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

Visitor Guide
Spring/Summer 2016

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FIND YOUR PARK
www.findyourpark.com
2 Visitor Guide

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.

Support Your Park

Volunteer

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, vipvoice.wordpress.com or email us at cabr_volunteers@nps.gov

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

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

 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

Trails & Rails

Support Park Partners

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

The San Diego Maritime 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

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
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 you through a prime example of the ships cruising in and out of Harbor, giving you close up views of the many sights and sounds along the western side of Point Loma, is a window into the ocean ecosystem of Cabrillo National Monument, which shows daily in the Visitor Center auditorium.

**Tidepooling**
The rocky intertidal zone, on the western side of Point Loma, is a window into the ocean ecosystem where park staff will orient you through a prime example of the ships cruising in and out of Harbor, giving you close up views of the many sights and sounds along the western side of Point Loma, is a window into the ocean ecosystem of Cabrillo National Monument, which shows daily in the Visitor Center auditorium.

**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.

**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.

**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.

**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 at the Visitor Center for more information. Tour Battery E bunker on the fourth Saturday of every month, 10am-4pm (Jan.-Oct.). Check in at the Visitor Center for more information.

**Junior Ranger Programs**
Junior Ranger Programs are 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

**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
- @CABRILLONPS
- @CABRILLONPS
- cabrilloNPS
- YouTube

**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 10 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.

- **Fall**
  Rain is rare, skies are clear, and temperatures usually hover in the mid-70s. Fall is also the time when Santa Anas hit the county. These ferocious winds blow in from the desert to the east, bringing dramatic temperature increases (daytime highs can quickly rise into the 90s), hot, dry air, and virtually no humidity.

- **Winter**
  November through February is the rainy season here, with chilly weather fronts roaring down from the Gulf of Alaska, delivering sometimes torrential downpours and temperatures in the 50s and 60s. Once storms move out, however, the views from Cabrillo are usually the best of the year: the rain cleanses the air and makes for crystal-clear panoramas.
The Every Kid in a Park initiative, launched by President Obama in 2016, aims to provide all fourth graders in the U.S. with an annual pass to visit all national parks and monuments. This initiative is intended to expose children to the natural beauty and diversity of American public lands and waters, providing them with a unique learning experience. The pass is valid for the entire school year, allowing unlimited access to all national parks and monuments for the holder and their family. For the students of Vista Square Elementary, this opportunity to explore nature and history was not only educational but also life-changing. The opportunity to visit Cabrillo National Monument, which was the site of the landing of Juan Rodriguez Cabrillo and his crew in 1542, provided a real-world example of how explorers encountered the native coastal sage scrub ecosystem and the unique adaptations of Mediterranean flora. Through the Every Kid in a Park program, children have the chance to see beyond their own neighborhoods and imagine the possibilities that lie beyond their current perspectives. This initiative serves as a call to action to get all children, regardless of their circumstances, outside and into nature, inspiring the next generation of stewards of our public lands and waters.
Welcome Back, California Gnatcatcher!

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: “mewwww... mewwww...” 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 coastal regions 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.

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.

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 American's 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.

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 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 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.
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.

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.

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.

Active Duty U.S. 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).

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.

OPTIONS
Supporting $25 (Active Military, Seniors 62+ and Park Volunteers - No Annual Pass included)

Mountains $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

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.

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 to join, or scan the code below to go directly to the website.

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

Visit www.friendsofcabrillo.com to join, or scan the code below to go directly to the website.
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.

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.

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.

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.

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

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.
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.

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: _______________________

What else do you notice about the weather? Is it sunny? Is it cloudy? Is it windy?

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

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.

Cottontail Rabbit

Western Fence Lizard

Scrub Jay

California Ground Squirrel

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.

I see: __________________________

I smell: ________________________

I hear: ________________________

I touch: _______________________

Now fill out the following:

I see: __________________________

I smell: ________________________

I hear: ________________________

I touch: _______________________

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!

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