

Mountain Bike with a MTRP Ranger Nature Ride (Progressive) Series

Ride 1: Newbee & Families April 1, 2017

Ride 2: Moderate/Fit Beginner May 6, 2017

Ride 3: Intermediate Rider June 3, 2017



**Every first Saturday of the month (except July-Sept)
9am-11am at Mission Trails Regional Park**

Looking for a new family outdoor activity? Want to get to know the park and increase your skills? Join ranger Araceli Dominguez for this fun, nature and progressive beginner to intermediate series of rides. See the boxes below for the next location of a ride in this series. Come early and volunteers from San Diego Mountain Biking Association will help you make adjustments to your bike. Every following ride's difficulty will increase a little so you can try new skills and get comfortable with your bike. Join us on some or all of the rides in this series. Remember to bring plenty of water, sunscreen and snacks. Wet trails cancel rides.

This series repeats every three months. Check mtrp.org/events for next series dates.

April 1, 2017

Ride 1

**Location: East Fortuna Staging Area off
Mast Blvd and Hwy. 52**

This will be an easy under 10 mile ride around the grassland to the dam overlook. Learn about the multiple habitats in the area while you get familiar with your bike. Beginner level. Learn shifting, braking and handling skills from SDMBA volunteers.

May 6, 2017

Ride 2

**Location: West Sycamore Staging Area dirt
lot at the east end of Stonebridge Pwky.**

Enjoy the vistas as you ride. This new area to the park is waiting to be explored. We'll start on gentle service roads where you may see birds of prey rising to eye level on thermals from the canyons below. We will ride a new wide single track trail down and up through Beeler Canyon. This will be a ride for moderate/fit beginners. Maximum distance will be 10 miles.

June 3, 2017

Ride 3

**Location: West Fortuna Staging Area dirt lot at
the east end of Clairemont Mesa Blvd.**

Test your skills in this area of coastal sage with views of the ocean. We'll ride at least 10 miles of up and down on service roads and narrow trails, such as E-ticket and Rock garden. This ride is not for first time riders.

Already know how to mountain bike? Or have friend who is just learning? Drop them off at the series and stay to work on the trails with the SDMBA and park volunteer work crews!



San Diego Mountain Biking Association's MTRP trails work days are on a Saturday each month. Visit sdmba.com for list of locations.



Mission Trails Regional Park trail work days for West Sycamore are the first Sunday of the month. Other locations' trail work days are on Saturdays every month. Visit mtrp.org/events.

Mission Trails Regional Park