North County San Diego
April 28, 2012 Nature Guide

More information about nature places at www.sdchildrenandnature.org/findnature.php
San Diego is home to the most bio-diverse county in the lower 48 and has some of the best weather in the country! Please use this information and the links to facilitate finding nature – nearby, or a little further from home! For a more information on connecting children to nature, and to find even more nature places, please visit [www.sdchildrenandnature.org](http://www.sdchildrenandnature.org) and [www.facebook.com/sdchildrenandnature](http://www.facebook.com/sdchildrenandnature)

### Beaches

**Carlsbad State Beach** (parking fee)  
Carlsbad Blvd, Highway 521, Carlsbad  
[www.parks.ca.gov/?page_id=653](http://www.parks.ca.gov/?page_id=653)  
Picnic area, restrooms

**San Elijo State Beach** (parking fee)  
South Coast Highway, Cardiff-by-the-Sea  
[www.parks.ca.gov/?page_id=662](http://www.parks.ca.gov/?page_id=662)  
Outdoor showers, restrooms, camping, camp store

**South Carlsbad State Beach**  
7201 Carlsbad Boulevard, Carlsbad  
[www.parks.ca.gov/?page_id=660](http://www.parks.ca.gov/?page_id=660)  
Outdoor showers, restrooms, camping, camp store

**Torrey Pines State Beach** (parking fee)  
North Torrey Pines Road, Del Mar  
[www.parks.ca.gov/?page_id=658](http://www.parks.ca.gov/?page_id=658)  
Picnic area, restrooms, outdoor showers

**City of Del Mar Beaches**  
15th St. to 29th St., Del Mar  
[www.delmar.ca.us/visitors/Pages/BeachesParks.aspx](http://www.delmar.ca.us/visitors/Pages/BeachesParks.aspx)

**City of Encinitas Beaches**  
Beacon’s Beach, 948 Neptune Avenue  
D Street Beach, 450 D Street  
Grandview Beach, 1700 Neptune Avenue  
Leucadia State Beach, 948 Neptune Avenue  
Moonlight State Beach, 400 B Street  
Swami’s Beach, 1298 South Coast Hwy 101  

**City of Oceanside Beaches**  
[www.ci.oceanside.ca.us/gov/pw/harbor/info](http://www.ci.oceanside.ca.us/gov/pw/harbor/info)

### Gardens

**Buena Creek Gardens**  
418 Buena Creek Rd., San Marcos  
[www.buenacreekgardens.blogspot.com](http://www.buenacreekgardens.blogspot.com)

**Hamilton’s Children’s Garden**  
at San Diego Botanic Garden (fee)  
230 Quail Gardens Dr., Encinitas  
[www.sdbgarden.org](http://www.sdbgarden.org)/

**Agua Hedionda Lagoon Ecological Reserve**  
1580 Cannon Road, Carlsbad  
[www.aguahedionda.org/Default.aspx](http://www.aguahedionda.org/Default.aspx)  
Nature Center, Restrooms

**Batiquitos Lagoon Ecological Reserve**  
7380 Gabbiano Lane, Carlsbad  
[www.batiquitosfoundation.org/](http://www.batiquitosfoundation.org/)  
Nature Center, Restrooms

**Blue Sky Ecological Reserve**  
16275 Espola Road, Poway  

**Buena Vista Lagoon and Creek Ecological Reserves**  
[www.carlsbadca.gov/services/environmental/hmp/preserves](http://www.carlsbadca.gov/services/environmental/hmp/preserves)

**Pilgrim Creek Ecological Reserve**  
Douglas Dr., Oceanside  
[www.dfg.ca.gov/lands/er/region5/pilgrimcreek.html](http://www.dfg.ca.gov/lands/er/region5/pilgrimcreek.html)

**Torrey Pines State Natural Reserve** (parking fee)  
N. Torrey Pines Rd., Del Mar  
[www.parks.ca.gov/?page_id=657](http://www.parks.ca.gov/?page_id=657)

TRAILS AND NATURE PRESERVES, cont.

Daley Ranch
3024 La Honda Drive, Escondido
www.escondido.org/daley-ranch.aspx

Elfin Forest Recreational Reserve
8833 Harmony Grove Road, Escondido
www.olivenhain.com/index.php/about-us/elfin-forest-recreational-reserve

Anstine-Audubon Nature Preserve
2437 Hutchison Street, Vista
www.sandiegoaudubon.org/anstine-nature-preserve

Del Dios Highlands Preserve
9860 Del Dios Highway, Escondido
www.co.san-diego.ca.us/parks/openspace/deldios.html

Goodan Ranch Sycamore Canyon Preserve
16281 Sycamore Canyon Road, Poway
www.co.san-diego.ca.us/parks/openspace/Sycamore_Goodan.html

Hellhole Canyon Preserve
19324 Santee Lane, Valley Center
www.co.san-diego.ca.us/parks/openspace/hellhole.html

San Elijo Lagoon Ecological Reserve
and Nature Center
2710 Manchester Avenue, Cardiff-by-the-Sea
www.co.san-diego.ca.us/parks/openspace/selr.html

Santa Margarita Preserve
37385 De Luz Road, Fallbrook
www.co.san-diego.ca.us/parks/openspace/santamargarita.html

Wilderness Gardens Preserve
14209 Hwy 76, Pala
www.co.san-diego.ca.us/parks/openspace/wildernessgardens.html

CITY PARKS AND RECREATION

These websites contain information on the area’s parks, recreation, trails, camping, and other amenities when applicable.

Carlsbad
www.carlsbadca.gov/services/departments/parksandrec/Pages/default.aspx

Del Mar
www.delmar.ca.us/visitors/Pages/BeachesParks.aspx

Encinitas
www.ci.encinitas.ca.us/index.aspx?page=88

Escondido
www.escondido.org/parks-lakes-trails.aspx

Fallbrook
www.fallbrook.org/tourism_hiking

Oceanside
www.ci.oceanside.ca.us/gov/ns/parks/amenities/parks.asp

Poway
www.poway.org/Index.aspx?page=92

San Marcos
www.ci.san-marcos.ca.us/index.aspx?page=257

Vista
www.cityofvista.com/departments/parks/parks_and_facilities.cfm

CALIFORNIA STATE PARKS

Including beaches, mountains and deserts! Many State Parks include camping facilities and other amenities.

www.parks.ca.gov/ParkIndex/

More information about nature places at www.sdchildrenandnature.org/findnature.php
Research indicates that children who learn and play in nature are happier, healthier and smarter. The American Academy of Pediatrics recommends 60 minutes of daily unstructured outdoor play. Here are some simple, fun and FREE ways to help your children connect to nature:

☐ Look under the pots in your yard. Who did you find?

☐ Toss pebbles into a pond.

☐ Take a walk in the rain and splash in the puddles!

☐ Dig in the dirt or sand.

☐ Catch a worm and watch how it moves.

☐ Make mud pies and cakes! Decorate them with leaves and flowers.

☐ Carefully look under a rock. Anyone home?

☐ Start an acorn collection.

☐ Chase a butterfly!

☐ Roll down a grassy hill.

☐ Find a trail of ants and follow it as far as you can.

☐ Climb a tree!

2012 Nature Exhibitors
Kids First Fair

Birch Aquarium • www.aquarium.ucsd.edu
Buena Vista Audubon • www.bvaudubon.org
Cabrillo National Monument • www.nps.gov/cabr/index.htm
Camp Pendleton Game Wardens
City of Escondido, Parks & Recreation • www.escondido.org/parks-lakes-trails.aspx
City of Oceanside, Parks & Recreation • www.ci.oceanside.ca.us/gov/ns/parks/amenities/parks.asp
Elfin Forest Recreational Reserve • www.olivenhain.com/index.php/about-us/elfin-forest-recreational-reserve
Family Adventures in Nature • www.familyadventuresinnature.org
Lakeshore Learning • www.lakeshorelearning.com
Project Wildlife • www.projectwildlife.org
San Diego Botanic Garden • www.sdbgarden.org
San Diego Natural History Museum • www.sdnhm.org
San Diego Sierra Club • www.sandiego.sierraclub.org
San Diego Zoo (Dr. Zoolittle) • www.sandiegozoo.org
San Diego Zoo Institute for Conservation Research • www.sandiegozooglobal.org/icr/purpose
Torrey Pines State Natural Reserve • www.torreypine.org
US Fish & Wildlife Service • www.fws.gov