Welcome to Sweetwater Regional Park

To the west you can see San Diego Bay and the Pacific Ocean. Eastward lie Sweetwater Reservoir and rugged backcountry mountains. In the distance to the south sprawl the hillsides of Tijuana. You're standing at the Summit Site of Sweetwater Regional Park, and surrounding you is a unique county park.

At the Hub of South Bay Recreation

Visitors to this regional park have quite a palette of activities to choose from. The Summit Site, atop a hill overlooking the Sweetwater Valley, offers modern campsites—including some with corrals for equestrians who want to bring their horses and explore the 15 miles of trails in the area. Below the summit are hundreds of acres of streamside vegetation, grassland, and open areas that provide a variety of habitats for hikers, horseback riders, and mountain bikers.

Sweetwater Regional Park is especially attractive for people who want to get away—but not too far away. It's only ten miles southeast of downtown San Diego, so in a matter of minutes you can get from your campsite to the Gaslamp District and its fine dining, or to the world famous San Diego Zoo, or to the museums and promenades of Balboa Park. The Chula Vista Nature Center, close by on the shore of south San Diego Bay, is worth a visit. The exciting metropolis of Tijuana is a mere 15 minutes away. There are several golf courses nearby, and boating and fishing opportunities abound.

Facilities

Campers, trailers, motor homes, and tent camping are all options at the 53 sites, all of which have water and electricity. Trailers as long as 45 feet will find plenty of room here, and a dump station is available. Hot showers are available for all campers. One of the major attractions at the park is the pavilion. This covered structure and its kitchen facilities are especially suited for group campers. An adjacent local park features a lawn area and picnic tables with panoramic views of the countryside.

You'll find more outdoor adventures in these other San Diego County camping parks

Agua Caliente – A very popular park during the winter, this desert oasis 20 miles south of Borrego Springs is known for its beauty and solitude, and for the soothing mineral waters in its two naturally fed pools.

Dos Picos – Sheltered by steep, boulder-strewn mountain slopes, this park near Ramona is designed to highlight the ancient oak groves that make your stay here memorable.

Guajome – Only minutes away from the Pacific Ocean, Guajome Regional Park in North County is known both for its rich natural habitats (including a small but beautiful lake) and its historic Rancho Guajome adobe.

Lake Jennings – Come to this lakeside park for a relaxing sense of being in the country, yet it's only a few miles from downtown San Diego. Fishing is a major attraction here.

Lake Morena – The spectacular lake is a magnet for anglers, yet the 3,250 acres of this East County park offer something for every outdoor enthusiast, from hikers to picnickers to just plain campers.

Potrero – Quiet solitude describes this park, but it's also near some adventurous places, such as historic Campo and the colorful Mexican town of Tecate.

Vallecito – The reconstructed sod Butterfield Stage Station is at the heart of this desert refuge, which is a great home base from which to explore the wonders of the Anza-Borrego Desert.

William Heise – Perhaps our most beautiful park, Heise lies amid 900 acres of mountain forests. The nearby town of Julian is a great place to visit.

PARK REGULATIONS

Fire Hazards: Sec. 41.118 — No person shall ignite, or permit to be ignited, a fire in any location in a County park, except in a campfire or cooking area provided by the County or as specifically authorized by the Park Ranger.

Pets: Sec 41.123 — (a) Pets are permitted in County parks during the hours that such parks are open to the public. Pets are prohibited on all County trails outside camp and picnic areas and at Agua Caliente County Park. Pets are not allowed in Cabins.

Plants: Sec. 41.111— No person shall pick, dig up, cut, mutilate, destroy, injure, disturb, move, molest, burn or carry away any plant vegetation, or portion thereof, including aquatic plants.

Peace and Quiet: Sec 41.135 — No person shall disturb the peace and quiet of a County park by any loud or unusual noise, or by the sounding of automobile horns or noise-making devices, or by the use of profane, obscene or abusive language or gestures.

Sanitation: Sec. 41.149 — The Park Ranger shall control the size, type and arrangement of trailers and other private camping equipment and facilities permitted in the area in order to maintain the sanitation and orderly appearance of County park camping areas. Disposal of wastewater shall be at locations designated for the dumping of wastewater.

Youth Camping: Sec. 41.141 — No person or persons under the age of 18 years shall be issued an overnight camping permit unless accompanied by an adult. Said adult shall have either parental right or written authorization to approve medical treatment for those under the age of 18 years.

Alcohol Beverages: Sec. 41.136 — No person shall transport into a County park, or consume upon the premises of a County park, any intoxicating liquors having an alcoholic content in excess of 20% by volume.

Check-in time: 2:00 p.m. Check-out time: 1:00 p.m.

Overnight camping in County parks is contingent upon maintaining the immediate camping area in a safe and clean condition and complying with all park rules. Failure to comply with the above regulations will result in a suspension of camping privileges and a loss of all fees paid.

For more information call (858) 694-3049

Administrative offices:
5201 Ruffin Road, Suite P
San Diego, CA 92123-1699

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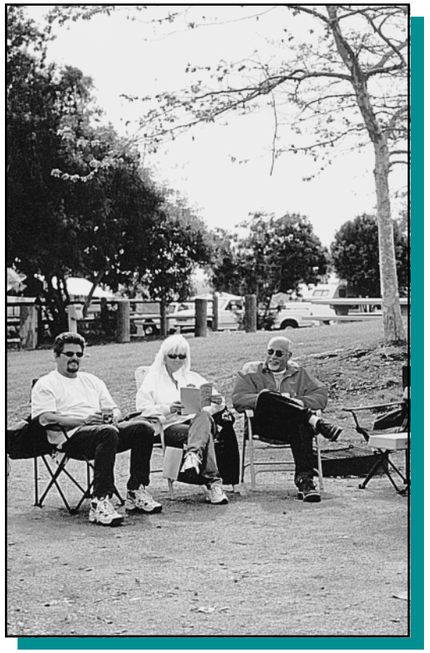
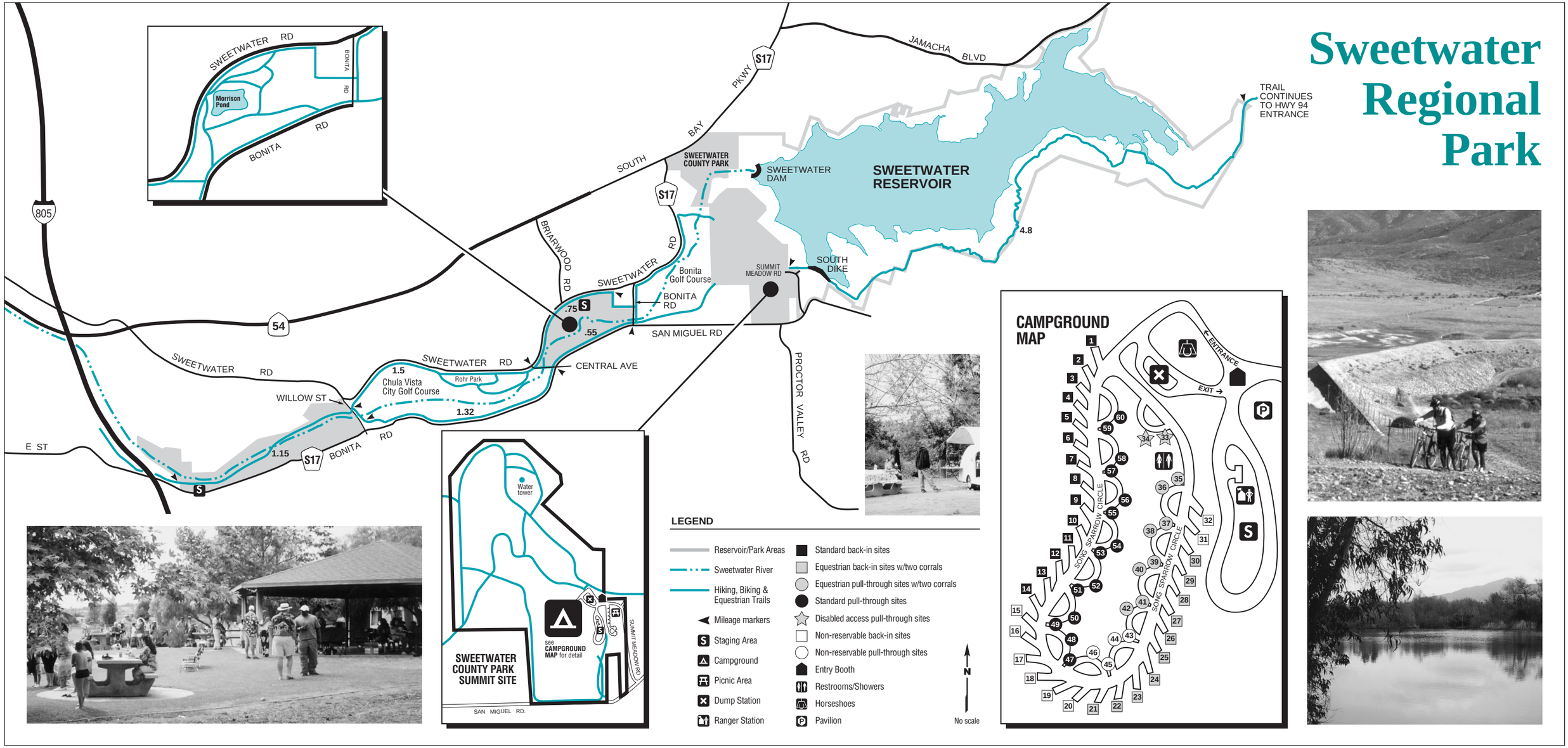
Sweetwater Regional Park



County of San Diego Department of Parks and Recreation

Reservations:
2454 Heritage Park Row
Old Town San Diego, CA 92110

San Diego County (Toll Free) (877) 565-3600
Outside San Diego County (858) 565-3600
Information: (858) 694-3049

www.sdparks.org

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