

WE ARE PARKS AND RECREATION



TRAIL *Trek*

Celebrate National Park & Recreation Month

Trek the trails and share your accomplishments with us!

Tag us on **Instagram**, **Twitter**, or **Facebook**:

@cityofpoway #WeArePowayParksAndRec



Trail Miles

Lake Poway

- Lake Poway Loop 2.67
- Sumac Trail 1.51
- Mt. Woodson (roundtrip) 6.46
- Fry-Koegle Trail 2.01
- Warren Canyon Trail 1.77
- Lake Poway/Blue Sky Loop (via Espola Road) 3.09

Blue Sky Reserve

- Blue Sky Trail 1.08
- Blue Sky to Ramona Dam 2.13
- Espola Trail 1.55
- Old Coach Trail - West 1.52
- Old Coach Trail - East 1.30
- Lomas Verde Trail 1.09
- West Ridge Trail 2.06

Trail Miles

- Iron Mountain (roundtrip) 5.81
- Twin Peaks (Midland Road to Silverset Park) 1.47
- Pomerado Trail 1.53
- Tooth Rock Trail 1.36
- Rattlesnake Canyon Trail .49
- Dearborn Trail 2.48
- Espola Trail 4.44
- Garden Road Trail .90
- South Poway Trail - East 2.57
- South Poway Trail - West Loop 1.53
- South Poway Trail - West 3.20
- Beeler Canyon Trail 1.08
- Poway Creek Trail 1.20
- Del Poniente Trail 2.09
- Avocado Trail 2.15

All trail mileage is one-way unless specified as *loop* or *roundtrip*. This is a partial list of city trails. Visit poway.org/trails for an interactive trail map. Enjoy all hikes safely. Follow all state and county health and safety guidelines.

