


Trail Rating System:


Trails are marked for difficulty and usage rights. The rating system is similar to the rating system for ski slopes.


GREEN is considered an easy trail.


BLUE is a moderate trail.


BLACK is a difficult trail.

Trails may be used for hiking, 

Horseback riding, 

Biking 

unless otherwise marked with the international symbol for "No" 

A trail may be easy for hiking and horseback riding but difficult for biking. This trail would be identified like the example at right. 



Trail Regulations

- Trails are open for public use from sunrise to sunset, 7 days a week.
- All natural resources are fully protected. This includes plants, wildlife, and all natural features.
- Firearms, fires, and smoking are prohibited.
- Motorized vehicles and equipment are prohibited.
- Dogs must be leashed at all times. Please clean up after your pet.
- Bicyclists must yield the right-of-way to hikers and horseback riders.
- Maximum trail speed permitted is 10 MPH at Lake Poway, and 15 MPH on all other trails.
- Off-trail travel is prohibited. Please don't shortcut trails or travel cross-country.
- All federal, state, and local regulations are in force.



Trail Tips

- **Be prepared** for backcountry travel. Bring along items that are necessary to provide for your safety and comfort. Basic items include:
 - Drinking water
 - Map and compass
 - Appropriate footwear and clothing
 - Sunblock
 - Snack food (for longer trips)
- **Be alert.** There are a wide range of potential hazards in any backcountry area. Rattlesnakes, mountain lions and poison oak can all be found in the Poway outback.
- **Practice trail courtesy.** Be respectful of other trail users and alternate styles of recreation. You are responsible for your own safety. Failure to use due care while using the Poway trail system can result in personal injury. Please observe all trail regulations; they exist to protect you.
- **Be a good neighbor.** On some trails you will be passing through residential neighborhoods. Poway residents have generously allowed access next to and through private property. Please respect their privacy. Pick up your own trash, avoid excessive noise and remain on trails.

Thank you.



Heritage Trees

1. **Kent Sycamore** – the largest tree in Poway
2. **Poway Oak** – the symbol of Poway
3. **Porter Christmas Tree** – planted by the founder of Old Poway Park
4. **Old Poway Sycamore Grove** – nine beautiful trees in a park setting

Description of Trails

- 1 Old Coach Trail** – From Justin’s Trail past the golf course west to the northern city limits to tie into San Dieguito. The trail connects to the West Ridge Trail — scenic, wooded, and routes across creeks. 
- 2 Justin’s Trail** – From Espola Trail connecting to the Old Coach Trail. Urban trail routes along Old Coach Road. 
- 3 Lomas Verde Trail** – From Old Winery Road leading toward Old Coach Road. 
- 4 West Ridge Trail** – From Valle Verde Park north to Old Winery Road. Scenic, urban, and wooded in areas. 
- 5 Espola Trail** – Leads from Valle Verde Park south to Poway Road and further south to Goodan Ranch (the Crocker Road section is not open to the public). North/south urban regional trail linking San Dieguito’s trails to the north and with the San Diego County Sycamore Canyon Park to the south. 
- 6 Green Valley Trails** – Numerous private/public trails routing through the subdivisions. 
- 7 Blue Sky Trail** – Espola Road to Lake Ramona — scenic canyon to a high ridge line. 
- 8 Del Poniente Trail** – East-west access, urban trail with a wilderness atmosphere, — Joins Pomerado, Espola and Twin Peaks Trails. 
- 9 Sumac Trail** – Loops from Lake Poway staging area to Oak Canyon Road in High Valley and back to the lake. 
- 10 Iron Mountain Peak Trail** – 6-mile round trip from Poway Road to the peak — scenic, steep, and a must during the spring. 
- 11 Wild Horse Trail** – 1-mile link between the Iron Mountain Trail and the Ellie Lane Trail — also a must during the spring. 
- 12 Ellie Lane Trail** – 6-mile trail starting at the Ellie Lane staging area linking to the Iron Mountain Trail – wilderness trail that is scenic, steep, and partially wooded. 
- 13 Lake Poway Trail** – 3.2-mile trail routing around Lake Poway. Beautiful views of lake, has steep areas, partially wooded. 
- 14 Avocado Trail Link** – From west Lake Poway Road to Del Poniente. Urban trail routing along historic groves. 
- 15 Mount Woodson Trail** – 2-mile trail from Warren Canyon Trail to the peak. Steep terrain, beautiful views from many areas. Worth the hike. 

- 16 Warren Canyon Trail** – From Lake Poway east to Highway 67. Steep, rough terrain. 
- 17 Fry-Koegle Trail** – Connects the Warren Canyon Trail to Mount Woodson Estates Trail in Ramona — trail is wooded, steep in areas, views, with large boulder out-cropping. 
- 18 Pomerado Trail** – Leads from Espola Road to the South Poway Trail along the Pomerado Road corridor. Many of the trail sections are not completed. Urban regional trail is wooded in places. 
- 19 Tierra Bonita Trail** – Routes from Del Poniente Trail south to the PVRA Trail Urban trail link. 
- 20 Tooth Rock Trail** – Not yet under construction. 
- 21 Rattlesnake Canyon** – Not yet under construction. 
- 22 Twin Peaks Road Trail** – Routes along Twin Peaks Road between Rattlesnake Canyon to the west city limits. Urban wilderness trail on Poway’s levellest ground. This is a great trail to jog on. 
- 23 Twin Peaks Trail** – From Tierra Bonita Trail west through the hills to Pomerado Trail. Some steep, rough terrain. 
- 24 Kent Trail** – Connecting the Tierra Bonita Trail to Midland Road routing along Rattlesnake Creek. The trail is mostly wooded, creek flows year round. 
- 25 PVRA Trail** – From Tierra Bonita past Dearborn Cemetery then east to Ipava and east again to Espola Trail. Urban trail that routes by the cemetery. 
- 26 Garden Road Trail** – Along Garden Road Park and then east to Sycamore Canyon subdivison. 
- 27 Poway Creek Trail** – From Community Park to the South Poway Trail — urban trail routes along Poway Creek, City Hall and Creekside Plaza. 
- 28 South Poway (Trans-County) Trail** – Views of Poway, travels from Pomerado Road east along ridges to Sycamore Canyon Road. Great views, regional connections, routes through native grasslands and adjacent to the South Poway Business Park. 
- 29 Beeler Creek Trail** – From Creek Road to South Poway Trail. The trail is not completed. 
- 30 Scrub Oak Trail** – Connecting Pomerado Road and Creek Road (southwest corner) to City of San Diego. Wilderness neighborhood trail linking streets together with hiking paths. 