



SAN DIEGUITO RIVER VALLEY CONSERVANCY | SAN DIEGUITO RIVER PARK JPA

## Top Stories



### Mt. Kilimanjaro Challenge: Accepted and Conquered

Day 8 of the Mt. Kilimanjaro Challenge began at midnight. Some of the 16 challengers had slept. Others were unable.

Ten months of training brought them to this starlit night to strap on headlamps and packs to gain the final elevation to conquer Africa's tallest peak.

"You tend to sleepwalk a little bit," said Cindy Outlaw, the San Dieguito River Valley Conservancy Board Member who led the trip. "You just look at the feet of the

person in front of you."

As of this week, most of the hikers have returned home from Tanzania with rich memories of the eight-day, 19,341-foot climb.

Earlier this month, the trek began in a rainforest before traversing the Afro-Alpine moorland and high desert.

At about 11,000 feet, the hikers crested the plant line to enter a landscape of rock, shale and sand.

On one segment of the voyage, the Barranco Wall challenged hikers with two hours of hands-and-feet climbing.

After completing the hike, all but two of the travelers joined a four-day safari to explore Tarangire National Park.

For Outlaw, the trip was her 20th to the top of Mt. Kilimanjaro, a milestone that the hikers celebrated by presenting their leader with a Miss America-styled sash.

"After the 10 months of training, we were good friends before we even arrived," Outlaw said. "Every day, people were watching out for everybody else."

*As part of their challenge, the hikers raised more than \$30,000 to support conservation in the San Dieguito River Valley. That's a long way from Tanzania and very close to home. Daily photos, videos and writings from the voyage are posted on the Mt. Kilimanjaro Challenge webpage. We're already talking about plans for our next trip to the mountain!*

[Kilimanjaro Challenge](#)

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## Upstream



### March 2, 8, 16: Yoga at the Birdwing

Twisted lunges and sweeping vistas come with the territory. For this month, Yoga at the Birdwing sessions are set for 10 a.m. March 2, 8 and 16.

Register

**MARCH 11TH** **SAN DIEGO CANYONLANDS**  
Hike at Juniper Canyon at 4pm, motivation destination Grand Ole' BBQ

**APRIL 8TH** **LAKESIDE RIVER PARK CONSERVANCY**  
Lakeside's River Park Trail at 4pm, motivation destination Ottavio's

**MAY 13TH** **VOLCAN MOUNTAIN FOUNDATION**  
Hike at Volcan Mountain begins at 4pm, motivation destination Nickel Brewing

**JUNE 10TH** **ESCONDIDO CREEK CONSERVANCY**  
Hike Mountain Meadow Preserve at 4pm, motivation destination Burgeon Brewing

**JULY 8TH** **SAN DIEGUITO RIVER VALLEY CONSERVANCY**  
Hike Crest Canyon at 4pm, motivation destination Viewpoint Brewing

\$60 per person gives access to all 5 hikes. Any drinks or food at personal expense  
\*Hikes and dates subject to change depending on weather conditions etc. \*

## March 11: Trails and Ales

Hike a trail; hoist an ale.

Like a special release brew, our popular Trails and Ales hiking series is back for a five-pack of second-Tuesday-of-the-month treks, starting March 11 at Juniper Canyon with the Grand Ole' BBQ as the motivation destination.

We are excited to partner with likeminded groups to bring back Trails and Ales. Sláinte!

Register



## March 22: Habitat Restoration at Gonzales Canyon

You'll dig it.

In cooperation with San Diego Canyonlands, habitat restoration volunteers are set to return to Gonzales Canyon to work from 9 to 11 a.m. March 22.

Join us!

How fun are these photos from February?

[Register](#)





## Valentine's Tea

After a three-year hiatus, the Valentine's Teas made a proper (and sold-out) return to Sikes Adobe Historic Farmstead Feb. 15.

The menu included homegrown tea, heart-shaped sandwiches, farm-fresh salads and exquisite baked treats.





## Creekside Critters

Here's our February Creekside Critters session at Del Mar Library by the numbers: 19 attendees, one rosy boa, one California desert tortoise and more than one blue death feigning beetles.

The critters are all natives to San Diego County. Our guides from Helen Woodward Animal Center told us about their unique adaptations for survival in the ecosystems they inhabit.





## Scouts Replace Fire-Damaged Bench

For an Eagle Scout Project, Wyatt Hoyt and friends from Troop 680 in Rancho Bernardo built a redwood bench in February to replace an old one that was damaged in a fire.

Earlier, Wyatt consulted with Ranger Felipe; on the work day, Ranger Aide Tyler Polan supplied tools and supervision.

Wyatt's fellow scouts included Bryan Beaulieu, Bobby Elmore, Jude Karamen, Isaac Sheridan and Dominic McBride. All of them frequent the River Park to hike and ride mountain bikes.

Wyatt said he hopes to help with more River Park projects in the future.

Great job, everybody!





**Marc Surette, Victoria Brinkman and Felicity Mudgett.**



## Rise to the Challenge

From the San Dieguito Lagoon to Volcan Mountain, you'll love every step of the Coast to Crest Trail Challenge.

**Year 8  
Details**



**Heike Rodriguez, Bingo and Willow**



**Anne Artz**



**Jeannette White**



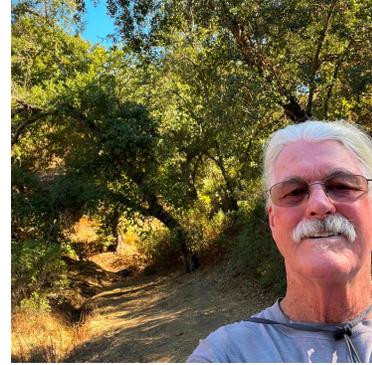
**John Cella, Steve Stock and Sam Navidi**



Dave and Mary-Boyd Boudreau



Jose Nuncio, Linda Culp, Elisa Arias



Willie Wachob

## Volunteering



### Monthly Trail Maintenance

Work with rangers to improve trails and restore habitat from 9 a.m. to noon March 9. Meet at the Ysabel Creek Staging Area, 16414 Ysabel Creek Road, Escondido.

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 support is the wind beneath our wings. Thank you! Photo: John Weare

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## Stay in Touch!



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