



# News Release

**For Immediate Release**  
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## **Thousands Visit California State Parks for Wildflower Season *Visitors Reminded to Plan and Be Prepared for the Outdoors***

*BORREGO SPRINGS, Calif.* — California Department of Parks and Recreation encourages visitors exploring state parks during the wildflower season to properly plan and prepare for their trips. Thanks to this year’s rain, many state parks are experiencing wildflower blooms. This is especially the case at the 650,000 acre Anza-Borrego (Anza-Borrego) Desert State Park which is experiencing the most dramatic bloom in nearly 20 years. With the flowers, come the large crowds. Knowledge of the area, weather, limitations of your body and enjoying the outdoors safely with everyone can help to ensure an enjoyable trip.

Below is some helpful information for wildflower enthusiasts:

### **Knowledge of the Area**

- Know where to go and have a plan before you arrive.
- Read about your state park destination [online](#) and map your visit.
- A list of state parks with wildflower bloom information is available [online](#). View it and call the park ahead of time or visit social media sites for current conditions, since they can change due to weather.

### **Weather**

- Check the weather before you leave.
- Make sure your equipment and clothing is appropriate for the weather expected.

### **Limitations of Your Body**

- Bring plenty of food and water.
- Drink plenty of water prior to your visit to remain hydrated and avoid heat-related emergencies.
- Protect yourself from the elements. Bring sunscreen, a hat, comfortable clothing and shoes.
- Walk at a pace that allows you to talk freely. If you are too out of breath to speak, you are probably working too hard. Pay attention to your body. Take breaks or stop exercising if you feel very out of breath, dizzy, nauseated or have pain.



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1

## Enjoy the Outdoors Safely with Everyone

- Expect traffic, heavy crowds and delays into state parks. Please be patient or consider visiting the park during the week versus the weekend. It may still be busy during the week, but crowds are much less.
- Plan on waiting in line for the restrooms and other amenities.

The California Department of Parks and Recreation protects and preserves the state's most significant natural and cultural resources while delivering public spaces to bring families and friends together and providing a wide array of recreational opportunities for the benefit and enjoyment of all people. Off-highway motor vehicle recreation, boating activities, horseback riding, on and off-road cycling, hiking, camping, and rock climbing are some of the recreational activities enjoyed in 280 state parks organized into 22 field districts throughout the state. For more information, please visit [www.parks.ca.gov](http://www.parks.ca.gov).

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### **California State Parks Mission**

*To provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.*

