

Transition Habitat Conservancy
 Portal Ridge Wildlife Preserve Trail Map
 Portal Ridge, CA

Scan the QR code to download the map to your phone.

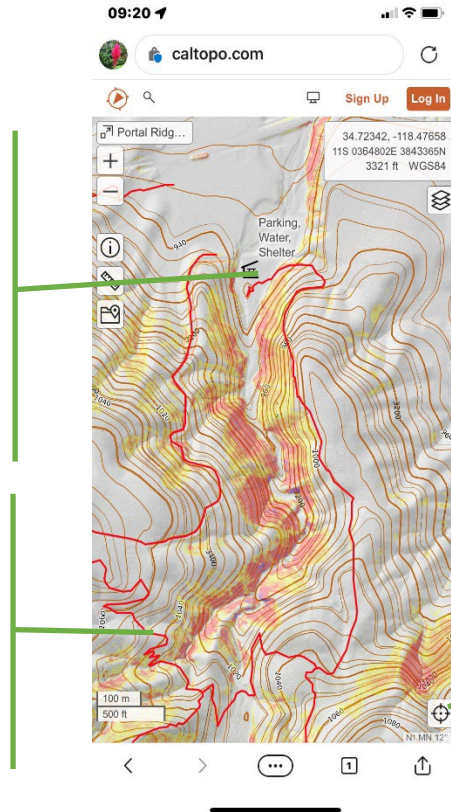


Description of the trail map on your phone

Use the QR code in the bottom right corner of the map on the opposite side to get it with your camera. This map on your phone allows you to see where you are and decide which way you want to go next. It also contains symbols marking special features near the trail.

Symbol describing a feature on the map: "Parking, Water, Shelter" in this case. Zoom in to read the description or touch to open a box describing the feature.

When touching a red trail segment, a box opens showing its length, profile, and an estimated time to hike it at a speed of 2 miles/hour.



Spending time in nature has been shown to have several benefits for both physical and mental health. Being in nature can reduce stress and anxiety, improve cardiovascular health, increase physical activity, boost the immune system, and improve sleep quality. Additionally, exposure to natural environments has been shown to improve mood, increase creativity, and reduce symptoms of depression. Overall, incorporating time in nature into daily life can have a positive impact on overall well-being.

Touch this symbol to get your location on the map. A temporary round blue marker appears showing your location.

The **PORTAL RIDGE WILDLIFE PRESERVE** consists of over 3000 acres of protected land. The Preserve is open to the public during the day and is enjoyed by hikers and horseback riders alike. In this reserve, we created a trail system in a natural setting that is well-maintained and provides scenic views of the high desert and diverse landscapes. The trail segments between intersections are of varying lengths and levels of difficulty, and we clearly marked the intersections with signage. The trails allow you to visit rich ecosystems, and to observe and appreciate diverse flora and fauna. By hiking through this area, you can gain a deeper understanding and appreciation of the natural world and the important role that healthy ecosystems play in supporting the balance of nature.

Transition Habitat Conservancy is a 501(c)(3) charitable non-profit organization. We depend on your contributions to assist us in our efforts to preserve habitat. Your tax-deductible donation goes to our conservation programs and organizational support services. That means your donations are tax deductible. (Tax ID 74-3146328) *All directors are volunteers.* Choose the "**SUPPORT US!**" button on our website "www.transitionhabitat.org", to become a member with a yearly membership, or give monthly.

Volunteering your time and skills can be a great way to support the goals of Transition Habitat Conservancy. By volunteering, you can not only contribute to a good cause, but also benefit yourself by gaining new experiences, skills, and building relationships. It can be a meaningful and rewarding way to give back to your community. You can contact us at 760-868-1400.