Cowles Mountain Hike - Extra Credit



Notes of interest: At 1,592 feet, Cowles Mountain is the highest point within the City of San Diego. Located in the San Carlos neighborhood of the city, its main hiking trail is one of the most popular in

the area, with a 360 degree view from the summit. Not only is Cowles Mountain's hiking trail the most popular in the area, it is also one of the most populated. Though the elevation change is nearly 950 feet, it is relatively easy for adults and children alike. Because of the safety in numbers, one never feels isolated from help. Most hiking Cowles Mountain take the main trail, with its gradual elevation of 950’. The trailhead can be reached at Golfcrest Drive and Navajo Road. A visitor's center is located there with information, restrooms and water.

Important Considerations before Hiking:

* Tell your parents where you are going. Give them a copy of this paper, so in case something happens, they know where you are. Even better, take them with you. This hike is not that tough and they will enjoy it.
* Go with someone (it’s more fun). Your dog is allowed on the trail and will enjoy the walk (bring bags for poop). The hike is great for kid brothers and sisters as well (make it a family event?).
* Take water.
* Follow the trail; don’t cut corners (increases erosion).
* Think about taking a lunch and relax for a while at the top. take a pair of binoculars, because on clear days you can see downtown San Diego, The Ocean and Mexico.

Hiking Distance: About 3.0 miles round trip. Depending on how many times you stop to enjoy the view, it takes about an hour to get to the top. My advice: go slow and enjoy being in the beautiful outdoors.

Difficulty: Easy to moderate.

Driving to the trailhead: From Highway 94 West take 125 North. Continue past interstate 8 and exit on Navajo Rd. Head West for a couple of miles. When you reach Golfcrest, turn right. Then immediately turn right into the parking lot. This is where the trailhead starts. The lot is on the corner of Golfcrest and Navajo Rd.

To Confirm Extra Credit: Take some pictures (at the trailhead; at the top) with you in the picture. Write a short, one paragraph reflection. Was it fun? Who did you go with? What did you think of the view from the top? How far could you see and what were you able to see?