



Castle H, Fry-Koegel, & Mt. Woodson Trails

[Ramona to Poway Lake]

ACCESS: From Hwy 67, north on Archie Moore Road 1 mile to a fork in the road. Left at the fork onto a one-way street to the small staging area on the right side of the road just before the elementary school. Horses are *not* permitted in the school park or on the school nature trails. [Future plans include horse access that will skirt the school park, cross the creek below the staging area, and will connect with the future Rancho San Martin trail system.] From the staging area, ride or hike along the pathway at the side of Archie Moore Road back toward Hwy 67 to the trail head at Mt. Woodson Country Club.

LENGTH AND ELEVATION: ~11 miles of trails; 1000' to 2400'.

DESCRIPTION: The Castle H Trail, defined by a wood rail fence, skirts the perimeter of the Mt. Woodson Country Club. The centerpiece of this development is the historic Amy Strong Castle, which is visible from the trail head along Archie Moore Road. Beyond the Mt. Woodson Country Club development, the trail crosses into Poway as a narrow, unfenced path (the Fry-Koegel Trail). There are steep up-and-down stretches through brush and boulders. At the T-junction where the Fry-Koegel Trail intersects with the Mt. Woodson Trail, a sign indicates that a left turn leads to the peak of Mt. Woodson and a right turn continues to Poway Lake. A short distance after reaching the wooden rest bench on Mt. Woodson Trail, a trail sign marks the second intersection (go right again to continue to Poway Lake). At the third trail intersection, again continue to the right (there is a barricade on the trail to the left). At this point the trail continues for the last 2 miles as a graded dirt road. Continue to the right at the fourth intersection (no sign). At the fifth (final) intersection of trails, a sharp left leads to the Lake Poway parking/picnic areas; an easy left leads to a small footpath down to a moderately large seasonal waterfall that feeds into Poway Lake; and a right turn leads to the Lake Poway Loop Trail. [See "City of Poway Trails Guide" for more detail.]

The Castle H, Fry-Koegel, and Mt. Woodson Trails form a one-way route between Ramona and Poway Lake. Therefore, arrangements must be made either to shuttle or to allow time for the return trip. Due to the difficulty factor, it is recommended that users pick a cool day (generally October through June). Also, it is advisable to bring drinking water along, since none is available on the trail.

RECOMMENDED USES: *EQUESTRIAN*--Horses are permitted. However, the Fry-Koegel and the east end of the Mt. Woodson trail are currently not considered suitable for horses (future plans include trail work to enable equine use). *HIKING*--Recommended for only conditioned hikers due to the numerous steep ups and downs offered by these trails. Hiking shoes are recommended for good traction. *RUNNING*--Not recommended. *BICYCLING*--Recommended for only the most experienced/conditioned riders.



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