Let’s Take a Walk:

The UCSD Retirement Association invites you to attend:

The Let’s Take a Walk Series is back! To maintain social distancing, these events will not be a group activity and is intended for our members to do individually.

Please register at https://hrweb.ucsd.edu/ra/ or email retireelink@ucsd.edu, if you have any questions.

Baticuitos Lagoon Trail

August 2020
7380 Gabbiano Ln, Carlsbad, CA 92011
Out and Back, 3 miles on dirt trail
GPS (33.093701, -117.301456)

The Batiquitos Lagoon Trail hike is easy and peaceful, offering a great way to experience one of the few remaining tidal wetlands in Southern California. There’s lots of wildlife, a nice mix of sun and shade, and a family and stroller-friendly path that’s great for everyone.

San Dieguito Lagoon – Coast to Crest Trail

September 2020
15699-15749 San Andres Dr, Del Mar, CA 92014
Out and Back, Possible distance: 6+ miles on dirt trail
GPS (32.978398, -117.247521)

Coast to Crest Trail at the San Dieguito Lagoon is a heavily trafficked out and back trail located near Solana Beach, California that features a river and is good for all skill levels. The trail offers a number of activity options and is accessible year-round.

Rolando Village Catwalks (East County)

October 2020
6600 Vigo Dr, La Mesa, CA 91942
Out and Back, 2.4 miles
GPS (32.757252, -117.053019)

The Rolando Village area of San Diego, adjacent to La Mesa, also has walkways and stairways, called “catwalks” by area residents. There are 256 steps in eight segments, with more walkways than stairways. This walk is Moderate to Difficult (because of the steps and rolling hills).
The UCSD Retirement Association invites you to attend:

**Batiquitos Lagoon Trail**

The Batiquitos Lagoon Trail is right off of Interstate 5 in Carlsbad, making it a convenient place to connect with nature amidst interstates, tourist attractions, and other development. If you want to add a little challenge, at the end of the trail (turn back point), you can head up the hill to an overlook to get a higher-level view of the lagoon. The link to the trail description with turn by turn directions: [https://hikingguy.com/hiking-trails/hiking-san-diego/hike-batiquitos-lagoon-trail/](https://hikingguy.com/hiking-trails/hiking-san-diego/hike-batiquitos-lagoon-trail/)

**San Dieguito Lagoon – Coast to Crest Trail**

Dogs are also able to use this trail but must be kept on leash. The road is flat, hard pack dirt, NO SHADE, expect other walker/bikers so have your mask at hand.

**For Parking:**
Option 1 – San Dieguito Lagoon Staging Area (managed by San Dieguito River Park) is open 6:00 am – 7:30 pm (this area is often frequented by transients). To arrive from I-5, exit on Via de la Valle – go EAST on Via de la Valle. Turn Right on San Andres Dr. Turn Left at the wooden sign into the staging area driveway just past the California Bank and Trust.

*UCSD Retirement Resource Center, Suzan Cioffi, Director, retireelink@ucsd.edu*
For trail access: Enter at the southeast corner of the staging area next to the portable toilet.

Option 2 – Street Parking: To arrive turn Left on San Andres Dr. and park on the street along San Andres Dr. For trail access: At the interpretive kiosk at the southeast end of the street. A Portable Toilet available.

Route: Follow trail west, then south, then west again until you reach the bridge at Jimmy Durante Blvd. You can turn back here, but first make a 270 degree turn and visit the wildlife viewing.

Rolando Village Catwalks (East County)

A double loop, like butterfly wings, begins at Rolando Park on Vigo Drive. The body of this butterfly is the fourth “catwalk.” Walking fast or running this route would provide a major workout. Do the walk in reverse for more uphill stairs. Highest elevation over 1000 feet; lowest elevation less than 400 feet. Dogs on leashes allowed on city streets. Facilities in Rolando Park.

To begin the walk: Begin the walk by heading north on Alamo Drive from Vigo Drive, turning right on Patria Drive and then left on Valencia Drive. At the intersection of Valencia and Lenore Drive, look left for the first “catwalk” at 0.5 mile next to the streetlight. This “catwalk” consists of four sets of stairs with a total of 45 steps. Directly across Alamo Drive is the second “catwalk,” which has no steps but heads uphill. Turn left and head down/south Mataro Drive to where Patria Drive intersects and look left to see the third “catwalk” at mile 0.7. There are only 7 steps, but it climbs uphill to Rolando Boulevard. Take an immediate left on Aragon Drive following it down to Aragon Way. Turn right on Aragon Way at 0.8 mile and look for a yellow fire hydrant. The fourth “catwalk” is here and has two sections of steps for a total of 37 steps. This completes one-half of the butterfly loop with the...
The UCSD Retirement Association invites you to attend:

fourth “catwalk” as the connecting body. This part of the butterfly wing will be complete when you head back to Rolando Park after finishing the second wing-loop.

From Malcolm Drive after passing through the fourth “catwalk” at mile 1.0, head west and then north on Revillo Drive and cross Rolando Boulevard. Head downhill and then go left on Lerida Drive and look to the right for the fifth “catwalk” at 1.2 miles. This “catwalk” is all uphill, with four sets of stairs for a total of 30 steps. At Marraco Drive at the top of the stairway, turn left onto Marraco Way, walking uphill where Bonillo Drive joins in on the left. At this point Marraco Way changes its name to Lagrano Drive. Follow it around to the right where it merges with Lorca Drive. Pass Arendo Drive on the right and at the corner of Lorca Drive and Loca Drive, look south where Loca Drive would head if it were not the sixth “catwalk” at mile 1.6.