



Photo Credit: John Weare

SAN DIEGUITO RIVER VALLEY CONSERVANCY | SAN DIEGUITO RIVER PARK JPA

## Top Stories



### Preparing and departing for Mt. Kilimanjaro

The Mt. Kilimanjaro Challenge, an epic adventure to the top of Africa's tallest peak, begins in less than a week. On Thursday, 15 travelers will arrive in Tanzania to launch the 8-day hike, which begins in the rain forest and arrives at Kilimanjaro's snow-capped, 19,341-foot peak.

Board Member Cindy Outlaw is leading the challenge. This will be her 20th climb of Kilimanjaro.

"It's a beautiful mountain," she said.

For months, the hikers have trained and tested their gear in the San Dieguito River Park. To experiment with some elevation, they climbed to the 10,834-foot peak of Mt. San Jacinto.

For the 15 adventurers, the Kilimanjaro Challenge also has included great generosity. Each has donated \$2,000 to support habitat conservation in the San Dieguito River watershed.

Some of the hikers raised funds from friends and family. Others ponied up entirely from their own pockets. Thank you!

Cindy will be sending us updates and photos from Africa, which we'll post on the Kilimanjaro Challenge webpage. Be sure to visit that page.

Godspeed, Mt. Kilimanjaro Challengers!

[Kilimanjaro Challenge](#)

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## Support the Conservancy

[Donate Now](#)



### An Updated "Ways to Give" Webpage

Our website is getting better all the time. One recent update is to our "Ways to Give" page.

Visit the page to see new colors, new photos and a new name on our list of Legacy Circle members. Visit the page to learn how you, too, can make conservation part of your family's legacy.

Thanks so much to all of our supporters!

[Ways to Give](#)

[Donate](#)



## Training Watershed Stewards

San Dieguito River Park's partnership with EcoLogik brought nine apprentices to Volcan Mountain Jan. 12 to train in water-quality monitoring.

The nonprofit Ecologik Institute connects underserved girls with women who work on public lands, such as River Park Senior Interpretive Ranger Leana Bulay and Volcan Mountain Foundation Education Coordinator Janice Smith.





## Rescue Mission Students Conquer Trail Challenge

During the morning devotional Jan. 13, Noemi Bravo told the story of Moses climbing Mt. Sinai, then pivoted to the Coast to Crest Trail Challenge.

"These six individuals really climbed the mountain," Bravo said of six recent finishers from San Diego Rescue Mission.

Bravo, an education and career development coordinator at the mission, said that she too completed the series of five hikes at locations up and down the San Dieguito River watershed.

"Pushing through to the peak of the mountain," she said, "is where you get the best view of life."

Her congratulations included certificates and gifts from the San Dieguito River Valley Conservancy, which organizes the annual hiking challenge.

[Open Full Story](#)



## Outdoor Safety Training

Hosted by San Dieguito River Park, this event is perfect for outdoor enthusiasts looking to enhance their safety skills.

**03/02/2025**

FROM 10AM - 1PM

LOCATION: SURPRISE FARM RETREAT CENTER  
18892 OLD JULIAN TRAIL, RAMONA, CA 92065

TRAINING BY: KIT FOX OUTFITTERS

### Agenda:

- LECTURE:
  - HOW TO BE PREPARED FOR OUTDOOR ADVENTURES
  - ESSENTIAL ITEMS FOR YOUR PACK
  - COLD WEATHER SAFETY TIPS
- HANDS-ON LEARNING:
  - BUILDING VARIOUS TYPES OF SHELTERS
  - EFFECTIVE SIGNALING TECHNIQUES
  - ESSENTIAL KNOTS FOR SURVIVAL
- NATURE WALK: EXPLORE THE BEAUTY OF SFRFC WITH A GUIDED WALK



Bring your hiking day pack

### Why Attend?

- GAIN VALUABLE KNOWLEDGE ON HOW TO STAY SAFE IN THE WILDERNESS
- LEARN PRACTICAL SKILLS THAT CAN BE APPLIED IN REAL-LIFE SITUATIONS
- ENJOY A DAY OUTDOORS WITH LIKE-MINDED INDIVIDUALS

Don't miss out on this opportunity to learn essential outdoor skills and enjoy a beautiful nature walk. You must register to attend, only 20 spaces available!

REGISTER NOW



SCAN ME



THIS PROGRAM IS FUNDED BY THE OUTDOOR EQUITY GRANTS PROGRAM, CREATED THROUGH AB 209 AND ADMINISTERED BY CALIFORNIA STATE PARKS, OFFICE OF GRANTS AND LOCAL SERVICES.

## River Park Staff Trains in Lifesaving; Public Session on March 2

Trainers from Kit Fox Outfitters on Jan. 15 drilled River Park staff members in wilderness first aid ahead of a public session scheduled for March 2.

The Wilderness First Aid program includes AED and CPR certifications and other training to prepare trainees to handle a medical emergency in the outdoors.

The training aligns with the River Park's commitment to safety and preparedness for all park visitors.

In addition to first aid training, the public session next month will include packing essentials, building shelters and tying knots. Trainers also will lead a nature walk.

Space is limited and registration is required.

The event is set for 10 a.m. to 1 p.m. March 2 at the Surprise Farms Retreat Center, 18892 Old Julian Trail, Ramona.

**Outdoor Safety  
Registration**



## Upstream



### Feb. 1: Creekside Critters

Creekside Critters are crawling back to Del Mar Library. This month's all-ages, interactive session includes native creatures from Helen Woodward Animal Shelter. Join us from 11 a.m. to noon today at the library at 1309 Camino Del Mar, Del Mar.

[Register](#)



### Feb. 2, 8, 16: Yoga at the Birdwing

Twist and rinse! This month, Yoga at the Birdwing sessions are set for 10 a.m. Feb. 2, 8 and 16.

[Register](#)



Enjoy an afternoon at Sikes Adobe Historic Farmstead for a Valentine's tea, delicious treats, and wonderful company in a beautiful historic setting.

*Seating is very limited and reservations are required.*

 **FEBRUARY 15 & 16, 2025**

 12655 SUNSET DR. ESCONDIDO, CA

**JOIN US**

<https://sdrp.org/a-unique-way-to-celebrate-valentines-day/>



## Feb. 15-16: Valentine's Tea

The Friends of Sikes Adobe would love to have you for Valentine's Tea. Sip homegrown teas from the Sikes gardens and nibble charcuterie, spinach salads, heart-shaped chicken salad sandwiches and other tea-time treats.

**Register**



## Feb. 22: Habitat Restoration at Gonzales Canyon

Hard work has never been so much fun. Join our habitat restoration volunteers from 9 to 11 a.m. Feb. 22 at Gonzales Canyon. Meet at 13655 Sword Way, San Diego.

[Register](#)

## Downstream



**Art in Nature: Intro to**



## Crocheting

We held hook and yarn, tied slip knots and practiced chain stitching. With Janaira Quigley as our guide, 11 of us on Jan. 18 completed the first-ever Intro to Crocheting class offered as part of the Conservancy's Art in Nature program.

The class was such fun that we scheduled another right on the spot.

The follow-up session, "Octopi My Heart," is set for 10 a.m. to noon Feb. 15—the day after Valentine's Day—at the Birdwing Open Air Classroom. Our plan is for each of us to crochet a cute octopus.

[Register](#)



## Superstar Pals

Thanks so much to the San Diego Police Department officers, Volcan Mountain Foundation Education Coordinator Janice Smith and volunteers from who organized a STAR/PAL visit to the woods on Jan. 11. All of them worked together to host a day of exploration for nearly three-dozen students. The nonprofit STAR/PAL is dedicated to building meaningful relationships between law enforcement and youth.



## Walking and Talking (and Birding) at San Dieguito Lagoon

We closed out the month with a splendid Walk-N-Talk at San Dieguito Lagoon. We spotted plenty of birds, left only footprints and gathered some trash we found along the trail.

Coast to Crest Trail Challenge



**Anna Tink and Trish Johnson**



## Rise to the Challenge

Are you ready to rise to the Challenge?

Get into nature by completing the Coast to Crest Trail Challenge!

From the coastal lagoon to the mountain pine forest, you will love every step of the hikes.

Ladies and gentlemen, lace up those boots!

**Year 8 Details**



**Ariana Agharezaei**



**Emil Friberg**



**Marsha Johnston**



**Lori and Sandra Chamberlain**



**Sylvia Pierce and friends**



**Tatina and Lawrence Lloyd**

## Volunteering



### Monthly Trail Maintenance

Work with rangers to improve trails and restore habitat from 9 a.m. to noon Feb. 9. Meet at the Bernardo Bay Staging, 19140 W. Bernardo Drive. We will caravan to the work location on the Piedras Pintadas Trail.

We'll provide tools, training and work gloves. Please bring drinking water, sun protection and wear sturdy, closed-toed shoes. We can't wait to see you!

Contact: [calei@sdrp.org](mailto:calei@sdrp.org)



### Weekly Gardening at Sikes Adobe

The Friends of Sikes Gardeners meet every month from 9 to 11 a.m. on the 1st and 3rd Sunday and 2nd and 4th Monday to work in the gardens at the historic Sikes Adobe.

Contact: [calei@sdrp.org](mailto:calei@sdrp.org)

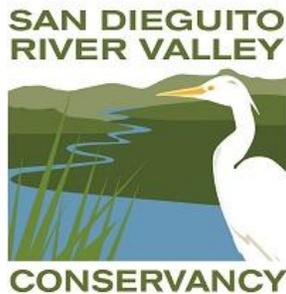
## Donate



Your generosity is our lifeblood. Thank you! Photo: John Weare

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