



RAMONA TRAIL CHALLENGE

Welcome to the 2024 Ramona Trail Challenge!

This is an invitation to explore our local trails, the majestic beauty of the Backcountry and all the other delights we have to offer. For the next three months two trails will be featured each month with an easy to moderate and moderate to strenuous. The challenge is simple, get outside and explore the featured trails. Unlike other challenges we require no summits to qualify to earn the free sticker. Once you have done that stop in at Kit Fox Outfitters to collect the **FREE** corresponding trail sticker. Follow the Ramona Trail Challenge and Kit Fox Outfitters Facebook pages for any updates or additional information as well as other opportunities to win prizes. **#RamonaTrailChallenge**

CHALLENGE RULES:

1. Safety first, consider weather and trail conditions before adventuring. Always follow the leave no trace practices and trail etiquette. Participation is at your own risk so be prepared and remember to have fun.
2. There is no registration or sign up necessary, simply print out this form as a reference or check list for the featured trails.
3. Each month explore the featured trails then stop by Kit Fox Outfitters to receive the FREE corresponding trail sticker. Please note, the limit is one free sticker per person, must be present and only during the challenge dates. Example the featured trail stickers for April will only be available for free in April and not to be given away for free in May. They will still be available but for purchase, along with many more. Kit Fox Outfitters is located at 780 Main St., Ste D Ramona, CA.

Tips for hiking your own hike:

- **Plan Your Trip Accordingly.** Create an itinerary with your contact information, as well as all of those who are in your group. Include things like the route, expected return time, gear descriptions such as pack, clothing, shoes, etc. Give it to someone who knows you will be gone this can even include checking in with the Rangers.
- **Check Conditions.** Always double check conditions which include not only weather, but fire danger levels as well as the trail itself. A good place to start is checking with the Ranger District for the area you plan to visit.
- **Dress Appropriately.** Sudden weather changes are common in the mountains, backcountry as well as on the coast so please be prepared!

- **Carry Water.** Hydration is key so it doesn't matter if the weather outside is dry and hot or cloudy be certain to take more water than you think you will need. Don't rely on water points because they might not be available so being prepared is important.
- **Bring Snacks.** For longer hikes, a supply of trail snacks will help you maintain your energy level.
- **Stay on the Trails.** Natural resources are fragile and for their survival they depend on correct trail etiquette as well as your own safety. Please do not cut new trails or cut switchbacks – proper trail maintenance depends on proper trail use.
- **Carry a First Aid Kit.** A first aid kit can make the difference between an enjoyable hike and a potentially serious situation.
- **Wilderness Areas.** Hike with caution and be aware of your surroundings. Mountain lions, poison oak, bees, rattlesnakes, ticks, etc. are present even if you don't see them.
- **Pace yourself.** Travel at a reasonable speed, rest often, and drink lots of liquids
- **If You Get Lost.** Stay calm and don't panic. Stop and try to figure out where you are. Use your head and not your legs. Three of any thing—such as shouts, whistle blasts, reflected light from a mirror—are a sign of distress. Carry a rescue whistle and small mirror for emergency use. *Note: Cell phones do not always work if you don't have a signal.*

APRIL FEATURED TRAILS (Challenge Run Dates: April 1st to 30th, 2024)



Ramona Grasslands County Preserve
17450 Highland Valley Rd., Ramona, CA
Difficulty: Easy to Moderate
Distance: Varies Multiple Trail Options



Clevenger Canyon South Trail
CA-78 Staging Area Ramona, CA
Difficulty: Moderate to Strenuous
Distance: 3.6 Miles (out-and-back)

MAY FEATURED TRAILS (Challenge Run Dates: May 1st to 31st, 2024)



Eagle Rock
CA-79 Next to CAL Fire Warner Springs Station, Warner Springs, CA
Difficulty: Easy to Moderate
Distance: 6.3 Miles (out-and-back)



Cedar Creek Falls
(PERMIT REQUIRED)
15519 Thornbush Rd, Ramona, CA
Difficulty: Moderate to Strenuous
Distance: 5.4 Miles (out-and-back)

JUNE FEATURED TRAILS (Challenge Run Dates: June 1st to 30th, 2024)



Santa Ysabel East or Nature Center
22135 CA-79 Santa Ysabel
Difficulty: Easy to Moderate and Moderate to Strenuous
Distance: Varies Multiple Trail Options



Clevenger Canyon North Trail
CA-78 Staging Area Ramona, CA
Difficulty: Moderate to Strenuous
Distance: 4.7 Miles (out-and-back)