

# Cabrillo National Monument

National Park Service  
U.S. Department of the Interior



## Visitor Guide Spring/Summer 2016



Photo By Bill Griswold

### Meet Cabrillo's New Superintendent!



The National Park Service has selected Andrea Compton to be the next superintendent of Cabrillo National Monument in San Diego.

"Andrea's proven leadership in park management and experience with the partners, communities, and cultural heritage of San Diego makes her the ideal leader to take Cabrillo National Monument into the National Park Service's second century," said Martha Lee, Pacific West Region Deputy regional director.

Compton is returning to Cabrillo National Monument, where she began her National Park Service career in 2002. She left the park in 2009 to assume the job of

Joshua Tree National Park's chief of resources management, where she oversaw natural and cultural resources in Joshua Tree's Mojave and Sonoran desert ecosystems.

"Cabrillo represents a beautiful blend of natural environments on land and in the water, which together with its rich stories and artifacts represent a part of San Diego's amazing history," said Compton. "I am delighted and honored to have been selected for this position. I look forward to rejoining the wonderful staff, volunteers, Cabrillo National Monument Conservancy and Cabrillo National Monument Foundation associates, and the many park partners to celebrate and enjoy San Diego's national

park."

Prior to joining the National Park Service, Compton worked at Mesa College where she taught general biology, and at San Diego State University where she worked with the Field Stations Program. Her business experience includes work with an environmental consulting firm in Portland, Oregon. She holds a master's degree in fishery and wildlife biology from Colorado State University and a bachelor's degree in animal ecology from Iowa State University.

Welcome aboard, Superintendent Compton!

### Contact Us

Mailing Address

Cabrillo National Monument

1800 Cabrillo Memorial Drive

San Diego, CA 92106

Phone  
619-557-5450

Park Website  
[www.nps.gov/cabr](http://www.nps.gov/cabr)

**FIND YOUR  
PARK**  
FINDYOURPARK.COM

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# Support Your Park

## Volunteer



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](http://www.nps.gov), [vipvoice.wordpress.com](http://vipvoice.wordpress.com) or email us at [cabr\\_volunteers@nps.gov](mailto:cabr_volunteers@nps.gov)



## Support Park Partners



Trails & Rails is an innovative partnership program between the National Park Service and Amtrak. This program provides rail passengers with educational opportunities that foster an appreciation of a selected region's natural and cultural heritage; it promotes National Park Service areas and provides a value-added service to encourage train ridership. It also renews the long tradition of associating railroads with National Parks.

[www.nps.gov/trails&rails](http://www.nps.gov/trails&rails)

## Support Park Partners



The Cabrillo National Monument Foundation (CNMF) is a private nonprofit organization which provides support for special projects at Cabrillo National Monument. Since 1956 CNMF has helped the National Park Service

with numerous educational and scientific activities at Cabrillo National Monument. The Foundation has published several award winning books on historic and scientific topics relating to the Monument. Revenue for these projects comes through donations, memberships and sales of publications and other educational items. CNMF is one of many National Park Service Cooperating Associations in the U.S.A; these organizations work to enhance the visitor's experience at the National Parks.

[www.cnmf.org](http://www.cnmf.org)



The Cabrillo National Monument Conservancy (CNMC) is an organization initiated on the 4th of July, 2012 by a group of folks who believed it would be financially advantageous to Cabrillo National Monument

(CNM) to complete its circle of national program-level nonprofit partners by adding a friends group, which can assist fundraising in ways not open to a Cooperating Association or the Volunteers-in-Parks (VIP) program. CNMC's goal is to expand fundraising to support our park while enhancing CNM's connections with the community - be it San Diegans or all of CNM's national and international visitors.

[www.friendsofcabrillo.org](http://www.friendsofcabrillo.org)



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.

[www.sdmaritime.org](http://www.sdmaritime.org)

## SAN DIEGO NATURAL HISTORY MUSEUM

The San Diego Natural History Museum traces its roots to an enthusiastic group of amateur naturalists, who formed the San Diego Society of Natural History in 1874.

It's mission is to interpret the natural world through research, education and exhibits; to promote understanding of the evolution and diversity of southern California and the peninsula of Baja California; and to inspire in all a respect for nature and the environment.

[www.sdnhm.org](http://www.sdnhm.org)



Hornblower Cruises & Events, San Diego, has embarked on an exciting partnership with Cabrillo National Monument (CNM), in order to bring greater awareness of this National Park jewel, right

here in San Diego. There will be many opportunities in the near future to cross promote CNM online, through CNM brochures aboard Hornblower public cruise boats, and through Hornblower tour narration content during daily Harbor Tours. Additionally, Hornblower is making discount cruise tickets available at the book store, operated by the Cabrillo National Monument Foundation. A portion of these proceeds will go directly to CNM.

[www.hornblower.com](http://www.hornblower.com)

# Visitor Information

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. Start your visit at the Visitor Center where park staff will orient

## 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. Tidepools are most visible during the winter months. A low tide of 0.7 or below is required to expose the tidepools. Ask a ranger when low tide is 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 show times for the film *On the Edge of Land and Sea: The Tidepools of Cabrillo National Monument*, which shows daily in the Visitor Center auditorium.



Photo By Bill Griswold

## Hiking

The Bayside Trail is a scenic two-mile round trip 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 close up views of the ships cruising in and out of San Diego Bay. 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.



## 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.



Photo By Bill Griswold

## 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.



## 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.

## 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.



## Education Programs

Ranger-led and teacher-led programs are all free, but reservations must be made in advance. Visit our website for more information.  
[www.nps.gov/cabr/learn/education](http://www.nps.gov/cabr/learn/education)



## Weather

### Spring

An overcast marine layer can develop near the coast at any time of year, but this phenomenon is most common during the late spring and early summer. Locals call these times "May Gray" and "June Gloom." You'll probably want to trade the swimsuit for a sweatshirt and pants, as cloudy skies dominate and temperatures rarely rise above 70 degrees. The upside: you can pack away the umbrellas, because there's little chance of rain.

### Summer

Ahhhh, summer in San Diego. Blissful visitors stroll the park, the air redolent with the scent of sunscreen. The city enjoys temperatures in the 80s during July and August, but fog can roll in suddenly, resulting in a quick drop in temperature.

## Hours

Visitor Center	9am to 5pm
Cabrillo Store	9am to 5pm
Park Grounds	9am to 5pm
The Bayside Trail	9am to 4pm
Tidepools	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

## Stay Connected



[facebook.com/cabrilloNPS](https://facebook.com/cabrilloNPS)



@CABRILLONPS



@CABRILLONPS



CABRILLONPS

# Calendar of Events

May 30th  
Memorial Day, Special Park Hours  
1pm-8pm

June 1 - July 25  
Pollination Exhibit

June 18  
Sunset Yoga, sign up at  
[www.friendsofcabrillo.com](http://www.friendsofcabrillo.com)

June 20  
Moonwalk, tickets at  
[www.cnmf.org](http://www.cnmf.org)

July 4  
Fireworks Viewing, tickets at  
[www.friendsofcabrillo.com](http://www.friendsofcabrillo.com)

July 23  
Sunset 5K, tickets at  
[www.cnmf.org](http://www.cnmf.org)

August 18  
Moonwalk, tickets at  
[www.friendsofcabrillo.com](http://www.friendsofcabrillo.com)

August 20  
Sunset Yoga, sign up at  
[www.friendsofcabrillo.com](http://www.friendsofcabrillo.com)

August 25  
Lighthouse Open Tower Day in  
celebration of NPS 100th Birthday  
10am-3pm

August 27  
Move to Improve Festival  
10am-4pm

September 16  
Moonwalk, tickets at  
[www.friendsofcabrillo.com](http://www.friendsofcabrillo.com)

September 19  
Sunset Social, sign up at  
[www.cnmf.org](http://www.cnmf.org)

September 30  
Wreath Laying Ceremony  
3:30PM

October 1&2  
Cabrillo Festival (Ballast Point subma-  
rine base)  
[www.cabrillofestival.org](http://www.cabrillofestival.org)

October 15  
Tidepool Exploration with a  
Scientist at 1pm

November 14  
Moonwalk, tickets at  
[www.friendsofcabrillo.com](http://www.friendsofcabrillo.com)

November 15  
Lighthouse Open Tower Day 10am-  
3pm

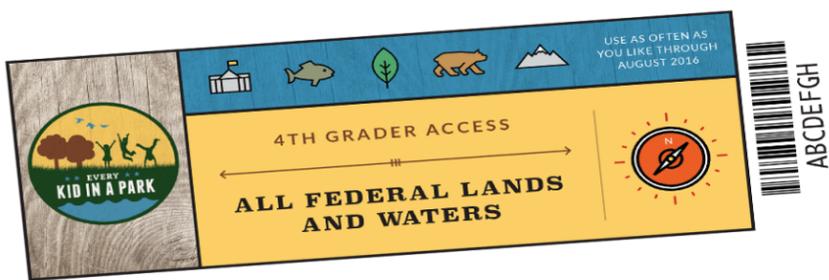
November 24  
Park Closed for Thanksgiving

December 10&11  
Fort Rosecrans Goes to War  
10am-4pm

December 25 – Park Closed

## News You Can Use

### Every Kid in a Park



Print your voucher online. Turn it in at the nearest federal lands area to receive your annual pass!



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](http://www.everykidinapark.gov) to get their official pass and learn more about this exciting program.

For 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](http://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.

### In Action: Every Kid in a Park



For the students of Vista Square Elementary, the opportunity to visit a National Park is one well out of their grasp. At 10 years old, many of the children report that they haven't even left the three-mile radius that encompasses their school or homes.

Unfortunately, plagued with limited funding and accessibility, this is reality for many Title-1 schools in the greater San Diego area. For these kids and countless others in similar circumstances, an initiative such as Every Kid in a Park, can quite literally be life changing. In celebration of National Parks Week and with the financial support of the Every Kid in a Park grant, the Education Team at Cabrillo National Monument invited three 4th grade classes from Vista Square for an all expenses paid trip to visit their National Park. For perspective, out of 80 students, only two had ever set foot in a National Park. On April 20, 2016, students spent the morning entranced by 16th century living historian, Ranger Tavio del Rio, reenacting the stories of Juan

Rodriguez Cabrillo and his crew's journey to San Diego. With mini-microscopes in hand, VISTA Intern Andrew Rosales led students through a native plant exploration to discover the unique drought adaptations of Mediterranean Coastal Sage Scrub. Finally, Centennial Ambassador Alex Warneke discussed the unique marine ecosystems of Cabrillo, a conversation made truly special when a migrating gray whale appeared just offshore. Through these unique stories, our staff was able to inspire students to the adventures that lie well beyond their normal boundaries. This is the power of the Every Kid in a Park effort—to connect our nation's youth to nature and make the National Parks more accessible to all Americans. For the students of Vista Square

Elementary, this opportunity not only fosters their spirit of stewardship, but it expands their entire realm of possibility.



## News You Can Use

### Welcome Back, California Gnatcatcher!



Photo By Warren Tam

It has now been over 100 years since the California gnatcatcher (*Polioptila 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.

### Wildlife in Parks

National Parks offer many great opportunities for viewing wildlife and Cabrillo National Monument is no exception. Our 164 acres are home to hundreds of different species of plants and animals; some of these species are listed as threatened or endangered.

Please keep the following rules in mind when viewing plants and animals within the park.

Never approach, attempt to catch or feed a wild animal. It is against the law and unsafe for humans and animals alike.

Stay 150 feet away from marine mammals on the beach.

If you see an animal that appears injured, do not approach it. Instead, alert a ranger or volunteer.

Rocks, shells, plants, animals, and historic objects in Cabrillo are protected just like in a museum. Vandalism and theft are prohibited and punishable by law.

Stay on designated trails at all times. Going off trail causes extensive damage to our natural resources.

## National Park Service Centennial

*"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.

Americans 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.

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

## National Park Service™ CENTENNIAL

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

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

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.

# Annual Passes



**Cabrillo Annual Pass**  
Cost \$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).

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.



**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.



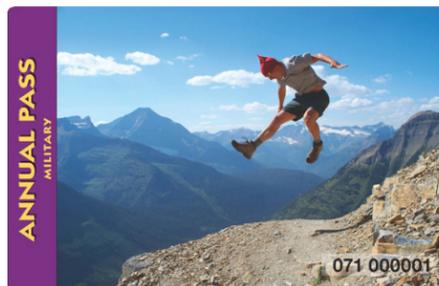
**Access Pass**  
No Cost

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.



**Annual 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.

Must be obtained in person at a Federal recreation site by showing a Common Access Card (CAC) or Military ID (Form 1173).



**OPTIONS**  
Supporting \$25 (Active Military, Seniors 62+ and Park Volunteers - No Annual Pass included)  
Monument \$40  
Trail Blazer \$75  
Tide Pool \$100  
Lighthouse \$500  
Cabrillo Legacy \$1000

**BENEFITS**  
Annual Cabrillo National Monument Pass, invitations to members-only special evening events, activities and lectures, 15% Discount at the CNM Bookstore and discounts at participating cooperating association bookstores located at other National Parks, and monthly highlights E-Blast, News You Can Use.

[www.cnmf.org](http://www.cnmf.org)



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](http://www.friendsofcabrillo.com) to join, or scan the code below to go directly to the website.



# Maps



-  The visitor center has more information about the park, rotating exhibits, and a bookstore.
-  Restrooms are located at the Visitor Center, lighthouse area, and the first parking lot of the tidepools
-  A bottle filling station is located near the Visitor Center. Please remember to fill up before visiting other areas of the park as drinking water is limited in other locations.
-  The statue of Cabrillo commemorates his accomplishment in early European exploration.
-  The military history exhibit has information on the coastal defense history of the Point Loma peninsula.
-  The Bayside Trail begins just before the lighthouse on the left hand side. It is an out-and-back trail of about two miles.
-  The lighthouse is located up the hill from the Visitor Center. There are three handicap parking spaces adjacent to it.
-  The whale overlook is the best area to spot whales from shore when they are migrating in the winter.
-  Access the tidepools by driving down Cabrillo Rd. Tidepools are best viewed during the winter months.
-  Parking is located throughout the park. There is limited parking in the tidepool area, so please carpool when possible.
-  These lines indicate areas around the park that are closed to the public. The property to the south belongs to the U.S. Coast Guard and Navy. The property to the north belongs to the City of San Diego Waste Water Treatment Facility.

## 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 in the Visitor Center.

## Need to Know

**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. This includes electronic cigarettes.



**NO SMOKING INCLUDING E-CIGARETTES**

**Trash**  
Cabrillo National Monument is a trash-free park. Pack it in pack it out.

**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.

## 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.

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.

## Public Transportation

The San Diego Metropolitan Transit System (MTS) offers bus service throughout the county, including hourly stops daily (Monday-Friday) at Cabrillo National Monument via Route 84. For added convenience, the bus stop is located right at the Visitor Center complex.

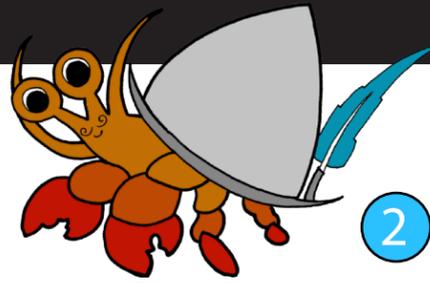


Taking the bus to the park is a great choice to reduce congestion and pollution, and a relaxing way to enjoy the scenic road on top of Point Loma. Please note that the bus does not go to the tidepool area on the west side of the park.

If you are using a vehicle-for-hire service, please make sure to arrange a pick-up time and location with your driver before they drop you off. Cell service is limited and you may not be able to reach them otherwise.



# Junior Ranger Program



**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: \_\_\_\_\_

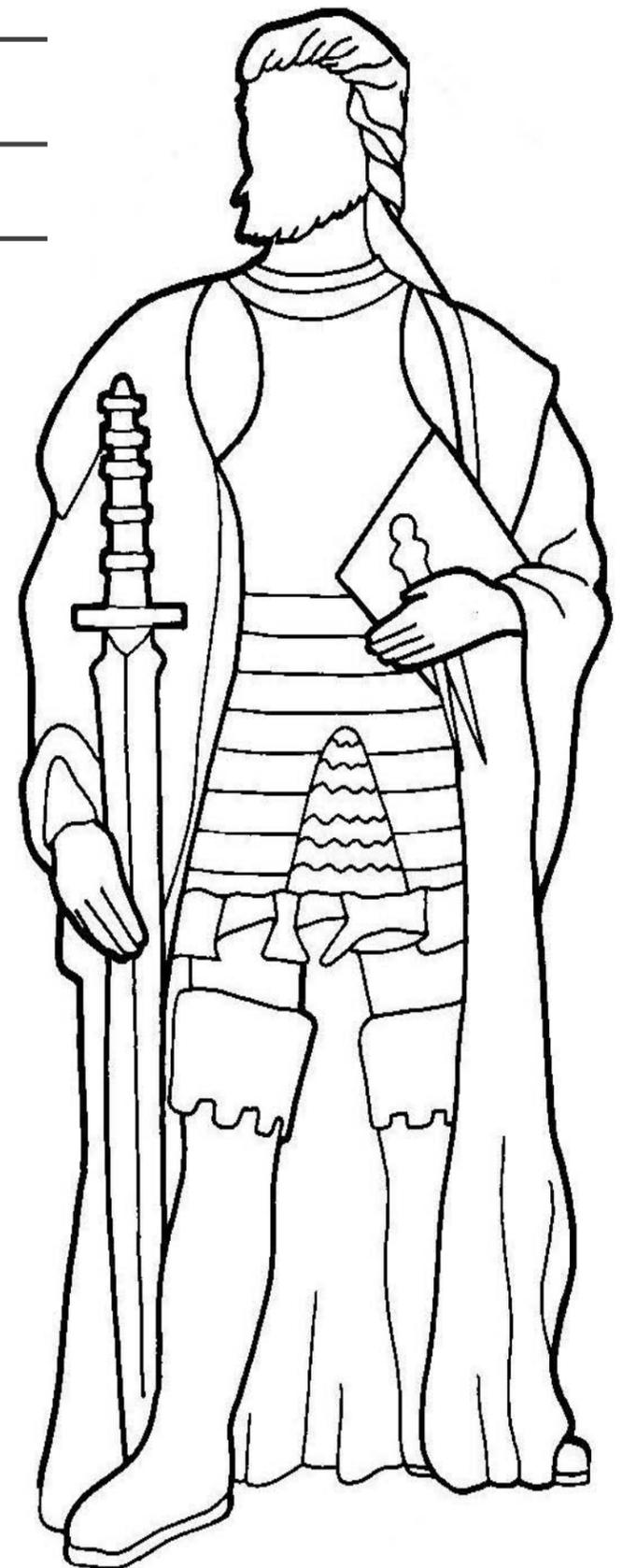
I touch: \_\_\_\_\_

## 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.



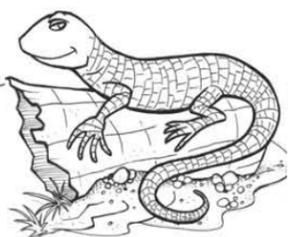
## 3 Be a Naturalist

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



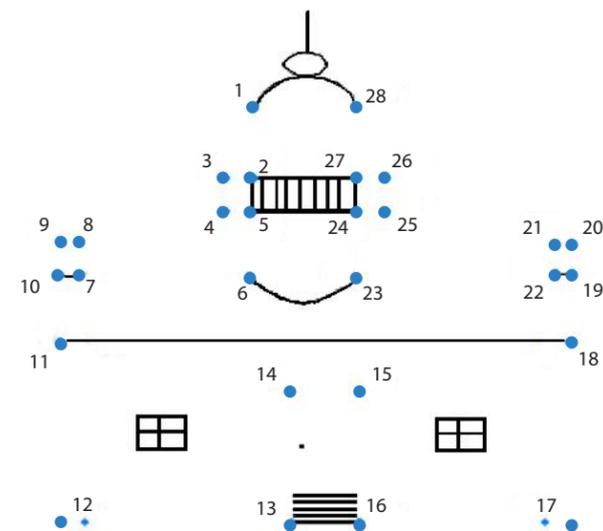
Scrub Jay



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?

Stamp this area with the lighthouse stamp from the Visitor Center.