Hiking Heroes Monthly Newsletter

September 2022

The Southern California division of Hiking Heroes went on our 9th monthly hike to the San Dieguito Park Trail (SDPT). Upon arrival, we were pleasantly surprised to see that the trail encompassed a variety of different environments, from bamboo forests to roadside deserts. As one of the longest trail’s we’ve been on, the SDPT begins with a roadside sidewalk that moves through an arid desert landscape, complete with Western-style tumbleweeds and thorny bushes. The SDPT then winds downward in a snaking road which then leads to a bamboo forest. Our hikers diligently cleaned up any fallen litter and rubbish, although much of the trash was concentrated by the roadside. I speculate that passing cars are to blame for the abnormal uneven concentration. After moving through the bamboo forest, our hikers came across a series of lakes and fields, where a fork in the road divided such vistas. After deciding on the middle passage, our hikers were led up a hill once more to find the end of the trail, complete with a playground and a modest collection of benches.