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BERNARDO INN

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RANCHO BERNARDO INN

RANCHOBERNARDODINN.COM 858 | 675 | 8500

17550 bernardo oaks drive | san diego, california 92128

GUIDE TO HIKING TRAILS



=BEGINNER



=INTERMEDIATE



=ADVANCED

1. LAKE HODGES WEST TRAIL

Mostly flat trail that offers beautiful views of Lake Hodges. 6 miles, bicycles allowed.

I-15 North towards Escondido, exit Via Rancho Parkway. West on Via Rancho Parkway, turn left on Lake Drive (just before reaching Del Dios Highway). Turn left into Del Dios Community Park parking lot.

lakehodges.com

2. BERNARDO MOUNTAIN TRAIL

Trail along Lake Hodges that gives hikers and mountain bikers the opportunity for picturesque photos at the summit of Bernardo Mountain. 7.2 miles, dogs allowed.

North on I-15, exit Via Rancho Parkway, go east. Take a right at Sunset Drive (first light) and drive to trailhead parking lot at the cul de sac or park along the street.

3. ELFIN FOREST RESERVE

Nice family hike through ecological preserve. 3.2 miles.

From Hwy 78 take Rancho Santa Fe Road south. East on San Elijo Road to the Elfin Forest Recreational Reserve parking lot.

olivenhain.com/about-us/elfin-forest-recreational-reserve

4. PIEDRAS PINTADA TRAIL

This trail offers many plaques scattered along route with historical, cultural, and botanical information about the Kumeyaay Indian Culture. 3.8 miles, trail suitable for mountain biking, dogs allowed, good for kids.

I-15 North towards Escondido, exit Pomerado Rd/West Bernardo Road. Take West Bernardo Road west. Trail head and parking at Bernardo Bay Natural Area across from retirement home.

socaltrails.com/piedras-pintadas-trail.html

5. BATTLE MOUNTAIN

Short, but steep trail will take you to a summit with beautiful views of Rancho Bernardo. .42 miles.


Pomerado Road and Rancho Bernardo Road. Take it east until you come to Escala Drive (About 1 mile), turn right. Make another quick right on Reata Way and park somewhere along the street. At the end of the cul-de-sac, you'll find the trail leading up the hill.


6. HIGHLAND VALLEY TRAIL

Trail that overlooks the eastern side of Lake Hodges. 4.8 miles, trail suitable for mountain biking, dogs allowed and good for kids.

I-15 North towards Escondido, exit Pomerado Rd/West Rancho Bernardo Road. Take Pomerado Dr. East.

7. BLUE SKY ECOLOGICAL RESERVE


Blue Sky Ecological Reserve Trail — Flat trail with an abundance of greenery that is perfect for hiking year-round. 2.5 miles, good for kids.


Blue Sky Canyon — Trail along the western slopes of Mount Woodson where hikers can find rare and threatened plant and animal species. Tree canopies create deep shade making this hike ideal on sunny, warm days. 2.5 miles, good hike year-round.

Take Rancho Bernardo Road Exit, Head East on RB Road/Espola Road for approximately 3 miles. Blue Sky is on Espola Road, approximately ¼ mile south of the Old Coach Road/Bridlewood Road traffic light intersection.

powaytrails.com/trails/BlueSkyTrail/index.html

8. LAKE POWAY


Lake Poway Loop Trail — Great trail for runners and walkers with a mixture of flats, small hills and a few minimally steep switchbacks. 2.4 miles, dogs allowed, good for kids.


Lake Poway Loop — Enjoy this flat, scenic route around Lake Poway. This area offers boat rentals, fishing, picnic areas. 3.2 miles, equestrians and bikes allowed.

14644 Lake Poway Road Poway, CA 92064

poway.org/lakepoway

9. MT WOODSON TRAILS

East Trail — Steep, asphalt trail, very popular with runners and hikers who enjoy an uphill workout. This trail will take you close to 1,200 feet in elevation, once you reach the top make sure you take a picture of the popular “Potato Chip Rock.”

Woodson Mountain Trail — Loop trail up and around the moderate terrain to the Mt Woodson summit. 5.5 miles.

Turn left on Rancho Bernardo Rd. Rancho Bernardo Rd becomes Espola Rod. Turn left onto Poway Rd. Turn left onto CA-67. Turn left onto Mt. Woodson Rd. Park alongside CA-67.

10. IRON MOUNTAIN TRAIL

A very well-traveled trail that is a mixture of dirt and rock. Easy to navigate with incredible views at the summit. Parking lot at trailhead. 5.75 miles, dogs allowed.

Hwy 67 & Poway Rd Poway, CA 92074

11. TWIN PEAKS TRAIL

Short, very steep trail to the summit when you can admire the inclusive view of Poway. 2 miles, dogs allowed, good for kids.

Shadowline St and Silverset St, Poway, CA 92064

powaytrails.com/trails/TwinPeaksTrail

12. SYCAMORE CANYON PRESERVE

Peaceful hike that leads you through diverse landscape. 6.4 miles, equestrians and bicycles allowed.

I-15 to Scripps Poway Pkwy (east). Right (south) at the stoplight at Highway 67. Preserve entrance at 13920 Highway 67. Sycamore Park Drive - 1.4 miles to Staging Area.

13. BLACK MOUNTAIN SOUTH SLOPE

A simple, scenic south-side approach to the summit of Black Mountain. 3.6 total miles, suitable for mountain biking, dogs allowed and good for kids.

Take the north Black Mountain Road exit off state Route 56 at Carmel Valley Road and turn right; go past Glider Point Trail about a half-mile to Black Mountain Open Space parking area.

14. BLACK MOUNTAIN NORTH SLOPE

Old, fairly steep, and rocky trail that goes straight up the northwest ridge of Black Mountain. 2.5 total miles. Dogs allowed, good for kids.

Take the north Black Mountain Road exit off state Route 56 at Carmel Valley Road and turn right; go past Glider Point Trail about a half-mile to Black Mountain Open Space parking area.