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## Hiking Safety At Three Sisters Falls



It has been a record-breaking hot summer in San Diego County. With temperatures hitting triple digits in our backcountry areas, the San Diego County Sheriff's Department, the U.S. Forest Service, CAL FIRE San Diego and other agencies have been busy rescuing hikers who didn't prepare for the heat and sometimes treacherous terrain.

The Sheriff's Department and the Cleveland National Forest have teamed up for a new public safety video to warn hikers of the dangers of hiking at Three Sisters Falls near Ramona. To watch it, click on the above photo or follow the Sheriff's Department on VIMEO:

<https://vimeo.com/284204166>.

So far this year, the Sheriff's ASTREA (helicopter) Unit has rescued 57 people. Of that number, 16 were rescued from Three Sisters Falls or Cedar Creek Falls near Ramona. The Sheriff's Search and Rescue (SAR) Unit regularly goes out to these trails to inform the public about hiking safety, as well as to help distressed hikers.

To learn more about hiking at Three Sisters Falls, visit: <https://bit.ly/2oAdSFc>.

