00 AM
PUPPY PALS

Calling all canines! Grab your human and join us for a nature walk at Blue Sky. Docent Anna Gateley-Stanton will lead the way as we sniff, stroll, and enjoy the morning. Don't forget your leash, treats, and plenty of water!

SATURDAY, FEB. 7, 8:00 AM

RAMONA DAM POWER WALK

Get your cardio on! Join Docent Eric Brewer for a quick-paced hike through Blue Sky Canyon and climb to beautiful Lake Ramona. Don't worry, we won't leave anyone behind, but having a reasonably good fitness level is recommended. It's 4.6 miles round trip. Don't forget to bring water.



All hikes meet at the bus shelter in the parking lot. Remember to bring water!

MARCH

SUNDAY, MARCH 1, 8:00 AM
HAPPY PAWS, HAPPY DOGS

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



SATURDAY, MARCH 14, 8:00 AM
PLANTS & HABITATS

Join docent Eric Brewer on a slow-paced interpretive plants and habitats tour of our beautiful canyon.

FRIDAY, MARCH 20, 7:45 AM

BRING IN SPRING AROUND THE LAKE

Vernal equinox occurs at 7:46AM today, so don't be late for this season opener. Meet up with docent Celeste Larson at the Blue Sky bus shelter and we'll hike through the reserve and around Poway Lake and back, looking for Spring in our habitat. Moderate, 5.5-mile loop.

