

ESCONDIDO TIMES-ADVOCATE

The hometown newspaper of Escondido, California

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Escondido News

Lake Hodges water rescue of couple nearly overwhelmed by floodwater

By News Desk on January 08, 2026



A local man whose wife was rescued New Year's Day from rushing waters near Lake Hodges.

January 1, 2026, at about 8:10 a.m., deputies from the San Marcos Sheriff's Station were dispatched to a water emergency near Lake Hodges in unincorporated Escondido.

A man reported that he and his wife had been out for a walk near the lake. The couple entered the lake grounds at a low-water crossing near the roadway. About an hour later they returned to the same crossing and found the rains had flooded the area.

Water on the crossing was now flowing swiftly to the lake. The couple entered the flowing water on foot to get back to their vehicle. Despite walking cautiously, the current swept them both off their feet. They were carried by the water into a creek that flowed into Lake Hodges.

After struggling with the current, the male successfully reached shore, but his wife continued downstream. The man was able to walk to a residence, where he was assisted in contacting the San Diego Sheriff's Office for help. Deputies and fire personnel from Cal Fire, and local Fire agencies responded to the area and a rescue operation was launched.

A short time later a San Diego Fire Rescue Helicopter located the woman. She was rescued and transported to the hospital. The couple was reunited, and both were in stable condition.

The Sheriff's Office urges the public to never walk, swim, or drive through flooded areas and use caution when entering an area prone to flooding. Just six inches of fast-moving water is enough to put your life at risk. Remember, turn around, don't drown.



Rescuers at New Year's Days action near Lake Hodges.



First responders on scene to rescue a woman swept away from floodwater near Lake Hodges.

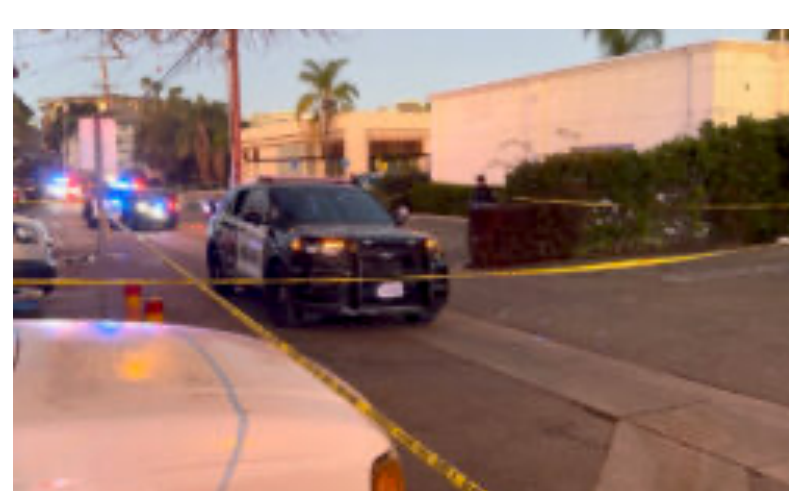
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