

# Happy Trails

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Featured Photo:  
American Avocet

The City of Carlsbad trail's program is a big part of what makes our community special, and that is thanks to our selfless volunteers. Our doors are always open to community members who want to get involved. Trail volunteer meetings are held quarterly on Thursday evenings at 5 p.m. at Pine Avenue Community Center, 3209 Harding Ave.

Thursday, June 9  
Thursday, Sept. 8

## Trail Cleanup Opportunities

We also have several upcoming trail cleanup opportunities. Events start at 8:30 a.m and go until 11:30 a.m. Remember to wear your gloves, closed-toe shoes and sunscreen. We'll bring the water.

|                    |  |
|--------------------|--|
| Saturday, April 30 | Arbor Day, Leo Carrillo Ranch<br>Historic Park |
| Wednesday, May 18  | Robertson Ranch                                |
| Saturday, June 4   | National Trails Day at Hosp Grove              |
| Saturday, Sept. 24 | National Public Lands Day at<br>Lake Calavera  |

Learn more at [www.carlsbadca.gov/trails](http://www.carlsbadca.gov/trails).





# How to Safely Share our TRAILS WITH WILDLIFE

As temperatures rise, there are more opportunities to enjoy outdoor activities, like hiking some of the city's beautiful and diverse trails. Just remember in the spring and summer months, rattlesnakes, bees, coyotes and other wildlife are more active too. Stay alert and follow these tips to stay safe while exploring city trails.



## RATTLESNAKES

According to the California Department of Fish and Wildlife, most snake rattlesnake bites occur between the months of April and October when snakes and humans are most active outdoors. And snakes aren't just found in wildland areas – they may show up in parks, golf courses and backyards, especially those near undeveloped properties.

While hiking on city trails, please remember the following:

- Keep your dog on a leash under six feet long.
- Be aware of your surroundings at all times and avoid distractions from your cell phone.
- Wear sturdy, closed-toe shoes and do not wander off the trails especially into high grass or weeds.
- Make sure you can always see the path ahead of you and look for snakes that might blend into the ground before picking up rocks or sticks.
- If you encounter a rattlesnake on a trail, calmly back away and leave it alone.
- Residents can also call the San Diego County Department of Animal Services for snake removal at 619-236-2341

Call 9-1-1 if bitten or if you need help safely removing a snake from a home, yard, park or playground. If bitten by a rattlesnake, remain calm and remove any constricting clothing or accessories such as rings or watches, and wait for emergency responders to arrive.



## BEEES

Bees often swarm in late spring when they're reproducing and searching for new places to build hives. Though most bees are not aggressive, they'll sting if they feel threatened. The County of San Diego recommends following these safety tips, to avoid a painful encounter:

- If you see a swarm flying nearby, or clustered on the ground or the side of a tree or building, keep your distance and don't disturb them. The bees are likely to move on soon. Notify others about the location so it can be avoided.
- If you see a swarm of bees moving toward you, seek shelter if possible. If you're caught in a swarm, move away and cover your face and neck for protection.
- If you're stung by one or more bees
  - Stay calm and don't flail or swat at them. Scrape the stinger out as quickly as possible and wash the area to mask the smell pheromone smell, which could attract other bees.
  - Know where the nearest emergency room is in case you need it. Bee allergies are rare – only about 1 or 2 per 1,000 people are hyper-allergic – but it's best to be prepared.
  - Symptoms of a severe reaction difficulty breathing, hives, swelling of the face, throat, or mouth, anxiety, rapid pulse, and a drop in blood pressure. Call 911 immediately.

If the bees are on public property, please call the Police Non-Emergency number 760-931-2197.



# HAPPY RETIREMENT to a Trail Captain

A big THANK YOU to Diane Nygaard for over 12 years of dedicated service as the Trail Captain for Lake Calavera Preserve. During her tenure, she was a great steward of the Lake Calavera trails, regularly keeping city staff apprised of trail conditions and helping to keep the trails pristine. At trail volunteer cleanups and public outreach events, Diane's extensive ecological knowledge was instrumental in helping to educate the public and provide them with interesting facts. Thank you, Diane, for your leadership, dedication and land stewardship and for helping to keep Lake Calavera Preserve beautiful.



## COYOTES

Spring is also when coyotes give birth and start to raise litters, which can make them more defensive and territorial. The California Department of Fish and Wildlife suggests these precautions to avoid any conflicts with coyotes.

- Never feed or attempt to tame coyotes.
- Keep your dog on a leash under six feet long. Never leave small children or pets outside unattended or let them wander far ahead of you while hiking.
- Don't hike alone and stay on the trail; don't wander into tall grass.
- If followed by a coyote, make loud noises. If that fails, throw rocks in the animal's direction.
- At home, install motion-sensitive lighting around your house and trim ground-level shrubbery to reduce hiding places.
- If a coyote attacks a person, immediately contact the nearest Department of Fish and Wildlife or law enforcement office.







## Featured Photo

The American avocet is a long-legged shorebird with a distinctive long, thin bill that curves upward. Avocets feed by thrusting their bill underwater and swinging it side to side along the bottom to stir up aquatic insects. FUN FACT: Avocets will defend themselves using distraction tactics such as loud screeching, a "crippled bird" act, and even a "dive bomb" display where the bird will swoop down on the predator and narrowly miss it until the intruder turns away.

# Volunteer Trail Captains

**Arroyo Vista/Villagio** – OPEN  
**Batiquitos Lagoon North Bluff** – OPEN  
**Carlsbad Oaks North Business Park** – Sue Irey  
**Coastal Rail Trail** – Yovanni Maldonado  
**El Fuerte/Bressi Ranch Trail** – OPEN  
**Harbor Drive** – Craig Kirk  
**Hidden Valley Trail** – OPEN  
**Hosp Grove** – Gary Nessim and John Rodenhausen  
**La Costa Glen** – Ed and Tricia Cerda  
**La Costa Southern Preserve** – April Kennedy  
**La Costa Valley** – Debbie Phipps  
**Lake Calavera** – Paige DeCino and Jess Paez  
**Melrose 53-Filoli Circle/ East Ridgeline** – Slader Buck  
**Old Rancho Santa Fe Road** – Richard L'Heureux  
**Rancho Carrillo** – Ramesh Sirsi (East) Sally & Will Willis (West)  
**Ridgeline/La Costa Trail** – Don Stapp  
**Robertson Ranch** – George Cornell  
**The Crossings/Veterans Memorial Park** – Shane Hohnstein  
**The Ranch/Santa Fe Trails** – Alvaro Villamizar  
**Village H / Hidden Canyon Park** – Tim Campbell  
**Village H South** – Gerald Rea & Wanda Stiles

Trail volunteering is a great way to have fun, keep fit and learn about our natural environment, all while making a lasting contribution that benefits the community for generations. If you are interested in becoming a trail volunteer in the future, please call 442-339-5725.

## Citywide Trails Program Mission Statement

"Provide a trails system that ensures the recreational and leisure needs of Carlsbad residents while supporting the protection and preservation of open space in accordance with the City of Carlsbad General Plan."

  
City of  
Carlsbad  
Parks & Recreation

442-339-2826  
[www.carlsbadca.gov/trails](http://www.carlsbadca.gov/trails)