

Santa Carina TRAIL FEATURES

Santa Carina Trail starts on the southeast side of the San Elijo Lagoon Ecological Reserve. Along this trail you'll find reminders of the native people who lived here and the plant communities on which they relied.

As you leave the pavement behind, you'll step into what were once agricultural fields when this area was dry farmed in the early 1900s. Now sagebrush and coyote brush—hardy plants of the coastal sage scrub plant community—have reclaimed their place in the sun.

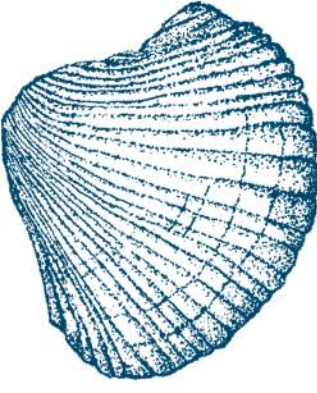
Look to the hillsides, which were too steep for farming, and you'll see an intact chaparral plant community of scrub oak, ceanothus, toyon and lemondadeberry.

Underfoot are broken bits of shells, scattered remains of seafood feasts from the days when native people lived here and shellfish were plentiful. Early farmers plowed up what resembled trash dumps with tons of shells heaped up and covered with dirt. Archaeologists have inferred from these middens that people would

gather shellfish from the ocean and the lagoon, carry them in baskets back to their encampments, eat them, and then discard the empty shells in trash piles.

San Elijo Lagoon falls within the territory of the Yuman-speaking Kumeyaay (also called Diegueno and Ipai-Tipai) people, who occupied a large and diverse environment, including the coast, foothills, mountains and deserts. The Kumeyaay were here when the Spanish explorers, missionaries and early settlers arrived. They hunted deer and rabbit, caught fish and clams. They had an intimate knowledge of plants and how to use them for food, shelter, dyes, medicine and clothing. More than 50 prehistoric sites have been recorded in this immediate area. Most lie outside the reserve and have been destroyed by urban development. Only a few remain adjacent to the edge of the lagoon.

Walking around to the north, you come to Tern Point named for the birds you may see from this look-out point. You'll find benches provide an enjoyable view of the marsh below. You can often see deer from here.



Think about your connection to this land. In the past the Kumeyaay people were directly connected to the plants, animals and their surroundings. Today, our connection often seems far removed. Even though humans rely on plants, animals, water and land everyday, people can go for months without touching the ground that supports them. Still, underlying everything is an absolute reliance on what the Earth provides. All people, past, present, and future—no matter how far removed from it—rely on nature.



Scrub oak acorn



SANTA CARINA TRAILHEAD

Driving Directions

- Off the I-5 take the Lomas Santa Fe exit and go east to the first stoplight
- Turn left at Santa Helena
- Turn left on Santa Victoria
- Turn left on Santa Carina
- Drive to the end of Santa Carina and park along the curb

RULES & REGULATIONS

Allowed

- Stay on established trails only.
- Dogs must be kept on a leash of 6 feet or less at all times.
- Carry out your trash, including your pet's waste.

Not Allowed

- Nets or seines are not allowed, and commercial fishing of any kind is prohibited.
- Boating, kayaking, swimming and wading are not allowed.
- Bicycles, motorcycles and other vehicles are prohibited.
- Do not disturb or collect any plants, animals or minerals.
- Do not feed the wildlife or release any animals into the reserve.

By observing these rules you're helping to maintain this trail for people and wildlife.

Thank you.



Black sage

San Elijo Lagoon ECOLOGICAL RESERVE

San Elijo Lagoon is one of few remaining coastal wetlands of San Diego County and home to an exceptional number of animals and plants. It lies along the coast between the cities of Solana Beach and Encinitas, extending inland to Rancho Santa Fe. The lagoon is part of San Elijo Lagoon Ecological Reserve, encompassing nearly 1,000 acres of diverse habitat.

There are seven miles of hiking trails in the reserve accessed via eight trailheads.

For a complete trail map go to www.sanelijo.org or request one by phone.



San Elijo Lagoon Conservancy

San Elijo Lagoon Conservancy (SELC) is a nonprofit land trust working to preserve, protect, and enhance San Elijo Lagoon Ecological Reserve and its watershed. We depend upon the financial support of individuals and foundations in order to provide educational materials, maintain the health of the lagoon and acquire additional acreage. To make a donation please go to our website or telephone our office.

SELC offices:

2049 San Elijo Ave., Cardiff, CA

Mailing address:

P. O. Box 230634

Encinitas, CA 92023-0634

Phone: (760) 436-3944

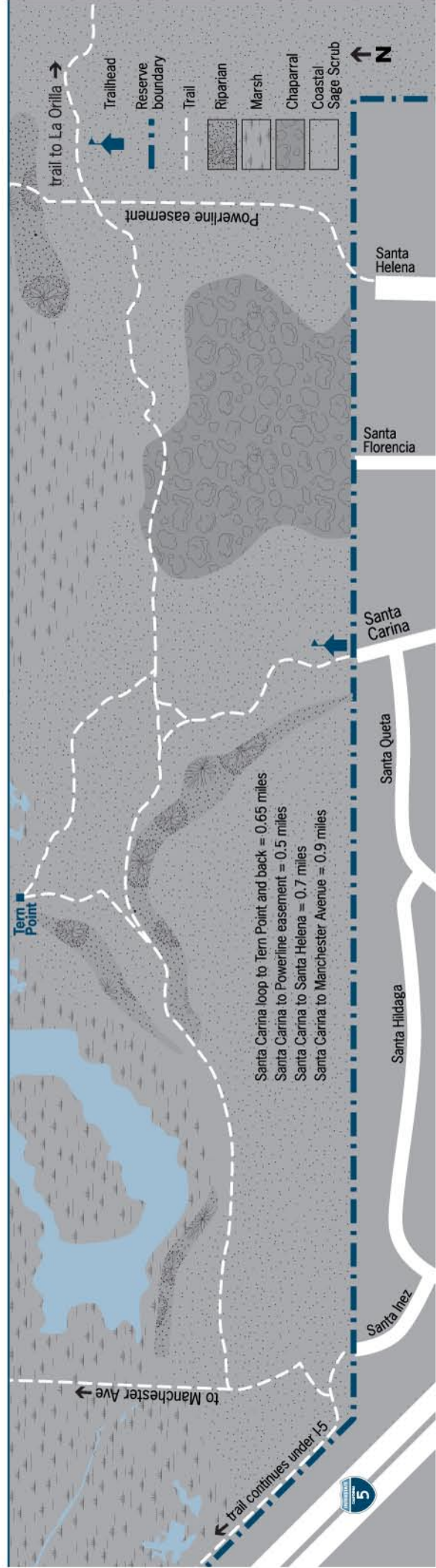
Fax: (760) 944-9606

www.sanelijo.org



Trail guide provided by San Elijo Lagoon Conservancy in partnership with the San Diego County Fish & Wildlife Advisory Commission.

Graphic design by Artefact Design, www.purecorn.com



Santa Carina loop to Tern Point and back = 0.65 miles
 Santa Carina to Powerline easement = 0.5 miles
 Santa Carina to Santa Helena = 0.7 miles
 Santa Carina to Manchester Avenue = 0.9 miles

San Elijo Lagoon ECOLOGICAL RESERVE

Santa Carina TRAIL GUIDE



Preserving, protecting and enhancing the San Elijo Lagoon Ecological Reserve and its watershed

