

CABRILLO JOURNAL

Welcome to Cabrillo National Monument



Cabrillo National Monument is a place of inspiration. Surrounded by a crowded urban world, Cabrillo is a sanctuary filled with natural beauty, diversity and history. For everyone, this is your park and your backyard.

The idea for national parks originated in the United States with the establishment of Yellowstone National Park in 1872. On August 25, 1916 the federal government established the National Park Service to ensure the protection of our nation's natural beauty and heritage for the enjoyment of future generations.

There are currently over 400 units within the National Park System, including Cabrillo National Monument. In a broader sense, the National Park System is an expression of one of our country's highest ideals--equality for all.

As we move toward the National Park Service Centennial, we encourage you to Find Your Park. It can be any park or unit that captures a feeling, a state of mind, or a sense of what it means to be an American. We have a network of ocean and city parks, museums, sanctuaries, refuges, and reserves to explore.

Share your memories with us and get involved as we enter our second century of stewardship. Volunteer, support our partners, tell others about the wonders of your visit today. Welcome to Cabrillo.

Take a look around...and Find Your Park.

Tom Workman
Superintendent

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2016

National Park Service™ CENTENNIAL

NATIONALPARKS.ORG

You've Found Your Park, Now What? Explore the Most Popular Park Activities

A visit to Cabrillo offers tremendous views of the San Diego region and excellent opportunities to explore the natural and cultural history of the area. At Cabrillo National Monument, San Diego's National Park, you can be as active or as relaxed as you like. Here is a list of some of the most popular activities that the park has to offer during the fall and winter. Start your visit at the Visitor Center where park staff will orient you to the park.

Tidepooling
The rocky intertidal zone, on the western side of Point Loma, is a window into the ocean ecosystem along San Diego's coast. Periods of low tide cause pools of water to form along the shore in rocky depressions. In them, you may see an assortment of colorful animals, including sea anemones, brittle stars, octopuses, and a host of other creatures. Ask a ranger when low tide is today to find out the best time to explore the tidepools. If you are interested in learning more about the tidepools and the creatures that live there, ask about showtimes for the film *On the Edge of Land and Sea: The Tidepools of Cabrillo National Monument*, which shows daily in the Visitor Center auditorium.

Whale Watching
Each year, the Pacific Gray Whale (*Eschrichtius robustus*) migrates from the Arctic seas to Baja California and back. From late December until the middle of March, visitors can see these enormous mammals just off the coast of Cabrillo National Monument. Check out a pair of binoculars in the Visitor Center (valid ID required), head up to the new Kelp Forest and Whale Overlook, and enjoy watching the whales as they head to and from the lagoons of Baja California.

Hiking
The Bayside Trail is a scenic two-mile roundtrip trail that takes you through a prime example of the endangered coastal sage scrub habitat. This walk will bring you within 100 feet of San Diego Harbor, giving you closeup views of the ships cruising in and out of San Diego. Take time to enjoy the many sights and sounds along the trail. Remember to pack water and use the restrooms before your hike, as these facilities are not available on the trail. Guided hikes are offered the first and third Tuesday of every month, meeting at the trailhead at 10am.

Self-Guided and Ranger Led Historical Tours
Preservation of history is a critical mission for many national parks, and Cabrillo National Monument is no exception. Sixteenth century exploration, 19th century lighthouses and military history are all important elements here. From Juan Rodríguez Cabrillo's journey here in 1542, to the U.S. Army's Fort Rosecrans in World Wars I and II, Point Loma has become an area of vast historical importance. Please visit any of our numerous exhibit rooms for more information on these fascinating and complex histories. Tour Battery E bunker on the fourth Saturday of every month, 10am-4pm (Jan.-Oct.). Check in the Visitor Center for additional ranger led presentations and hikes.

Junior Ranger Programs
Cabrillo National Monument is a great place for kids of all ages. The Junior Ranger Programs are fun ways to explore the park, interact with exhibits and talk to a ranger. When you've finished this self-guided scavenger hunt, you can receive a Junior Ranger badge and a certificate. Inquire at the Visitor Center for more information.

Support Your Park

Thank you National Park Service partners



www.volunteer.gov

More than 400 active volunteers help maintain the park's natural and cultural resources. They participate in a variety of projects and represent Cabrillo National Monument throughout San Diego.

Join us for a volunteer event! Support your local National Park and get involved for one day, one year or the rest of your life.

In 2016, the VIP program will host Centennial Service Days to encourage everyone in the community to come out and volunteer at the park.

To learn how you can help visit www.nps.gov, go to the volunteer site, vipvoice.wordpress.com or email - CABR_volunteers@nps.gov



Partner Spotlight



The Maritime Museum of San Diego

Our park's namesake, Juan Rodriguez Cabrillo, led the first European expedition to explore what is now the west coast of the United States. Cabrillo departed from Navidad, Mexico on June 27, 1542 in search of new trade routes between Central America and the Spice Islands off Asia. Three months later he sailed into "a very good enclosed port," known today as San Diego Bay. Historians believe he anchored his flagship, the San Salvador, on Point Loma's eastern shore near Cabrillo National Monument.

The San Salvador was the first recorded European vessel to sail along Southern California, and the first to survey its coastline. Her expedition also established first contact with the area's indigenous people. The San Salvador may be considered the founding ship of San Diego and California. She is an "origin symbol" ship for San Diego in much the same way the Mayflower is the origin symbol ship of New England. Her history represents the beginning of a common story for the people of California, both past and present.

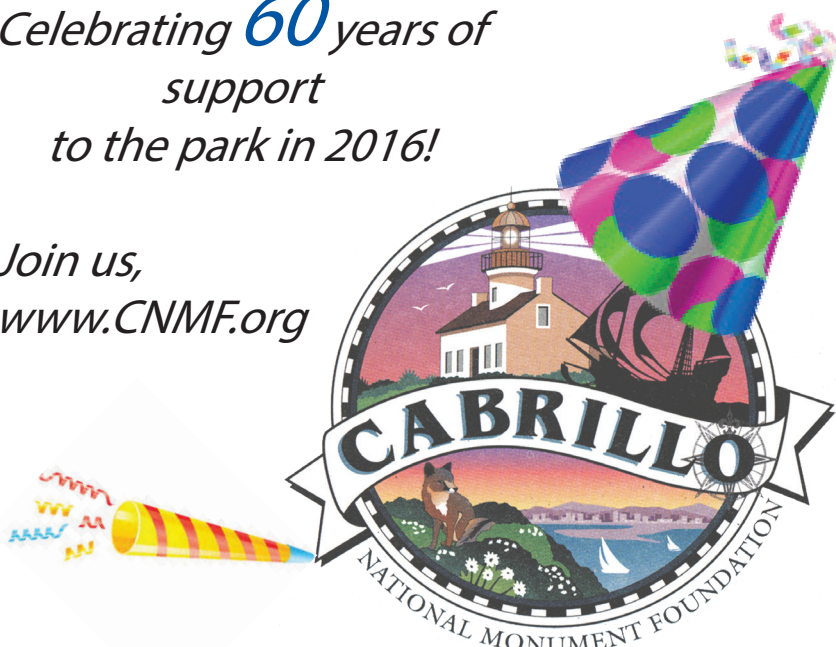
The San Diego Maritime Museum, in partnership with Cabrillo National Monument, built an historically accurate, fully sailable replica of the San Salvador. Construction of the galleon was based on meticulous research in the fields of Early Modern Spanish and Portuguese maritime history and maritime archaeology. The ship was officially introduced to the public on Sept. 4, 2015 as part of the Festival of Sail. This newest addition to the museum's fleet is now located at the Maritime Museum docks. The ship is open for dockside viewing during normal museum hours while interior construction and rigging continues.

The new San Salvador will be much more than a static museum display. With San Diego as her home port, she will sail along the coast of California, visiting cities and towns as a floating education platform for people of all ages.

The Cabrillo National Monument Foundation

*Celebrating 60 years of
support
to the park in 2016!*

Join us,
www.CNMF.org



Visitor Information

Things to know...

Reservations

No reservations are required for the general public. There are a variety of free ranger programs and guided walks open to the public. Check at the Visitor Center for the complete schedule. If you will be visiting the tidepools and your group is larger than ten people, we ask that you make a reservation and obtain a free tidepool permit. See a ranger at the Visitor Center, call the park at 619-557-5450, or visit our website for more information: www.nps.gov/cabr.

Education Programs

Ranger-led and teacher-led programs are all free education programs offered at the park for students grades 2-12. To learn more and make a reservation: www.cabrilloeducation.org

Special Use Permits

Certain types of activities require a permit. These include organized gatherings, ceremonies, commercial filming and photography, distribution of printed material, public expressions of opinion, and activities that require park coordination and monitoring. Visit the permits section on the park website for more information.

Drones

The use of drones for personal and commercial film and photography is prohibited at Cabrillo and in all national parks.

No Smoking

There are no designated smoking areas, Cabrillo National monument is a smoke free park.

Pets

For the health and safety of native wildlife and of your animal companions, pets are not allowed in the park, except in the coastal and tidepool areas, on a leash of no more than six feet. Service animals are always allowed.

Trash Free Park

Please help keep our park clean. When it comes to any trash created from snacks or picnic lunches we ask that you follow the guideline and throw it out at home. Pack it in, pack it out.

Cell Phone Service

You may recieve a welcome text message on your phone from Mexico. To avoid international roaming fees and save your battery life switch to airplane mode.

National Park Service
U.S. Department of the Interior



Contact Information:

Mailing Address
Cabrillo National Monument
1800 Cabrillo Memorial Drive
San Diego, CA 92106

Park Headquarters
619-557-5450

Park Website
www.nps.gov/cabr

The National Park Service cares for the special places saved by the American people so that all may experience our heritage.

Facility Hours

Visitor Center	9am to 5pm
Cabrillo Store	9am to 5pm
Park Grounds	9am to 5pm
The Bayside Trail	9am to 4pm
Tidepool Access	9am to 4:30pm

Auditorium Programs

10am	In Search of Cabrillo
11am	On the Edge of Land and Sea
12pm	First Breath: Gray Whales
1pm	On the Edge of Land and Sea
2pm	In Search of Cabrillo
3pm	First Breath: Gray Whales
4pm	In Search of Cabrillo



Continuing the Great American Legacy

"Americans are heirs to an extraordinary legacy of conservation and environmental stewardship that has protected our great outdoors for the use and benefit of all. We are blessed with the most beautiful landscapes and waterscapes in the world, and it is our obligation to make sure the next generation is able to enjoy that same bounty."

-President Barack Obama
2015 National Park Proclamation

The beauty and grandeur of America's public lands have captivated people for generations. Bordering on a hundred years ago now, a few daring men and women were so enthralled

with these wild places that they advocated for their indefinite stewardship and preservation. Thus, on the innate human need to connect with the beauty of the natural world, America's Greatest Idea was formed. Though many areas, beginning with Yellowstone in 1872, were previously designated as National Parks, it was not until August 25, 1916 that President Woodrow Wilson formally established the National Park Service. Stemming from the ideals of such iconic early supporters as Muir, Mather, and Roosevelt, the National Park Service embarked on a noble mission to protect and preserve America's resources for the enjoyment, education, and inspiration of this and future generations.

In its first century, the National Park Service preserved well over 400 areas of cultural, historical,

and natural significance. It is in these places that millions of American's have discovered the beauty of nature, the unique understanding that comes with perspective, and the collective knowledge of who we are and what we stand for. It is in these places that American stories and values are preserved.

On the eve of our centennial celebration, we reflect on the success of the past and look to the future with high hopes. As we prepare for the next 100 years, we strive to connect with and create the next generation of park visitors, supporters, and advocates. With the help of our vital park partners and national sponsors, the National Park Service has established a Centennial Call to Action with ongoing initiatives that will revitalize and enhance our national parks. These campaigns will encourage Americans to get up, get out, and Find Your

Park. They will offer 4th graders free admission to all public lands, in the hopes that one day seeing Every Kid In a Park will become the new normal. They will encourage people to volunteer and give back to their communities. Broadly, the national centennial campaign will redefine our ideas of what National Parks are and more importantly, what they can be.

2016 will mark a great celebration throughout the nation and everyone is invited. We hope that you will join us for the next 100 years and help in not just continuing America's Greatest Idea, but becoming a part of America's Greatest Legacy.

2016 Calendar of Events

Celebrating Cabrillo National Monument's Natural and Cultural Heritage

Jan 1 – Watch us in the Rose Parade!	April 23 - Jr Ranger Day	August 20 – Sunset Yoga, sign up; (www.friendsofcabrillo.com)
Jan 9 – Sunrise Social and Photography Workshop, for tickets (www.cnmf.org) (6am)	April 23 – Hops over the Vine, for tickets; (www.cnmf.org)	August 25 - Lighthouse Open Tower Day, NPS 100th Birthday (10am-3pm)
Feb - Wildflower exhibit (TBD)	May 6 – New Moon Moonwalk, for tickets; (www.friendsofcabrillo.com) (6pm)	August 27 – Move to Improve Festival (10am-4pm)
Feb 14 – Valentine’s Day Event, for tickets; (www.friendsofcabrillo.com)	May 21-22 – National Bio Blitz (TBD)	September 16 – Moonwalk, for tickets; (www.friendsofcabrillo.com) (6pm)
February 20 & 21 - Whale Watch Weekend and Intertidal Life Festival (10am-4pm)	May 25th - Memorial Day, Special Park Hours (12pm-8pm)	September 19 – Sunset Social, sign up; (www.cnmf.org) (6pm)
March 5 –Tidepool Exploration with a Scientist (1pm)	June – Pollination Exhibit (TBD)	October 15 – Tidepool Exploration with a Scientist (1pm)
March 19 – Art Days and Evening Film Festival (TBD)	June 18 – Sunset Yoga, sign up; (www.friends of Cabrillo.com) (6pm)	November 14 - Moonwalk, for tickets; (www.friendsofcabrillo.com) (6pm)
March 22 – Lighthouse Open Tower Day (10am-3pm)	June 20 – Moonwalk, for tickets; (www.cnmf.org)	November 15 - Lighthouse Open Tower Day (10am-3pm)
March 27 – Kiwanis Easter Sunrise Service, free to the public (6:30am)	July 4 – Fireworks Viewing, for tickets; (www.friendsofcabrillo.com)	November 24 - Park Closed (Thanksgiving)
April 16 – Sunset Yoga, sign up; (www.friendsofcabrillo.com) (6pm)	July 23 – Sunset 5K, for tickets; (www.cnmf.org)	December 3 & 4 – Fort Rosecrans Goes to War (10am-4pm)
April 16-23 – National Park Week	August 18 – Moonwalk, for tickets; (www.friendsofcabrillo.com) (6pm)	December 25 – Park Closed

Free!

Weekly and Monthly Park Programs

Check our events website for times and program details, www.cabrilloevents.org

Guided Walks (Mon-Sat)

Living History Programs (usually on the weekends)

Open Bunker Days (4th Sat of every month, Jan-Oct)

Dusty Socks Hiking Club (usually the 4th Sat of every month)

The National Park Service Launches Every Kid in a Park Program

We can't think of a better way to kick off the school year than with a free pass to visit all national parks, monuments, federal public lands and waters! Starting September 1, 2015 all fourth graders and kids age equivalent of 10, attending school in the United States get their very own Every Kid in a Park pass for FREE. Fourth grade students, educators, and parents can visit www.everykidinapark.gov to get their official pass and learn more about this exciting program.

Leading up to the 100th birthday of the National Park Service in 2016, President Obama launched the Every Kid in a Park initiative as a call to action to get all children

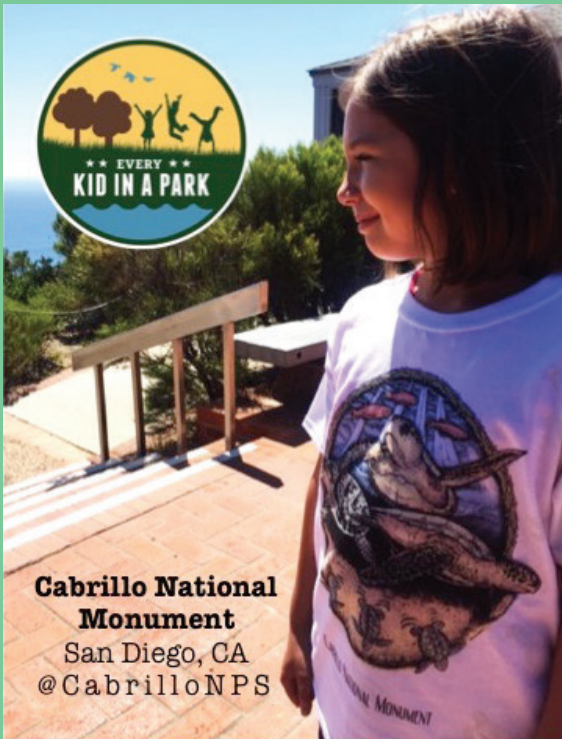
to experience America's outdoors. Today, more than 80 percent of American families live in urban areas and access to outdoor spaces is often limited. At the same time youth spend more hours than ever in front of electronic screens instead of outside.

Cabrillo National Monument encourages all fourth graders and their accompanying adults to participate in the Every Kid in a Park program. With adult permission fourth graders can log onto www.everykidinapark.gov and complete a fun educational activity in order to get the pass. Educators can also get passes, download the activity for their classroom and plan a life changing field trip for their 4th grade class.

Every Kid in a Park is a crucial component of a multi-pronged approach to inspire the next generation to discover all that our nation's public lands and waters have to offer, including opportunities to be active, spend time with friends and family, and serve as living classrooms to build critical skills.

We realize that it may be difficult for your classroom or students to get to Cabrillo National Monument. So we have a Ranger that is willing to come to you with the official cards. Please contact Ranger Deborah Sherman at Deborah_Sherman@nps.gov to schedule a meeting

or a phone interview to discuss a ranger visit to your classroom. Navigate the Every Kid in a Park website to familiarize yourself as well. Cabrillo National Monument looks forward to hearing back from you.



News From Around the Park

Welcome back, California Gnatcatchers!



It has now been over 100 years since the California gnatcatcher (*Poliophtila californica*) has made Cabrillo National Monument its home, with the last record of nesting occurring in 1915. It is not clear why they have been absent for so long, but this year, they are back and here to stay. In the spring of 2015, calls from a family of California gnatcatchers were heard and shortly after, a nest was found by a wildlife biologist.

Listed as Threatened in 1993 under the Endangered Species Act, the population of the California gnatcatcher is dwindling. Fire, habitat loss and fragmentation due to development of roads and buildings, and nest predation have all been factors leading to their decline. Fragmentation is especially problematic for these birds as they don't normally make long-range movements. Roads and buildings potentially act as barriers to populations of California gnatcatchers, and gene flow between populations is cut off. Predators of the California gnatcatcher include free-roaming and feral cats, corvids (ravens, crows, and jays), snakes, medium-sized mammals such as raccoons, and rodents. Situated about two to three feet off the ground in a cup-like nest, California gnatcatcher eggs can make an

easy meal for a hungry predator. In addition, the brown-headed cowbird will also nest-parasitize a gnatcatcher nest. This means that a cowbird will remove the eggs the gnatcatcher has already laid, and lay their own eggs in the nest, leaving the eggs to be cared for by the adult gnatcatchers.

The California gnatcatcher is a small and inconspicuous songbird, with drab light to dark grey and brown plumage. A keen eye will spot their white eye ring. The adult male bird will get a dark black "cap" during breeding season. Most would never take notice of this bird until hearing their signature call: "mewww...mewww..." much like the mew of a kitten.

They don't only eat gnats, as their name suggests: their diet consists of mostly insects

including ants, flies, moths, true bugs, and some spiders. They also do not require water since they are able to get the moisture they need through their diet, like many of our other resident bird species in Point Loma.

The California gnatcatcher inhabits areas of healthy coastal sage scrub habitat where they nest and feed on insects amongst plants that include California sagebrush and buckwheat in the coasts of southern California and Baja, Mexico. Coastal sage scrub habitat is becoming harder to find these days due to development and fire, but at Cabrillo National Monument, it is intact and near pristine. Cabrillo National Monument contains large swaths of this coastal sage scrub habitat, perfect for welcoming back these little birds.

New Science Education Programs at Cabrillo

Cabrillo National Monument Proudly Presents




Tidepool Exploration

Data Collection

Intertidal Science Sampler

Join us for a three-part science immersion through intertidal ecology. Learn how to be a real scientist, collect and analyze data, and explore the unique ecosystem where land meets sea! Recommended for 4th-12th grade. Space is limited. Sign-up now!



Science & Ecology



For more info contact: Alex Warneke (a.warneke@yahoo.com)

Arts Afire in the Park

Cabrillo National Monument aims to stoke the National Park Service *Arts Afire* Call to Action centennial initiative through its Artist-in-Residence (AIR) program. The AIR program at Cabrillo National Monument offers artists working in a wide variety of mediums the opportunity to pursue their artistic discipline surrounded by the park's inspiring landscape and historical resources. Superintendent Thomas Workman supports this Call to Action item stating, "With its proximity to a large urban center, Cabrillo National Monument has the opportunity to tap into the artistic community of San Diego and Mexico."

Cabrillo National Monument, located at the southern end of Point Loma, began participating in the Artist In Residence program in 2011. Artist residency programs have a well-established history in the National Park Service offering park visitors the opportunity to view beautifully crafted artworks. The program connects community artists and allows them to express their creativity in National Parks, opening up new dialogues for people to connect with natural and cultural resources.

With a vibrant art community in San Diego's international environment, Cabrillo aims to build unconventional partnerships and strengthen community engagement. Superintendent Workman adds, "These artists tell stories through their art and bring unique perspectives which elevate the public's understanding of park resources and global messages. Art offers avenues of inspiration for the diverse audiences visiting National Parks and surrounding communities. We hope to expand and elevate the AIR program at Cabrillo....and look to take it beyond."

This year the Artist in Residence program at Cabrillo National Monument boasts four centennial artists: solo AIR's Jason Rolgalski and Catherine Chiu Phillips, and collective artists Ann Chaitin and Joann Kemp. Stay tuned for their art exhibitions set for the end of 2016. The month of April is the open application period to apply for the Cabrillo AIR program. For more information go to: <http://www.nps.gov/cabr/getinvolved/supportyourpark/artist-in-residence.htm>

Annual Passes and Membership

Support your park by becoming a member today



Cabrillo Annual Pass
Cost \$15 - \$20

This pass is available to the general public and provides access to Cabrillo National Monument.

- The pass is valid for an entire year; beginning from the date of purchase to the end of the month in which it was purchased the following year.
- The pass admits the pass holder(s) and passengers in a non-commercial vehicle; or pass holder + 3 adults (children under 16 are admitted free)
- 80% of fees collected from the sale of the pass help support park operations, enhance visitor facilities and services.
- Two people may sign the pass as "pass holder", photo identification may be required to verify ownership.

Please contact Cabrillo National Monument directly for information on what is covered or is not covered. The pass is obtained in person at the entrance station.



Volunteer Pass
No Cost

A "Volunteer Pass" is an Annual Pass awarded to those individuals who volunteer 250 hours at one or more recreation sites managed by five Federal agencies as a way to say "thank you!"

- Provides access to Federal recreation sites that charge Entrance or Standard Amenity Fees
- The pass is valid for an entire year; beginning from the date awarded to the end of the month in which it was purchased the following year.
- The pass admits the pass holder and passengers in a non-commercial vehicle; or pass holder + 3 adults (children under 16 are admitted free)

Fees vary widely across the thousands of Federal Recreation sites. Please contact specific sites directly for information on what is covered. The pass is obtained in person at a Federal Recreation site.



Annual Pass
Cost \$80

Provides access to more than 2,000 recreation areas managed by five Federal agencies.

- The pass is valid for an entire year; beginning from the date of purchase to the end of the month in which it was purchased the following year.
- The pass admits the pass holder(s) and passengers in a non-commercial vehicle; or pass holder + 3 adults (children under 16 are admitted free)
- Two people may sign the pass as "pass holder", photo identification may be required to verify ownership.

Fees vary widely across the thousands of Federal Recreation sites. Please contact specific sites directly for information. The pass can be obtained in person at the entrance station of the park, or by calling USGS at (888-275-8747, option 3), or <http://store.usgs.gov/pass>

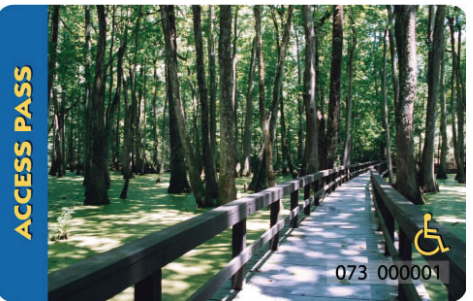


Senior Pass
Cost \$10

Provides access to more than 2,000 recreation sites managed by five Federal agencies.

- This is a lifetime pass for U.S. citizens or permanent residents age 62 or over (please be prepared to show photo identification to verify).
- The pass admits the pass holder and passengers in a non-commercial vehicle; or pass holder + 3 adults (children under 16 are admitted free). Photo identification may be required to verify ownership.
- The pass provides a 50 percent discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services.

At Cabrillo National Monument, the Senior Pass can only be purchased at the Entrance Station.



Access Pass
No Cost

This is a free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability.

- The pass admits the pass holder and passengers in a non-commercial vehicle; or pass holder + 3 adults (children under 16 are admitted free).
- The Access Pass provides a 50 percent discount on some Expanded Amenity Fees charged for facilities and services.

You can obtain an Access Pass in person, with proper documentation at the entrance station or from other participating Federal recreation sites or offices. The pass is non-transferable and generally does not cover or reduce special recreation permit fees or fees charged by concessionaires. For examples of accepted documentation please visit <https://store.usgs.gov/pass/access.html>



Annual Pass
Active Duty U.S. Military Free

Available to U.S. military members and dependents in the Army, Navy, Air Force, Marines and Coast Guard and also, Reserve and National Guard members.

- The pass admits the pass holder and passengers in a non-commercial vehicle; or pass holder + 3 adults (children under 16 are admitted free). Photo identification may be required to verify ownership.

Available to U.S. military members and dependents in the Army, Navy, Air Force, Marines and Coast Guard and also, Reserve and National Guard members. Must be obtained in person at a Federal recreation site by showing a Common Access Card (CAC) or Military ID (Form 1173).



Cabrillo National Monument Foundation Membership

Individual - \$35
Duo- \$60 (2 People in same household)
Family- \$75, 2 Adults and Child(ren)
Supporting - \$100, Benefits listed below, plus CNMF tote bag

Membership Benefits:
All memberships are valid for one year from date of purchase and include: an Annual Cabrillo National Monument Pass, admits member and all accompanying persons in a single vehicle. Opportunity to participate in members-only activities, lectures and special evening events. Also included with membership: Subscription to monthly E-newsletter, 15% discount on all purchases at the Cabrillo bookstore. Discounts at participating Cooperating Association bookstores in other National Park sites
CNMF pin and CNMF decal.

Visit www.cnmf.org or call 619-222-4747 for more information.



Cabrillo National Monument Conservancy, Friends of Cabrillo Membership

Cabrillo National Monument can never have too many friends! \$30 annual membership per person that goes to improving Cabrillo National Park for you and future generations.

Member benefits include:
* Annual Park Pass
* Invitations to member only park events (usually held after park hours)
* Discounts and advance notice for promotional events

Visit www.friendsofcabrillo.com to join, or scan the code below to go directly to the website.



Cabrillo Maps

Getting around the Park



Accessibility



Cabrillo National Monument is quite accessible to our visitors with mobility and sensory impairments. If anyone in your party is unable to walk up the hill to the Old Point Loma Lighthouse area, accessible parking permits are available in the Visitor Center. To aid visitors in better experiencing our films, the park also provides assisted listening devices with amplified sound, audio description, and Spanish and French translations. Brochures in braille and various languages can also be picked up

Tidepool Access

Because of their protected status, some of the best tidepools in California can be found right here at Cabrillo National Monument.

Tidepooling Tips
To view lower intertidal creatures, a negative low tide is recommended. The very best time for tidepooling is during the winter months (Nov.-Apr.).

Please note that a vehicle is recommended to get to the lower area of the park where the tidepools are located.

Shoes with good gripping soles are best, as rocky areas become slippery with water and algae.

Rules of the Road

Catalina Blvd., the road approaching Cabrillo National Monument, has a maximum speed of 35 mph. The speed is reduced to 15 mph as you near the entrance station.

Traffic and Travel Tips
Watch the roadways for wildlife.

Please be aware that the monument is surrounded by Navy property, and access to those areas is strictly limited.

Fog, low clouds, and mist can occur at any time of the year and reduce visibility considerably. Use caution in these conditions.

Bayside Trail Access

The trailhead to the Bayside Trail, a scenic two-mile hike, is located immediately before the Old Point Loma Lighthouse.

Bayside Trail Tips
The Bayside Trail is open from 9am to 4pm every day. Bicyclists and pets are not allowed on the Bayside Trail. There is no water, no restrooms, and smoking is prohibited on the trail.

Pick up a "Natural History Checklist" site bulletin from the Visitor Center for more information about the plants and animals you are likely to see along this route.



Articles and photographs submitted by Stephanie Root, Tavier del Rio, Debbie Sherman, Warren Tam, Alex Warneke, Becky Wieder, Tom Workman and Dan Zeller

Stay connected to Cabrillo @CabrilloNPS
#CabrilloNationalMonument #NationalParks #FindYourPark
#ExperienceYourAmerica

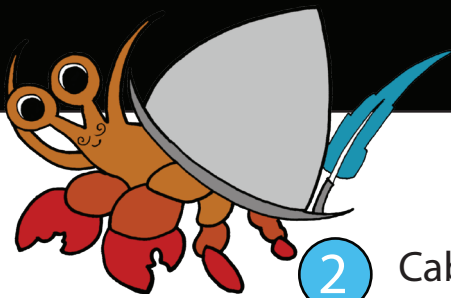


Thank you...

Printing of this publication was made possible by the support of the Cabrillo National Monument Foundation.



Junior Ranger



Become a Junior Ranger

This activity sheet is for ages 2-7 but anyone can earn a badge while exploring the park. Follow these steps to become a Junior Ranger. If you are over the age of 7, go to the Visitor Center to pick up a different activity book.

With an adult, go and see as much of the park as you can. See page 7 of this guide for a park map. As you go, walk quietly, watch, listen, and think. Oh yeah, and have FUN!

When you are done with the four activities on this page, return to the Visitor Center and you will be sworn in as a Junior Ranger and receive a sticker badge.

1 Discover with your Senses

While visiting the park, try to use all of your senses to discover as much as you can.

What is the weather like? Ask the ranger for the temperature:

What else do you notice about the weather? Is it sunny? Is it cloudy? Is it windy?

Now fill out the following:

I see: _____

I smell: _____

I hear: _____

I touch: _____

2 Cabrillo: A Man of Mystery

On September 28, 1542, Juan Rodríguez Cabrillo became the first European to set foot on land that later became the west coast of the United States.

In the Visitor Center, try on a helmet and some armor. Do you feel like one of Cabrillo's soldiers?

There were no photographs or portraits of Cabrillo, so nobody knows what he looked like. What do you think he looked like? Use the outline here to create your own portrait of Cabrillo.

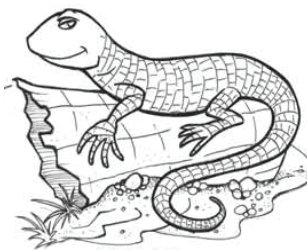
3 Be a Naturalist

Look for these animals that are common at Cabrillo National Monument. If you see one, circle it and color it in. Where were you when you saw it? What was the animal doing?

Remember, don't feed the animals



Cottontail Rabbit



Western Fence Lizard



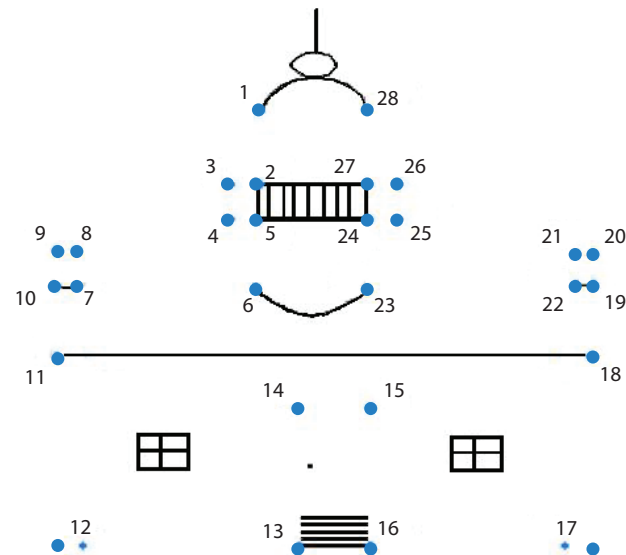
Scrub Jay



California Ground Squirrel

4 The Old Point Loma Lighthouse:

Connect the dots to the Old Point Loma Lighthouse.



Go up to the second floor of the Old Point Loma Lighthouse and look into the children's room. How would you feel if this was your home?

