

Regional in Nature Activity Guide

July – August 2019



Photo: Allan Mendez

- Celebrate our 85th anniversary every Friday, now through the end of the year!
- FREE day use parking, swimming, fishing, dog entry, horse trailers, and boat launching, including entrance to Ardenwood Historic Farm on non-event days.
 - Does not include state fees.

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200 Miles of Regional Trails
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East Bay 
 Regional Park District

Healthy Parks Healthy People

ebparks.org

General Information
 1-888-EBPARKS or 1-888-327-2757
 Camping & Picnic
 Reservation 1-888-EBPARKS
 Naturalist & Recreation
 Programs..... 1-888-EBPARKS
 TRS Relay Service..... 7-1-1

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Visit ebparks.org for map downloads, activity and event information, and much more!



Improving Air Quality & Health with 200 Miles of Regional Trails

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



Thanks to the foresight of former East Bay Regional Park District board members, staff, and trail enthusiasts, the Park District has an extensive network of over 200 miles of regional trails. I'm proud to have been part of that effort, first as Trails Coordinator at the Park District, and now as General Manager.

In the early 1980s, the Park District completed a Regional Trails Master Plan – the first of its kind in the nation. The plan proposed a system of inter-connected, multi-use regional trails connecting people to parks, parks to other parks, and to transit hubs.

Investment began in 1988 when local voters approved Measure AA to invest \$225 million in Regional Parks, including regional trails. Voters continued that investment 20 years later in 2008 when they approved Measure WW with 72% of the vote. In 2010, the Park District received

a \$10.2 million federal TIGER II grant to close critical gaps in the regional trail system.

Today, the Park District's regional trails continue to provide recreational opportunities for walking, running, biking, and horseback riding. They have increasingly served as a popular green transportation network to safely connect communities, schools, and businesses to transit stations.

To reduce the impact of traffic congestion and carbon pollution, more planned trails in the coming years include:

- Albany Beach Bay Trail – Buchanan to Gilman St. (1 mile)
- Lone Tree Point Bay Trail at San Pablo Bay Shoreline (½ mile)
- Point Molate Bay Trail in Richmond (1 mile)
- Marsh Creek Regional Trail – Vineyards Parkway to Round Valley (3 miles)
- Bay Area Ridge Trail – Garin Regional Park to Vargas Plateau Regional Park (5 miles)

See you in your Regional Parks... and on your Regional Trails!



Coming Soon to East Bay Regional Parks

In Oakland, a new grand shoreline regional park is being planned at the Oakland touchdown of the Bay Bridge. The park—officially named the **Judge John Sutter Regional Shoreline** after East Bay civic and environmental leader and former East Bay Regional Park District board member John Sutter—includes a historic and newly renovated Bridge Yard building, a new shoreline pier/observation deck, and access to the existing Bay Bridge Trail and the San Francisco Bay Trail. The Bridge Yard building will serve as the recreational anchor for the park. The observation deck is expected to be completed in 2019.

In Concord, a 2,500+ acre regional park is planned in the former Concord Naval Weapons Station. The Navy is set to transfer the land, temporarily named **Concord Hills Regional Park**, to the District this July and will undergo land use planning to determine future recreational facilities, trails and habitat restoration.

In Berkeley, the old Brickyard site at **McLaughlin Eastshore State Park** will soon be transformed into a recreation area with 45 new parking spots, bike racks, restrooms, a water fountain, interpretive signage, walking paths for recreation and nature watching, and improved connections to

the San Francisco Bay Trail. The project also includes restoration of natural habitat, such as beaches, wetlands, and upland areas.



The Bridge Yard Building
 Former maintenance facility for the Key System electric passenger trains.

Bay Area's Farming Past Comes Alive

Each year the Park District's historic farms—Ardenwood Historic Farm in Fremont and Little Farm in Tilden Regional Park—provide thousands of school children and adults with a look at the Bay Area's farming past and an understanding of where food comes from. For many of us today, especially children, farming is an activity from a bygone era. But for residents in the 1800s to the 1930s, farming was the main way of life.

These two farms provide visitors with unique experiences of the livestock raised and the crops cultivated and an understanding of what it takes to produce food.

Consider a visit to Ardenwood or Little Farm for a learning experience like none other.



New Park Rules

- **eBikes Now Allowed on Some Paved Regional Trails**
- **Dogs Required on Leash in Parks When Cattle are Present**

Class I and II eBikes are allowed on the Alameda Creek Trail (Paved Only), Big Break Trail, Contra Costa Canal Trail, Delta De Anza Trail, George Miller Trail, Iron Horse Trail, Lafayette Moraga Trail, and Marsh Creek Trail.

For more information on Park District rules, visit ebparks.org/rules.



Wildfire Protection Public Awareness Campaign

Wildfire protection is a year-round effort, from reducing hazards through trimming trees and brush to fighting fires with manpower, equipment, and air resources. However, it is also important that homeowners, including the Park District's 70,000+ fence-line neighbors, do their part to reduce fire risks.

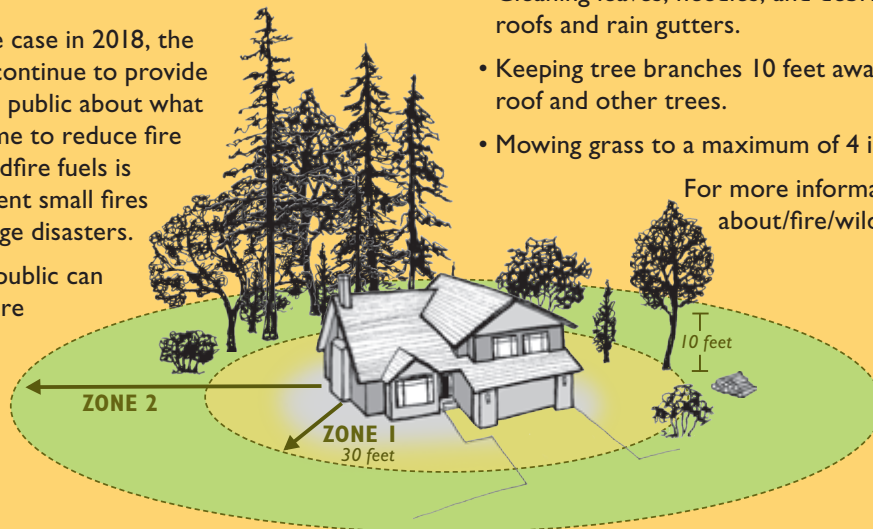
In 2019, as was the case in 2018, the Park District will continue to provide information to the public about what they can do at home to reduce fire fuels. Reducing wildfire fuels is important to prevent small fires from becoming large disasters.

The best way the public can help provide wildfire

protection includes creating and maintaining a defensible space of 30-100 feet around their home, including:

- Removing all dead plants, grass, weeds and overgrown brush.
- Cleaning leaves, needles, and debris from roofs and rain gutters.
- Keeping tree branches 10 feet away from chimney, roof and other trees.
- Mowing grass to a maximum of 4 inches.

For more information visit ebparks.org/about/fire/wildfire_prevention.htm.



Health Matters

KAISER PERMANENT AND EAST BAY REGIONAL PARK DISTRICT ARE PROUD PARTNERS WITH THE MUTUAL GOAL OF PROMOTING HEALTH AND FITNESS.

HEALTH TIPS:

Summer Hydration

Dehydration is most common in the summer's heat.

1. Drink six to eight glasses of water per day.
2. Carry a water bottle with you during the day.
3. Eat fruits and vegetables with high water content.

Healthy Parks Healthy People

SUMMER PROGRAMS FOR YOUTH

JUNIOR LIFEGUARD

Ready for fun and adventure? Our eight, one-week sessions pack loads of lifeguarding skills and engaging activities. Each session has a different theme but will always cover CPR, first aid, and water rescue skills. Offered at five facilities, this day camp meets from 9am-4pm, Mon-Fri. Scholarships available. 8-12yrs. For info on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. No onsite registration.



Learning CPR at Contra Loma.



Junior Lifeguard Aides taking a break to pose in between learning rescue skills.

JUNIOR LIFEGUARD AIDE

Learn leadership, communication, and team building skills. Participants assist instructors and act as role models to young Junior Lifeguard participants by demonstrating and teaching skills as well as setting up and leading activities as directed by the lead instructor. This is a great opportunity to get a foot in the door if you would like to be a lifeguard. 13-15yrs. Applications are required. Info/Application: contact Aaron Roth at aroth@ebparks.org or call (510) 690-6624.

SWIM LESSONS

Offered at Contra Loma Lagoon and Roberts Pool. Swim lessons are a great start to a safe, fun summer. We offer a wide range of American Red Cross swim levels for ages 6 months through teens. Adult lessons offered at Roberts. Classes at both locations meet Mon-Thu for two weeks. Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons.



Practicing swimming techniques.

JUNIOR LIFEGUARD CADET

Offered at Lake Anza only. This program will challenge teens ages 14-18 mentally and physically to embrace the EBRPD Lifeguard Service's core values of integrity, honesty, respect, service, and safety. Junior Cadets do this through developing skills in teamwork, professionalism, and communication. Cadets should expect

daily physical fitness activities, swimming and rescue skill training, first aid lectures, emergency procedure drills and insider knowledge of how to become a lifeguard. Cadets 15+ will earn a lifeguarding certificate. Applications are required. Info/Application: contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

RECREATION

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
10am-noon, Sat, Aug 17 #26031; 1:30-3:30pm, Sat, Jul 20 #26019; Aug 17 #26022
Gain 90-minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30 minutes of classroom instruction. 8+yrs. Registration is required.
Fee: \$50 (non-res. \$56)

FIRST AID FOR DOGS

Big Break
9am-1pm, Sat, Aug 10 #26002

Peter Pay

Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Additional \$5 material fee for the book "First Aid for Dogs", required at time of class. 12+yrs. Registration is required.
Fee: \$50 (non-res. \$56)

FLY-FISHING INTRODUCTION

Tilden Fish First!
7am-1pm, Sun, Jul 14 #25993; Aug 11 #25997

This exciting and informative day is geared

PARK'N IT DAY CAMP

Mon-Fri, 9am-4pm
Jun 24-28, Don Castro #24219
Jul 8-12, Contra Loma #24382
Jul 15-19, Coyote Hills #24384
Jul 22-26, Miller Knox #24423
Jul 29-Aug 2, Ardenwood #24376
Spend a whole week exploring and playing in the Regional Parks! Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts and crafts, sports, and active fun in the great outdoors. (10% family discount for registration of second child of the same family; only applies when both children register and pay in one transaction - either by phone or online). 5-12yrs.



Boys fishing under supervision of recreation leaders.

Registration is required.
Fee: \$200 (non-res. \$220)

LEADERS IN TRAINING

Mon-Fri, 8:30am-4pm
Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! **LITs must first apply and interview for positions.** They will receive a tee shirt, training, 35 community service hours, and job-skills development from staff. LITs are encouraged to work for more than one camp session. Download an application at www.ebparks.org/lit or contact Megan Secombe, Recreation Coordinator, at msecombe@ebparks.org or call 510.544.2554. 13-17yrs.
Fee: \$50



Do you like working with kids and being outdoors?

toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two and one-half hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 12+yrs.

Registration is required.
Fee: \$60 (non-res. \$66)

FISHING – BASS BASICS

Various parks Recreation staff
8-11am, Sat, Jul 13 #26057 Contra Loma;

Jul 27 #26059 Temescal; Aug 10 #26058 Contra Loma; Aug 24 #26060 Temescal
Learn the basics of bass fishing including gear selection, tackle/rigging, bait, and fish behavior. This course is designed for those who have some fishing experience but want to gain knowledge, specifically about bass fishing. Valid California fishing license required for ages 16+yrs. Gear provided. 12+yrs. Registration is required.
Fee: \$25 (non-res. \$29)

KAYAKING / BOATING



Kayakers at Big Break.

Registration is required.

KAYAKING FOR FOLKS 50+

MLKing Jr. Shoreline Recreation Staff
11am-3pm, Thu, Aug 22 #26052
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines for paddling. Then practice what you have learned touring by kayak.

Fee: \$52 (non-res. \$58)

KAYAKING BIG BREAK – LONGER PADDLE

Big Break Recreation Staff
9am-12:30pm, Sun, Jul 7 #26036;
Sun, Aug 4 #26037

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry-land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Adult participation required for ages 10-16yrs. (adult registers). 10+yrs.
Fee: \$40 (non-res. \$44)

SUNSET PADDLE

Tidewater Boating Center Recreation Staff

6:15pm-9:15pm, Sat, Jul 20 #26041
Enjoy the beauty of the sunset by kayak! We'll set off just before sunset and explore the calm waters of San Leandro

Bay. Kayaks, instruction, and all associated safety gear provided. Adult participation required for ages 10-16yrs. (adult registers). 10+yrs.
Fee: \$35 (non-res. \$39)

SUNSET & FULL MOON PADDLE

Big Break Recreation Staff
6:30-9pm, Wed, Aug 14 #26046
Paddle as the light of the setting sun and the rising moon sparkles on the waves.

After dry-land instruction, we will wend our way in our steady and stable two-seater kayaks. Adult registration/participation required with registered children ages 10-17yrs.

Fee: \$30 (non-res. \$34)

BROOKS ISLAND ADVENTURE

Brooks Island Naturalist/ Recreation Staff
9:30am-3:30pm, Sat, Aug 24 #26054;
Sun, Aug 25 #26056

This trip is a short paddle in stable, two-person kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island Regional Preserve shoreline, then come ashore to enjoy a naturalist guided two-mile hike around the island which is normally closed to visitors. Adult registration/participation required with registered children ages 16-17yrs.
Fee: \$85 (non-res. \$95)

Registration information – register beginning May 28

www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2

FLOAT TUBE FISHING

Contra Loma Recreation staff
10am-1:30pm, Sat, Aug 17 #26061
This course is designed for the intermediate to advanced angler and will introduce the sport of float tube fishing. Participants will be given on land instruction on float-

tubing gear and techniques, followed by instructor-guided fishing for bass on the Contra Loma Reservoir. Valid California fishing license required for ages 16+yrs. Gear provided. 16+yrs. Registration is required.
Fee: \$35 (non-res. \$39)

FREE!

CALIFORNIA FISHING DAY

Shadow Cliffs Recreation Staff
10am-4pm, Sat Jul 6 #26063
Join us for California's 2019 Free Fishing Day of fish fun with first come, first served fishing lessons, games, activities, crafts and more!
Up to 1-hour fishing lessons (gear provided).
Register at sign-in table. Limited spots, arrive early to sign up for a time slot in one of the rotations throughout the day. Each person registering must be present at time of registration. Children must be accompanied by an adult.
Minimum age to fish is 3yrs. Info: (510) 544-2554 or mseccombe@ebparks.org.

Fishing lessons, games, activities, crafts and more!



POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and performance. Pole skills enhance your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to expand your capabilities while learning how to avoid joint stress or strain. Select the class that suits your physical ability and inclination. **A variety of top quality poles are provided at all seminars.** Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole walks for practice. *Registration is required.*

Uphill: Improve power, endurance, and spine function. Downhill: Develop skills for feeling safer and preserving joints. Save your knees!

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Redwood Jayah Faye Paley
8:30am-3pm, Sat, Aug 31 #25980
Comprehensive training helps hikers improve performance and confidence on the trail.
"Test drive" quality pole models on a beautiful Redwood hike; learn which poles fit you best.
Fee: \$75 (non-res. \$83)

HIKING POLES: BASIC SKILLS & TECHNIQUES

Roberts Jayah Faye Paley
8:30am-1pm, Thu, Aug 1 #25981
Morning session helps hikers to learn poles, trail, and body skills. Beginner to experienced hikers learn techniques without the additional challenge of the practice hike in the afternoon.
Fee: \$49 (non-res. \$55)

ARDENWOOD

Ardenwood is open Tue-Sun, from 10am-4pm. Admission fees apply. Info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

INDEPENDENCE DAY CELEBRATION

Ardenwood Interpretive Staff
10am-4pm, Thu, Jul 4
Join us for a fun-filled community festival, 1900-style! Celebrate America's 243rd birthday with rousing patriotic music on the lawn and fiddle music in the farmyard. There will be games, contests and races

A program in partnership with . . .

KAISER PERMANENTE® thrive



TRAILS CHALLENGE FREE

Take the Trails Challenge and join thousands of hikers and bikers. Complete at least 5 of the 20 trails featured in the guidebook by December !!

The trails are for all fitness levels. Free printed guidebooks and T-shirts are available at participating Visitor Centers (while supplies last).

Go "green" by downloading the guidebook at www.ebparks.org/TC. The trails are also available on the **AllTrails** app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and submit your Trail Log.

Kaiser Permanente is a major sponsor of this program.



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

for everyone all day long. Test your skill at nail-driving, egg toss and watermelon seed spitting or join a bucket brigade and tug-of-war contest. Bring a picnic and spend the day the old-fashioned way!

Fee: \$10.00/adults, \$8.00/seniors (62+), \$5.00/children (4-17), under 4 years free.

ANIMAL FEEDING

Ardenwood Interpretive Staff
3pm, Thu through Sun
Check for eggs and feed the livestock. Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

RIDE THE RAILS - TRAIN RIDES

Ardenwood S.P.C.R.R.
Various times, Thu, Fri & Sun
Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. Check the daily schedule and meet the train at Arden Station or Deer Park.

PATTERSON HOUSE TOURS

Ardenwood Patterson House Docents
Various times, every Thu-Sun
Tour the beautifully restored Patterson House Museum. Discover the history of this 19 room Queen Anne Victorian farm house listed on the National Register of Historic Places which operates as a museum of local history and Victorian life. Tours take about 45 minutes and are led by docents dressed in 19th century clothing. Check for tickets at the Train Station upon your arrival. Special 15 minute tours for children 6 and under offered Thu and Fri at 2:30pm, Sat and Sun at 11:30am. Info: (510) 791-4196.

TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Aug 7, 21, 28
Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

FARMYARD STORY TIME

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Jul 6, 20, Aug 10, 24; Sun, Aug 25
The Little Red Hen, the Billy Goats Gruff and other farm friends are waiting to meet you! Join the story circle for some classic barnyard tales before visiting the main characters.

OLD FASHIONED BUTTER MAKIN'

Ardenwood Mindy Castle
11:30am-noon, Sun, Aug 18
Before modern grocery stores, people made their own staples at home. Discover an easy way to make butter from cream then sample your tasty concoction on crackers!

OUTDOOR MOVIE NIGHT! FREE!

Ardenwood Recreation Staff
8:20pm-10:05pm, Sat, Aug 10
Join us for a free family movie, featuring *The Lego Movie 2: The Second Part*, rated PG, 107 minutes. Movie begins shortly after sunset (8:20pm). This is a great way to spend the evening with loved ones. Arrive early to secure a good seat, and enjoy your surroundings. Bring a flashlight, warm clothes, and a blanket or chair. No pets. Rain cancels. Info: (510) 544-2567.

GARDEN BUG SAFARI

Ardenwood Pia Loft
Noon-1pm, Sat, Jul 6, Aug 10
Discover the mysterious world of bugs as we explore our vegetable garden. We will observe these tiny farmers at work and tell their stories through arts and crafts.

OLD-FASHIONED FUN

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Jul 6, 20; Noon-1pm, Sat, Aug 24
Old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), testing your strength (tug-of-war) and hopping like a bunny (sack races). Join the fun and test your skills!

HENS LAY EGGS

Ardenwood Interpretive Staff
10:30-11am, Sun, Jul 7, 14
Bring the little ones to the farm to meet the chickens. We'll listen to a story, see what a hen's feathers feel like, and search the coop for eggs.

WONDERFUL WOOL

Ardenwood Mindy Castle
11am-noon, Sun, Jul 7
We'll start with a yarn about wool before visiting our fleeciestic friends. Along the way we'll learn how we can transform their special fur into wooly wonders.

WE ALL SCREAM FOR ICE CREAM!

Ardenwood Mindy Castle & Pia Loft
1-2pm, Sun, Jul 7, 14; 1:30-2:30pm, Sat, Jul 27, Aug 10
Put together some ice, salt, cream, sugar, add a little muscle power and learn how delicious old-fashioned ice cream is made. Learn the tasty history of this popular treat.

FARMYARD GAMES

Ardenwood Interpretive Staff
2-3pm, Sun, Jul 7
Life on a farm wasn't all work and no play. Join us for some old-fashioned fun! Try your hand at classic American pastimes including stunts, sack races, and the potato-spoon race.

WAKE UP THE FARM

Ardenwood Interpretive Staff
10:30-11am, Sat, Jul 13, 27, Aug 3, 17; Sun, Aug 4
Rise and shine little farmers! Say "Good morning!" to the sheep and goats and lend a hand as we prepare a morning snack for the farm animals.

FARMING FOR CLIMATE CHANGE

Ardenwood Pia Loft
11:30-12:30pm, Sat, Jul 13, 27
Farms are for growing food, but farms are also for sequestering carbon! Join us as we explore the basics of climate change and learn how to grow vegetables while protecting our warming planet.

REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm, Oct-May; 8:30am-5:30pm Jun-Sep. Info: (510)544-3169. See www.nativeplants.org for information about docent training, special events and classes, and to sign up for our e-newsletter.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Meet at the Botanic Garden Visitor Center. Rain cancels. Free.

GARDEN OPEN HOUSE

1pm-4pm, Sun, Aug 18
Explore the Botanic Garden and hear from docents about California's spectacular plant diversity, natural history, and ethnobotany. Free.

FAMILY FRIENDLY TOUR

2pm-3pm, Sun, Aug 18
This is a docent-led, family-friendly theme tour, Plant Adaptations to Habitat. Discover how different types of plants - from the desert to the moun-



Endangered Antioch Dunes Evening Primrose

tains to the sea bluffs to the rain forest - have adapted to their unique habitats. Meet at the Botanic Garden Visitor Center. Rain cancels. Free.

ROPE MAKING & HAY HOISTING

Ardenwood Pia Loft
1-1:30pm, Sat, Jul 13
Make rope with our antique machine, and then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

STILT WALKERS

Ardenwood Interpretive Staff
2-2:30pm, Sat, Jul 13
Want to be taller? Improve your balance? Give stilts a try. It's fun! Guess why farmers used these fun tools in the past.

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
11am-noon, Sun, Jul 14; 1:30-2:30pm, Sun, Aug 11
Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

GORGEOUS GOATS

Ardenwood Interpretive Staff
2-2:30pm, Sun, Jul 14
Let the little ones lend a hand giving our goats some much needed exercise and grooming attention. See if your kids like working with our kids.

FARM CHORES FOR KIDS

Ardenwood Interpretive Staff
10:30-11am, Sun, Jul 21, 28
Running a farm is hard work. But it's fun too! Lend a hand cracking corn and feeding the animals. You'll check the chickens and help with other morning chores.

PUPPET SHOW

Ardenwood Interpretive Staff
11-11:30am, Sun, Jul 21, 28
Come see the story of the Little Red Hen performed by our farmyard puppets. Two shows will be given.

WHEAT HARVESTING

Ardenwood Mindy Castle
12:30-1:30pm, Sun, Jul 21, 28
Follow a plump wheat berry's journey from the farm's field to your table. You'll bring in the sheaves of grain and thresh it to separate the wheat from the chaff. Next we'll mill the grain into wholesome, stone-ground flour.

PLAY WITH DOUGH

Ardenwood Mindy Castle
1:30-2:30pm, Sun, Jul 21, 28
Experience the ancient art of bread making. Knead the dough and shape your very own pretzel that we will bake in the wood-burning stove.

WHAT'S THE BUZZ ABOUT BEES?

Ardenwood Pia Loft
11:30am-12:30pm, Sat, Aug 3
Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer's best friend.



Learning about rabbits at Ardenwood.

RABBIT RENDEZVOUS

Ardenwood Interpretive Staff
12:30-1pm, Sat, Jul 20; 2-2:30pm, Sun, Aug 4, 18
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

GARDEN CHORES FOR KIDS

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Aug 3, 17
Our garden has been growing this spring. Lend a hand weeding, watering and maybe planting some seeds. Discover the secrets of heirloom vegetables as we get our hands dirty.

SWEET AS HONEY

Ardenwood Mindy Castle
11am-noon, Sun, Aug 4
For thousands of years, people have been enjoying bees' sweet treat. Stop by the Country Kitchen to taste some honey and sample a treat hot from the stove.

WAX: IT'S THE BEE'S KNEES!

Ardenwood Mindy Castle
1-2pm, Sun, Aug 4, 18
What's the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and taste some Ardenwood honey.

CORN MOSAICS

Ardenwood Interpretive Staff
11:30am-12:30pm, Sat, Aug 17
Learn how to turn our Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

BERRY PICKING

Ardenwood Interpretive Staff
10:30-11:30am, Sun, Aug 11, 18

Summer's succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

TASTING THE PAST

Ardenwood Mindy Castle
11:30am-12:30pm, Sun, Aug 11, 25
Join us as we experience the culinary tastes of Ardenwood's hard-working harvesters of the past. Each program will highlight a recipe originating from the native country represented by the farm's historic staff.

LEARN THE ROPES

Ardenwood Interpretive Staff
2:30-3pm, Sun, Aug 11
Learn how a few twists and turns on our antique machine makes rope making a cinch.

FUN WITH FELTING

Ardenwood Mindy Castle
1:30-2:30pm, Sun, Aug 25
Have some good, clean fun as we learn how felt is made from sheep's wool, and then make a felt toy to take home.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510) 544-3050, or BigBreakVisit@ebparks.org.

DELTA DISCOVERIES

Big Break Interpretive Staff
11am-2pm, every Sat & Sun
Discover the wonders of the Delta through hands on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER

Big Break Interpretive Staff
9-10am, every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

BIG BREAK LITTLES

Big Break Interpretive Staff
10-11am, Mon, Jul 1, Aug 12
Tue, Jul 2, Aug 13
Bring the little ones out to the park to explore nature. Same program both days - come to one OR the other! Dress to get dirty! July: Crawdaddies & Crawmommies August: Sunfun!

NATURE PUPPET SHOW

Big Break Interpretive Staff
2-3pm, Sun, Jul 7, Sat Aug 24

Bring the family in for Delta stories told with puppets! We'll pick a new story each time!

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Jul 10, Aug 7
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center each month for coffee and discussion of science and events shaping the region.

5TH ANNUAL BIG BREAK LOCAL ARTIST EXHIBIT

Big Break Local Artists
10am-4pm, Sat, Jul 13, Jul 20;
Sun, Jul 14, Jul 21
Come enjoy original work by local artists! These paintings reflect the variety, beauty and spectacle of our local landscapes.

BUSTLIN' BEETLES

Big Break Interpretive Staff
2-3pm, Sat, Jul 13
Join us on a nature walk to discover some benefits these creatures provide.

SECOND SUNDAYS CAMPFIRE

Big Break Interpretive Staff
6:30-8pm, Sun, Jul 14, Aug 11
Join us for a family evening exploring the wonders of Big Break through activities and a campfire complete with s'mores! Bring a picnic to enjoy beforehand!
Jul 14: What's in the Water?
Aug 11: Stories of the Night Sky (optional star-gazing from 8:30-9:30pm)

TINY BIRD, BIG PERSONALITY

Big Break Interpretive Staff
9:30-10:30am, Wed, Jul 17
Discover how these tiny birds may look fragile but their big personality makes them fierce! Join us as we dispel myths and uncover the truth about hummingbirds.

DUNES DAY RESTORATION!

Big Break Interpretive Staff
8:30-10:30am, Sun, Jul 21
Help restore a small piece of the historic dunes as we remove invasive weeds and re-establish native plants! Bring water, gloves, hat, closed-toed shoes, dress for weather and prepare for general grubbiness.

CRAWLING CRUSTACEANS

Big Break Interpretive Staff
2-3pm, Sun, Jul 21
Come in to discover the wonder of crawdads and the crucial role they play in our vibrant Delta.

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Interpretive Staff
9-11:30am, Thu, Jul 25 #26113
Marsh Creek: Cypress Staging Area; Aug 29 #26114 Morgan Territory
The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help docu-

Healthy Parks Healthy People: Bay Area

Monthly walks that provide safe, low-impact physical activity and improve health and well-being of all participants, through regular use and enjoyment of the Regional Parks. Look for **HPHP**.



HEALTHY
PARKS
HEALTHY
PEOPLE
BAY AREA

July 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 1**
Big Break: Big Break Littles
- 2**
Big Break: Big Break Littles
Temescal: Hikes for Tykes
- 3**
Crab Cove: Early Early Grunion Search
- 4**
Ardenwood: Independence Day Celebration
Contra Loma: Nature's Corner
Crab Cove: 4th of July Open House, Alameda 4th of July Parade
- 5**
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Del Valle: Days of the Pioneers
- 6**
Alameda Creek Trail: Bird Walk
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farmyard Story Time, Garden Bug Safari, Old-Fashioned Fun, Patterson House Tours
Big Break: Delta Discoveries, Testing Water
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding, Minus Low Tide Walk
Del Valle: Beach Break, Nature Hike, Night with a Naturalist
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Insect Expeditions
- 7**
Ardenwood: Animal Feeding, Farmyard Games, Hens Lay Eggs, Patterson House Tours, Train Rides, We All Scream For Ice Cream!, Wonderful Wool
Big Break: Delta Discoveries, Kayaking - Longer Paddle, Testing The Water
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding, Post 4th Of July Beach Cleanup
Del Valle: Beach Break, Nature Hike
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Chores for Little Gardeners, Talk With The Animals, The Itsy-Bitsy Spider
- 8**
Big Break: Become a Delta Docent
Sunol: Outdoor Discoveries
- 9**
Crab Cove: Sea Squirts

Regional in Nature

Activity Calendar

Shadow Cliffs: How Does Our Garden Grow?

11
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

12
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Crab Cove: Concert at the Cove

Del Valle: Days of the Pioneers

13
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farming For Climate Change, Patterson House Tours, Rope Making & Hay Hoisting, Stilt Walkers, Wake Up The Farm

Big Break: 5th Annual Big Break Local Artist Exhibit, Bustlin' Beetles, Delta Discoveries, Testing The Water

Contra Loma: Fishing - Bass Basics

Coyote Hills: Canine Capers Walk, Discovery Days, Nectar Garden Fun Day

Crab Cove: Alameda Walks, Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike, Night with a Naturalist

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles, Insect Expeditions, Meet the Reptiles

14
Ardenwood: Animal Feeding, Beginning Embroidery, Gorgeous Goats, Hens Lay Eggs, Patterson House Tours, Train Rides, We All Scream For Ice Cream!

Big Break: 5th Annual Big Break Local Artist Exhibit, Delta Discoveries, Second Sundays Campfire, Testing The Water

Coyote Hills: Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike

Sibley: Sunset Over Sibley

Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders

Tilden Nature Area: Fly-Fishing Introduction, Fun with Felting, Talk With The Animals, We All Scream for Ice Cream!

15
Shadow Cliffs: Lakeside Littles

16
Garin: Weekday Bird Walk
MLKing Jr. Shoreline: Hikes for Tykes

17
Big Break: Tiny Bird, Big Personality

Garin: Wednesday Walks

Sunol: Wednesday Night Bat Watch

18
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Crab Cove: Third Thursdays in the Garden

Del Valle: Water, Wildlife, Wilderness: Boat Tour

19
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Crab Cove: Family Nature Fun, Fish Feeding

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Del Valle: Days of the Pioneers

20
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farmyard Story Time, Old-Fashioned Fun, Patterson House Tours, Rabbit Rendezvous

Big Break: 5th Annual Big Break Local Artist Exhibit, Delta Discoveries, Testing The Water

Black Diamond: Night Challenge

Coyote Hills: Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike, Night with a Naturalist

MLKing Jr. Shoreline: Kayaking

Roberts: Archery Introduction

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles, Insect Expeditions, Twilight Hike to Wildcat Peak

21
Ardenwood: Animal Feeding, Farm Chores For Kids, Patterson House Tours, Play With Dough, Puppet Show, Train Rides, Wheat Harvesting

Big Break: 5th Annual Big Break Local Artist Exhibit, Crawling Crustaceans, Delta Discoveries, Dunes Day Restoration!, Testing The Water

Contra Loma: Nature's Corner

Coyote Hills: Discovery Days, Ohlone Village Site Tour

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike

Leona Canyon: Where Is Old Survivor?

Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders

Tilden Nature Area: Chores for Little Gardeners, Talk With The Animals, The Itsy-Bitsy Spider

22
Sunol: Outdoor Discoveries: Dragonflies

23

Crab Cove: Sea Squirts

Sunol: Summer Splashdown!

Temescal: Tuesday Twilight

24

Carquinez: Wednesday Walks

25

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Marsh Creek: Thursday Birding

26

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Del Valle: Days of the Pioneers

27

Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farming For Climate Change, Patterson House Tours, Wake Up The Farm, We All Scream For Ice Cream!

Big Break: Delta Discoveries, Family Game Night and Campfire, Testing The Water

Contra Loma: Family Night Hike

Coyote Hills: Cart of Curiosities, Discovery Days, Night of the Moth

Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Beach Break, Nature Hike, Night with a Naturalist

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles, Insect Expeditions, Meet the Reptiles

28

Ardenwood: Animal Feeding, Farm Chores For Kids, Patterson House Tours, Play With Dough, Puppet Show, Train Rides, Wheat Harvesting

Big Break: Delta Discoveries, Insect Detectives, Testing The Water

Black Diamond: Beat The Heat Hike

Coyote Hills: Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding, Sunday Stroll

Del Valle: Beach Break, Dragons of Del Valle, Hideaway Hike - Bobcat Cove, Nature Hike

Garin: Roving Ranger: Riparian Ruminations

Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders

Tilden Nature Area: Talk With The Animals, Wax: It's the Bee's Knees!, We All Scream for Ice Cream!

30

Oyster Bay: Hikes for Tykes

Tilden: Over-The-Hills Gang: Inspiration Point

31

Sunol: Wednesday Night Bat Watch

1

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Crab Cove: Early Early Grunion Search

Roberts: Poles: Basic Hiking Skills & Techniques

2

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Del Valle: Days of the Pioneers

3

Anthony Chabot: Campfire Programs

Ardenwood: Animal Feeding, Garden Chores For Kids, Patterson House Tours, Wake Up The Farm, What's The Buzz About Bees?

Arroyo Staging Area: Summertime Stargazing

Big Break: Delta Discoveries, "Liquid, Solid, Gas - Water Makes a Splash!", Testing The Water

Black Diamond: Bat Monitoring

Coyote Hills: Cart of Curiosities, Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding



Celebrating 85 Years of Regional Parks

Del Valle: Beach Break, Nature Hike, Night with a Naturalist

Quarry Lakes: Bird Walk

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles, Tule Float-Make a Mini Tule Boat

4

Ardenwood: Animal Feeding, Patterson House Tours, Rabbit Rendezvous, Train Rides, Sweet As Honey, Wake Up The Farm, Wax: It's The Bee's Knees!

Big Break: A Squadron of Planes or Pelicans?, Delta Discoveries, Kayaking - Longer Paddle, Testing The Water

Contra Loma: Nature's Corner

Coyote Hills: Discovery Days, Ohlone People & Culture

Crab Cove: Family Nature Fun, Fish Feeding, Native Plant and Butterfly Gardening

Del Valle: Beach Break, Nature Hike

Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders

Tilden Nature Area: Talk With The Animals

6

Huckleberry: The Over-The-Hills Gang

Leona Canyon: Hikes for Tykes

7

Ardenwood: Toddler Time

Big Break: Coffee Talk & Delta News

Shadow Cliffs: Trails Challenge

8

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

9

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Crab Cove: Concert at the Cove

Del Valle: Days of the Pioneers

10

Anthony Chabot: Campfire Programs

Ardenwood: Animal Feeding, Farmyard Story Time, Free Outdoor Movie Night!, Garden Bug Safari, Patterson House Tours, We All Scream For Ice Cream!

Big Break: Delta Discoveries, First Aid for Dogs, Frolicking Frogs, Moonlight & Meteors, Testing The Water

Contra Loma: Fishing - Bass Basics, Nature's Corner

Coyote Hills: Discovery Days, Fantastic Flowers, Nectar Garden Fun Day

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike, Night with a Naturalist

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles, Off Your Gourd

11

Ardenwood: Animal Feeding, Beginning Embroidery, Berry Picking, Learn The

Ropes, Patterson House Tours, Train Rides, Tasting The Past

Big Break: Delta Discoveries, Second Sundays Campfire, Testing The Water Briones: A Taste of Honey

Coyote Hills: Discovery Days, Nature Yoga, Willows Hike

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike, Puma Prowl

Point Pinole: "Sunday Early-ish Birds-Dotson Marsh"

Sibley: Who Built the Sibley Labyrinth?

Sunol: Animal Feeding Time, Nature Crafts, Summer Splashdown!, Wild Wonders

Tilden Nature Area: Fly-Fishing Introduction, "Look Kids, A Chicken!", Talk With The Animals

12

Big Break: Big Break Littles

Sunol: Outdoor Discoveries: Meteor Power

Tilden Nature Area: Monday Birding

13

Big Break: Big Break Littles

Coyote Hills: Weekday Bird Walk

Crab Cove: Sea Squirts

Shadow Cliffs: How Does Our Garden Grow?

14

Big Break: Sunset and Full Moon Paddle

Sunol: Wednesday Night Bat Watch

15

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Crab Cove: Third Thursdays in the Garden

Del Valle: "Water, Wildlife, Wilderness: Boat Tour"

16

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Big Break: Nature Photography Exhibition

Del Valle: Days of the Pioneers

17

Anthony Chabot: Campfire Programs

Ardenwood: Animal Feeding, Corn Mosaics, Garden Chores For Kids, Patterson House Tours, Wake Up The Farm

Big Break: Delta Discoveries, Nature Photography Exhibition, Testing The Water

Black Diamond: Twilight on the Trail

Contra Loma: Float Tube Fishing, Nature's Corner

Coyote Hills: Cart of Curiosities, Discovery Days, Lovely Lavender

Crab Cove: Early Morning on the Mudflat, Family Nature Fun, Fish Feeding, Songs and Stories by the Shore

Del Valle: Beach Break, Late Bloomers, Nature Hike, Night with a Naturalist

Roberts: Archery Introduction

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: "Blackberries, More

Than an Edible Fruit", Farm Chores For Littles, Lake to Lake Watershed Walk

18

Ardenwood: Animal Feeding, Berry Picking, Old Fashioned Butter Makin', Patterson House Tours, Rabbit Rendezvous, Train Rides, Wax: It's The Bee's Knees!

Big Break: Delta Discoveries, Nature Photography Exhibition, Rabbits Rarely Seen, Testing The Water

Black Diamond: Evening Cemetery Hike

Coyote Hills: Discovery Days, Ohlone Village Site Tour

Crab Cove: Family Nature Fun, Fish Feeding

Crockett Hills: Sunday Early-ish Birds

Del Valle: Beach Break, Nature Hike

Hayward Shoreline: Birding The Shoreline

Roberts: Hiking And Psyching

Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders

Tilden Nature Area: "Look Kids, A Chicken!", Talk With The Animals

19

McLaughlin Eastshore: Monday Birding

Shadow Cliffs: Lakeside Littles

20

Big Break: Chalk the Walks

Elsie Roemer Bird Sanctuary: Hikes for Tykes

Tilden: The Over-The-Hills Gang: Tilden Botanic Garden

21

Ardenwood: Toddler Time

Briones: "Wednesday Walks: Briones, Alhambra"

22

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

MLKing Jr. Shoreline: Kayaking for Folks 50+

23

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Del Valle: Days of the Pioneers

24

Anthony Chabot: Campfire Programs

Ardenwood: Animal Feeding, Farmyard Story Time, Old-Fashioned Fun, Patterson House Tours

Big Break: Delta Discoveries, Testing The Water

Black Diamond: Bat Monitoring

Brooks Island: Kayaking

Coyote Hills: Discovery Days, Knap-In: Stone Tool Making

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Galls: More than Meets the eye!, Nature Hike, Night with a Naturalist

Diablo Foothills: Nature's Corner

Sunol: Nature Crafts, Wild Wonders

August 2019

S	M	T	W	T	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Tilden Nature Area: Farm Chores For Littles, Fun with Felt, Take a Walk on the Wild Side

25

Anthony Chabot: Sunday Stroll

Ardenwood: Animal Feeding, Farmyard Story Time, Fun With Felting, Patterson House Tours, Train Rides, Tasting The Past

Big Break: Delta Discoveries, Testing The Water

Black Diamond: Homestead Hike

Brooks Island: Kayaking

Coyote Hills: Discovery Days, Knap-In: Stone Tool Making

Crab Cove: Family Nature Fun, Fish Feeding

Del Valle: Beach Break, Nature Hike

Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders

Tilden Nature Area: Talk With The Animals

26

Point Pinole: Monday Birding - Atlas Road

Sunol: Outdoor Discoveries

27

Crab Cove: Sea Squirts

28

Ardenwood: Toddler Time

Redwood: Wednesday Walks

Sunol: Wednesday Night Bat Watch

29

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Morgan Territory: Thursday Birding

30

Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

Del Valle: Days of the Pioneers

31

Anthony Chabot: Campfire Programs

Ardenwood: Patterson House Tours

Big Break: 'MUD'ology, Delta Discoveries, Testing The Water

Black Diamond: Bat Monitoring

Coyote Hills: Discovery Days, Ohlone Village Site Tour

Crab Cove: 3rd Annual Crab Cove Fish Festival

Del Valle: Beach Break, Nature Hike, Night with a Naturalist

Hayward Shoreline: Canine Capers Walk

Redwood: Hiking Poles: Skills & Techniques Plus Hike

Sunol: Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles

ment their variety and numbers in this fun, social, community science research project. No experience necessary - we'll teach you how to identify these birds. Join in for one or all. Registration is required.

FAMILY GAME NIGHT & CAMPFIRE

Big Break Interpretive Staff
7-9pm, Sat, Jul 27

Summer evenings are perfect for a game night along with a glowing campfire! Bring your favorite card or board game, skit ideas, and cozy blanket. S'mores provided!

INSECT DETECTIVES

Big Break Interpretive Staff
2-3pm, Sun, Jul 28

What scuttles through our wetlands? Use your discovery skills to find out who they are, where they go and what they do.

LIQUID, SOLID, GAS - WATER MAKES A SPLASH!

Big Break Interpretive Staff
12:30 to 2pm, Sat, Aug 3

Where does the water come from? Where will it go? Come discover through hands-on water activities.

A SQUADRON OF PELICANS

Big Break Interpretive Staff
2-3pm, Sun, Aug 4

Discover how American white pelicans use their adaptations to thrive in the Delta!

FROLICKING FROGS

Big Break Interpretive Staff
2-3pm, Sat, Aug 10

Discover how these amphibians hop around the park in search of food and family.



Mourning dove at Point Pinole.

BIRD WALKS

Thursday Birding, Raptor Baseline, Various Parks, Jul 25, Aug 29, page 7

Bird Walk, Various Parks, Jul 6, Aug 3, page 13

Weekday Bird Walk, Various Parks, Jul 16, Aug 13, page 14

Birding the Shoreline, Hayward Shoreline, Aug 18, page 14

Sunday Early-ish Birds, Various Parks, Aug 11 & 18, page 14

Monday Birding, Various Parks, Aug 12, 19 & 26, page 14



NATURE PHOTOGRAPHY EXHIBITION

Big Break Interpretive Staff
10am-4pm, Fri, Aug 16 #26106;
Sat, Aug 17 #26107; Sun, Aug 18 #26108

Have you taken a nature photo in one of the East Bay Regional Parks that you would like to share with others? Enter our photography exhibition! Entries due August 4, 1MB min file size, 8" x 10". Email bigbreakvisit@ebparks.org for full instructions.

Reception/photo hike: Aug 16.
Photography display: Aug 16 - 18.

MOONLIGHT & METEORS

Big Break Interpretive Staff
8:30-10pm, Sat, Aug 10

Enjoy an evening in the park! Let's take a lovely stroll and early look at the Perseid "shooting stars" shower.

RABBITS RARELY SEEN

Big Break Interpretive Staff
2-3pm, Sun, Aug 18

Delve into the world of our fluffy, floppy eared friends that frolic through the park!

CHALK THE WALKS

Big Break Interpretive Staff
6-8pm, Tue, Aug 20

Transform the park patio into art. Join the 8th annual international Chalk the Walks event of spreading joy, optimism and inspiration through the magical power of sidewalk chalk. Chalk provided.

'MUD'OLOGY

Big Break Interpretive Staff
10-11:30am, Sat, Aug 31

Delta dirt is considered some of the finest around. Let's get our hands muddy as we become scientists and compare different soils from the region.

BLACK DIAMOND

Due to construction, Greathouse Visitor Center will be closed from mid-June to mid-September. During this time, Sidney Flat Visitor Center will be open on weekends from 10am to 4:30pm. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in parking lot at South end of Somersville Road unless otherwise noted. Weekend parking fee: \$5.

NIGHT CHALLENGE ^{SP} ^h

Black Diamond Kevin Dixon
5:30-10pm, Sat, Jul 20 #25763

Get to know these beautiful hills after dark while really stretching your legs. We'll walk about 8.5 miles while climbing at least 1500 feet of steep, uneven terrain. (12+yrs). Registration is required.

BEAT THE HEAT HIKE ^{SP}

Black Diamond Eddie Willis
8:30-10am, Sun, Jul 28

How does life thrive in these hot, dry hills? Meet our park's most resilient residents on this rugged morning hike and then cool off in our underground mine. 8+yrs.

BAT MONITORING ^{SP} ^h

Black Diamond Interpretive Staff
7-9:45pm, Sat, Aug 3 #25787, Aug 24 #25793, & Aug, 31 #25795

Stay after hours to help monitor our bat colonies as they emerge from the hills and into the night sky. This program requires walking uphill on terrain transitioning from asphalt to steep, uneven sandstone. 7+yrs. Registration is required.

TWILIGHT ON THE TRAIL ^{SP} ^h

Black Diamond Kevin Dixon
7:15-10:15pm, Sat, Aug 17 #25820

We'll join the late-soaring hawks and then the early owls as we walk through sunset into twilight and out under a fullish rising moon. 4 1/2 steep trail miles. 9+yrs. Registration is required.

EVENING CEMETERY HIKE ^{SP}

Black Diamond Eddie Willis
6-8pm, Sun, Aug 18

Long ago, miners left their mark on these hills. Take a hike to historic Rose Hill Cemetery to learn their tales of spirit, heroism, tragedy, and endurance. 5+yrs.

HOMESTEAD HIKE ^{SP}

Black Diamond Eddie Willis
8:30-10am, Sun, Aug 25

Head out early to explore the remains of an early coal mining family's homestead while taking in sweeping views of the Delta. 8+yrs.

COYOTE HILLS

Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: (510) 544-3220 or chvisit@ebparks.org.

DISCOVERY DAYS ^{SP} ^h

Coyote Hills Interpretive Staff
11am-3:30pm, every Sat & Sun

Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 11am for an introduction to the topic of the week, or participate at your own pace.

OHLONE VILLAGE SITE TOUR ^{SP} ^h

Coyote Hills Interpretive Staff
1:30-3:30pm Sat, Jul 6 & Aug 18, 31
10-noon & 1:30-3:30pm, Sun, Jul 7, 21
Walk one-half mile through vibrant marsh habitat to a more than 2,000-year-old Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house, and sweat house.

CANINE CAPERS WALK ^{SP} ^h

Coyote Hills Kristina Parkison
9-11am, Sat, Jul 13 #25713

The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us. 8+yrs. Registration is required.

NECTAR GARDEN FUN DAY ^{SP} ^h

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Jul 13; 10-11:30am, Sat, Aug 10

Come face-to-face with a caterpillar, chrysalis, or butterfly. Make a butterfly-themed gift, and learn how to garden with plants that attract butterflies.

CART OF CURIOSITIES ^{SP} ^h

Coyote Hills Kristina Parkison
3-4:30pm, Sat, Jul 27

1-3pm, Sat, Aug 3; 9-11am, Sat, Aug 17
The Curiosity Cart, filled with wonders of cultural and natural history, is hidden somewhere within the park. Find it and discover the secrets it shares!

NIGHT OF THE MOTH ^{SP} ^h

Coyote Hills Kristina Parkison
8:30-10:30pm, Sat, Jul 27

Celebrate National Moth Week by participating in our first-ever moth bioblitz, and help us discover which different species of moths pollinate our night blooming plants here at Coyote Hills. 6+yrs.

OHLONE PEOPLE & CULTURE ^{SP}

Coyote Hills Francis Mendoza
1:30-3pm, Sun, Aug 4

Learn about Ohlone people and their intimate relationship with nature, family and their ancestors. We'll discuss the important values of generosity and fairness that continue to resonate with Ohlone people today. 8+yrs.

FANTASTIC FLOWERS ^{SP} ^h

Coyote Hills Kristina Parkison
1:30-3pm, Sat, Aug 10

Flowers are beautiful, but also functional! Come learn the ways flowers enhance our lives and the lives of animals around us. Make paper flowers to take home! 7+yrs.

NATURE YOGA ^{SP}

Coyote Hills Francis Mendoza
8:30-9:30am, Sun, Aug 11

Let's emulate nature and do yoga outside. Wear comfortable clothing, bring water

and a mat (a limited supply of mats can be loaned out). 14+yrs.

WILLOWS HIKE ^{SP} ^{HPHP}

Coyote Hills Francis Mendoza
1:30-3:30pm, Sun, Aug 11

Come discover the least-explored part of the park as we visit the marsh, Ohlone village site, and Willows Trail. Wear sturdy shoes, sunscreen and bring water on this easy, flat 2.5-mile hike. 14+yrs. Meet at the Quarry parking lot.

LOVELY LAVENDER ^{SP} & [♿]

Coyote Hills Kristina Parkison and Jan Southworth

1-3:30pm, Sat, Aug 17 #25753

Lavender possesses known calming influences – make soap to bring home and take a little “peace” of the park with you! Learn the history of lavender and tour our garden while enjoying lavender flavored refreshments. 8+yrs. Registration is required.

KNAP-IN: STONE TOOL MAKING ^{SP} & [♿]

Coyote Hills Kristina Parkison, Francis Mendoza & Friends

10am-3pm, Sat, Aug 24 & Sun, Aug 25

The ancient skill of stone tool making is the focus of this “knap-in.” Join experienced stone tool makers during this informal, weekend opportunity to learn about the methods used locally and worldwide to transform chert, obsidian and other stones into spear points, arrowheads and drills. Young children may watch; 16+yrs may give “knapping” a try. Bring leather gloves, long pants, close-toed shoes and protective eye wear if you want to test your knack for knapping.

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-5pm, and offers aquariums and exhibits about San Francisco Bay. For information about naturalist programs or other activities, call (510) 544-3187, or cove@ebparks.org. July 4th: Visitor Center open 1-5pm.

SEA SQUIRTS [♿] & [♿]

Crab Cove Interpretive Staff
10:30-11:45am

Tue, Jul 9, 23 & Aug 13, 27

Share a morning of shoreline fun with your pre-school age child. We'll play games, explore nature, share stories, and do a craft related to the theme of the day! Please no older or younger siblings (exception: infants). 3-5yrs. Fee: \$5 (\$7 non-res.)

Jul 9: Skulls and Skeletons Within

#25784; Jul 23: Low Tide Summer

Adventure #25809; Aug 13: Marvelous

Mollusks #25811; Aug 27: Seaweed

Surprise #25812.

Registration is required.



Free Concerts in the Parks

June 22..... Lake Chabot

July 12 Crab Cove

Aug. 9..... Crab Cove

Aug. 23 Contra Loma

Sept. 13..... Crab Cove

Sept. 28 ... Judge John Sutter
Regional Shoreline

CONCERTS AT THE COVE ^{SP} & [♿]

Crab Cove Interpretive Staff

5:30-7:30pm, Fri, Jul 12, Aug 9, Sep 13

Start your weekend with free music and family fun as the sun sets over San Francisco Bay. The Visitor Center stays open until 8pm with activities on our deck starting at 4:30pm. Bring your blanket or lawn chair and a picnic dinner, or purchase local food and beverages here. Parking on Webster St. or Crown Beach lot at Otis. Sponsored by the Alameda Rotary Club, Regional Parks Foundation, and East Bay Regional Park District.



Celebrate With Us!

FAMILY NATURE FUN TIME ^{SP} & [♿]

Crab Cove Interpretive Staff

2-3pm, every Sat & Sun

Come explore with us and have fun with family-friendly activities and a new adventure each week. Great for all ages!

FISH FEEDING TIME ^{SP} & [♿]

Crab Cove Interpretive Staff

3-3:30pm, every Sat & Sun

Meet our crabs, fish, and sharks while they eat! Learn how the Seafood Watch app helps their friends in the wild!

ALAMEDA 4TH OF JULY PARADE ^{SP}

Crab Cove Interpretive Staff

9:30am-1pm, Thu, Jul 4

'Swim' along the Alameda hometown parade route (or a section of it) with our Mobile Visitor Center as we promote the love of nature and the Regional Parks, or just enjoy the show from the sidewalk.

4TH OF JULY OPEN HOUSE ^{SP} & [♿]

Crab Cove Interpretive Staff

2-5pm, Thu, Jul 4

Drop by to celebrate our nation's birthday and the beauty and diversity of our Bay with family-friendly activities throughout the afternoon. Note: Visitor Center will open at 1pm due to the parade.

EARLY MORNING ON THE MUDFLAT ^{SP}

Interpretive Staff Morgan Guenther

8-9:30am, Sat, Aug 17

Experience the magic of a calm, cool morning at the Cove, as we discover the wonders of the mudflat during low tide. Wear shoes/boots that can get muddy.

SONGS AND STORIES BY THE SHORE ^{SP} & [♿]

Crab Cove Morgan Guenther

11am-noon, Sat, Aug 17

An interactive hour of nature fun for the whole family! Join us for tales and songs about worms, fungus, leaves and flowers, predators, prey, and more!

MINUS LOW TIDE WALK

Crab Cove Susan Ramos

9:30-10:30am, Sat, July 6

Take a walk on the mudflat and rocky shore searching for crabs, snails, barnacles and much more. Wear old shoes or rain boots for this hands-on exploration!

ALAMEDA WALKS ^{SP}

Crab Cove Susan Ramos

9:00-10:15am, Sat, July 13

Crab Cove To Grand Ave: Explore the shoreline and learn about Crown Beach wildlife. On the way back, get a behind-the-scenes look at our Aquarium Lab.

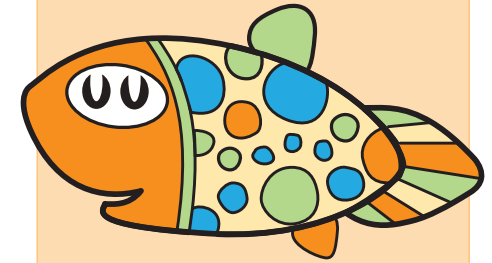
GRUNION FISH SEARCH

Crab Cove Susan Ramos

12am-2am, Wed, July 3 #25853

Thu, Aug 1 #25857

During midnight high tides, grunion fish dance on sandy beaches! Search the shore



3rd ANNUAL CRAB COVE FISH FESTIVAL

Crab Cove Interpretive & Recreation Staff

10am-4pm, Sat, Aug 31

Join us for a day of fish fun with first-come, first-served fishing lessons, fishy games and activities, fishy crafts, and a Fish-on-a-Bicycle Parade!

10am-4pm: Mobile Fish Exhibit – drop

by to see the fish of the East Bay!

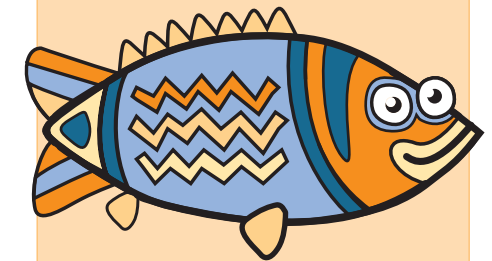
11am & 1pm: Behind-the-Scenes

Aquarium Tour: meet at Mobile Visitor Center.

10am-noon & 1-4pm: Fishing – 1-hour fishing lessons (gear provided). Sign up at Fishing Trailer. Space is limited. Each participant must be present at time of registration.

Noon-12:30pm: Fish on a Bicycle Parade – Dress up your bike or yourself as a fish and join us for a loop around the festival. Prizes for the best decorated bikes!

3-3:30pm: Fish Feeding – Find out what's on the menu for the residents of the Visitor Center aquariums.



to see them spawning in the San Francisco Bay. Registration is required. 11+yrs. Under 18 requires adult participation.

DEL VALLE

All programs meet outside the Del Valle Visitor Center unless otherwise noted. Info: (510) 544-3146 or dvvisit@ebparks.org.

NATURE HIKE ^{SP}

Del Valle Interpretive Staff

10am-noon, every Sat & Sun, Jul 6-Aug 31

What is hiding in those hills? Discover the answer as we search for clues on this guided hike. Meet at Campground Store.

BEACH BREAK ^{SP}

Del Valle Interpretive Staff
12:30-1:30pm, 2:30-3:30pm, 4:30-5:30pm,
every Sat & Sun, Jul 6-Aug 31
West Swim Beach - Discover the natural
side of the park at this lakeside explora-
tion station. We will have different games,
crafts, and activities happening throughout
the day.

WATER, WILDLIFE, WILDERNESS: DEL VALLE BOAT TOUR ^{SP} ^H

Del Valle Ashley Grenier
1-2:30pm, Thu, Jul 18 #25749, Aug 15,
#25752

Join us on this 1.5 hour boat tour of Lake
Del Valle as we discover how water,
wildlife, and wilderness intersect at one of
the Bay Area's most popular summer time
destinations. \$5 Adult/\$3 Child, Senior.
Registration is required.

HIDEAWAY HIKE – BOBCAT COVE ^{SP}

Del Valle Ashley Grenier
9am-noon, Sun, Jul 28
Traverse the hilly shoreline along Deer Jaw
Trail to one of Del Valle's many "secret"
hideaways - Bobcat Cove. What else
will we discover as we take in lake views
through the oak and pine tree forest?

DRAGONS OF DEL VALLE ^{SP}

Del Valle Ashley Adams
2-4pm, Sun, Jul 28
Did you know dragons live at Lake Del
Valle? With wings, special powers and a
creek side lair, these masters of flight are
fascinating and fun to find. Come explore
the life of dragonflies!

SUMMERTIME STARGAZING

Del Valle Interpretive Staff
8:30-10pm, Sat, Aug 3
Arroyo Staging Area - Be dazzled by the
constellations in the sky! See star clusters,
nebulae, and more. Tri-Valley Stargazers
will be there with telescopes. Bring flash-
lights and dress in layers.

DEL VALLE CAMPFIRE PROGRAMS

DAYS OF THE PIONEERS ^{SP}

Del Valle Interpretive Staff
7:30-9pm, every Fri Jul 5-Aug 30
What was Del Valle like before the
lake? Discover the valley's history
through hands-on activities and stories
during this family campfire.

NIGHT WITH A NATURALIST ^{SP}

Del Valle Interpretive Staff
8:30-9:30pm, every Sat Jul 6-Aug 17
8-9pm, every Sat Aug 24-Aug 31
The evening glow gives way to the
roaring fire, as families gather along
the creek-side. We will discover the
wonders of the park and this camping
tradition each Saturday night.

PUMA PROWL ^{SP}

Del Valle Ashley Adams
2-4pm, Sun, Aug 11
Take a walk on the wild side and find out
about California's biggest cat! We'll stroll
the hills of Del Valle while discovering the
secret life of Bay Area Mountain Lions.

LATE BLOOMERS ^{SP}

Del Valle Interpretive Staff
9:30am-12:30pm, Sat, Aug 17
Explore Arroyo Del Valle and look for
late-blooming wildflowers! Though many
blooms are gone until next spring, there
are plenty of hardy and colorful species
which flourish in the summer heat.



Little Yosemite Falls, Sunol.

SUMMER SPLASHDOWN! ^{SP}

Sunol Ashley Grenier
10:30am-noon, Tue, Jul 23, Sun, Aug 11
We'll keep cool in the pools of Alameda
Creek as we investigate the stream's di-
verse wet wildlife with dipnets in hand.
Wear closed-toed shoes.

GALLS: MORE THAN MEETS THE EYE! ^{SP}

Del Valle Interpretive Staff
9:30am-12:30pm, Sat, Aug 24
Get to know nature's coolest homes!
These amazing structures can be hot pink,
purple, yellow, red, and take on many
wacky shapes. Once you notice them,
you'll find them everywhere! Meet at the
Bridge Parking area.

SUNOL

Unless otherwise noted, all programs meet
at the Sunol Visitor Center, open week-
ends 10am-4pm. Info: (510) 544-3249 or
svisit@ebparks.org.

NATURE CRAFTS ^{SP} ^H

Sunol Interpretive Staff
10am-noon, every Sat & Sun, Jul 6 - Aug 31
Discover the natural world through your
artistic side. We will explore the wild side
of Sunol with a different craft each week.

WILD WONDERS ^{SP}

Sunol Interpretive Staff
2-3pm, every Sat and Sun, Jul 6 - Aug 31
Wildness awaits! Discover the wonders of
the wilderness through games, activities,
and explorations. Great for families of all
ages.

ANIMAL FEEDING TIME ^{SP}

Sunol Interpretive Staff
10:30-11am, every Sun, Jul 7 - Aug 25
Step inside our Visitor Center and meet
the resident animals. Find out what and
how they eat as you watch us feed our not
so furry friends!

OUTDOOR DISCOVERIES! ^{SP} ^H

Sunol Ashley Adams
10:30am-noon, Mon
Explore the world around you in this
hands-on preschool and home school na-
ture series! Join us as we discover, adven-
ture and create in the outdoor classroom
of Sunol. (4-8yrs)
Jul 8: Sensational Snakes #25681
Jul 22: Dragonflies #25684
Aug 12: Meteor Power #25690
Aug 26: Big Cats #25694
Registration is required.

WEDNESDAY NIGHT BAT WATCH ^{SP}

Sunol Ashley Adams
7:30-9pm, Wed, Jul 17, 31
7-8:30pm, Wed, Aug 14, 28
Be a scientist for a night and discover the
whimsical winged mammals we call bats!
We'll debunk the myths and find out the
truth about our flying friends as we watch
them fly from the roost and begin their
nightly hunt. Bring a picnic dinner to enjoy
in the park before the watch begins!

TILDEN NATURE AREA

The Environmental Education Center
(EEC) is open Tue-Sun, 10am-4:30pm. The
Little Farm is open daily. Info: (510) 544-
2233 or tnairea@ebparks.org.

FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, every Sat in Jul & Aug
Little children will enjoy taking care of the
little animals at the Little Farm. Meet at the
rabbit hutch for a variety of age appropri-
ate activities.

INSECT EXPEDITIONS

Tilden Nature Area Trent Pearce
2-3pm, Sat, Jul 6, 13, 20 & 27
Summer brings insects to the meadows
and fields. Get to know some six-legged
members of the animal kingdom on these
short walks. All ages of entomologists
welcome.

TALK WITH THE ANIMALS ^H

Tilden Nature Area Interpretive Staff
11-11:30am, every Sun in Jul & Aug
Get up close and personal to the animals
that call the Little Farm and Nature Area
home. Learn how they move, find their
food, and keep safe from predators. A dif-
ferent animal will be featured each week.
Meet in the classroom at the Little Farm.

THE ITSY-BITSY SPIDER

Tilden Nature Area Jenna S. Collins
1-2pm, Sun, Jul 7 & 21

...went down the water spout and built a
beautiful web! Join us for a hike around the
farm to see where our littlest critters hide.
Bring your magnifying glasses! Meet at the
EEC.

CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Jul 7 & 21
Lend a hand weeding, watering and planting
our healthy vegetables. We might even
taste a few! Meet at the Kids' Garden.

MEET THE REPTILES

Tilden Nature Area Trent Pearce
11am-noon, Sat, Jul 13 & 27
Get up close and personal with snakes and
turtles as we explore ectotherms in all their
glory. All ages of herpetologists welcome.

LOOK KIDS, A CHICKEN!

Tilden Nature Area Anthony Fisher
1-2pm Sun, Aug 11 & 18



Dear Chicken,
What kind are you? Where do you
come from? How many eggs do you lay?
What's that red thing on your head?
Signed:
Curious Human Person.

FUN WITH FELTING

Tilden Nature Area Jenna S. Collins
1-2pm, Sun, Jul 14
Come find out how we can turn sheep's wool into cloth! Practice your hand at wet felting and make your own felted creation. Meet at the EEC.

WE ALL SCREAM FOR ICE CREAM! ♿

Tilden Nature Area Jenna S. Collins
3-3:30pm, Sun, Jul 14 & 28
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream. Meet at the EEC.

TWILIGHT HIKE TO WILDCAT PEAK

Tilden Nature Area Trent Pearce
7-10pm, Sat, Jul 20
Enjoy a vigorous (and potentially foggy) 4-mile round-trip hike to the top of Wildcat Peak... at sunset! Bring comfortable hiking shoes, water, and a flashlight.

WAX: IT'S THE BEE'S KNEES!

Tilden Nature Area Jenna S. Collins
1-2pm, Sun, Jul 28
What's the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and sample local honey. Meet at the Little Farm classroom.

TULE FLOAT – MAKE A MINI BOAT ♿

Tilden Nature Area Trail Gail
1-2pm Sat, Aug 3
Bull Rush or Tule has many uses, one is to make boats. Join a naturalist and make a mini tule boat, then we'll go out and see if they float!

OFF YOUR GOURD ♿

Tilden Nature Area Trail Gail
3-4pm, Sat, Aug 10
Make a simple gourd craft at the Little Farm, and learn how they grow.

LAKE TO LAKE WATERSHED WALK **HPHP**

Tilden Nature Area Trail Gail
9am-Noon, Sat, Aug 17
Trek from lake to lake and explore the Wildcat Creek watershed. What stories might be revealed along the way? Hidden waterfalls, the start of the Park District, and more – let's go find out!

BLACKBERRIES, MORE THAN AN EDIBLE FRUIT

Tilden Nature Area Trail Gail
2-3pm, Sat, Aug 17
With some warm weather and a little luck, we can experience this natural fruit, firsthand. Not all blackberries are the same, or are they?

TAKE A WALK ON THE WILD SIDE

Tilden Nature Area Trail Gail
9-11am, Sat, Aug 24
Trek to the top of the world. We'll climb Wildcat Peak, watch for wildlife and experience our connection to the rest of the bay area. Bring water, snacks.



Walking with community and meeting new people is a great way to stay healthy and connected. Coyote Hills.

FUN WITH FELT

Tilden Nature Area Trail Gail
2-3pm, Sat, Aug 24
Stop by the farm and make a felted creation. We'll use wool, soap and our own energy to make a unique piece. Come get your hands wet while learning about wool.

OTHER PARKS

NATURE'S CORNER **SP**

Contra Loma Interpretive Staff
10am-noon
Thu, Jul 4; Sun, Jul 21, Aug 4; Sat, Aug 10, 17
Diablo Foothills (Castle Tree) Interpretive Staff
Sat, Aug 24
Come and visit with Park District Naturalists and staff at our table, where we'll help reveal some of the hidden secrets of local nature, show cool places to visit in the parks, and get you started on nature crafts. Info: (510) 544-2750.

HIKES FOR TYKES **SP HPHP**

Various parks Interpretive Staff
10:30-11:45am, Tue
Enjoy some nature before naptime with your young child! Join a naturalist as they take you over hill and dell to explore the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes. See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.
Jul 2: Lake Temescal, North Entrance Lawn Area
Jul 16: MLKing Jr. Shoreline, Arrowhead Marsh Staging Area
Jul 30: Oyster Bay, Neptune Dr. parking area
Aug 6: Leona Canyon, Canyon Oaks parking area
Aug 20: Elsie Roemer Bird Sanctuary Crown Beach, meet at platform near Shoreline and Broadway.

BIRD WALK **SP**

Various Parks Kristina Parkison
8-10am, Sat, Jul 6 – Alameda Creek. Meet at Niles Staging Area; Aug 3 – Quarry Lakes. Meet at Isherwood Staging Area. The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat.
8+yrs. Info: (510) 544-3220.

HOW DOES OUR GARDEN GROW? **SP ♿**

Shadow Cliffs Ashley Grenier
10-11:30am, Tue, Jul 9 #25740, Aug 13 #25743

WEDNESDAY WALKS **SP HPHP**

Various Parks Interpretive Staff
Discover the natural and human history of our beautiful parklands and improve your health on a naturalist-led hike. Hikers of all ages and abilities are welcome on these fast-paced hikes. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels. Hikes begin at 9:30am.
Jul 17: Garin/Dry Creek, Garin Barn Interpretive Center - Hike 4 miles up a secluded canyon and along shady Dry Creek in the south Hayward Hills. Moderate to strenuous. Led by Christina Garcia. Info: (510)-544-3282.
Jul 24: Carquinez, Nejedly Staging Area - Hills and views. Led by Trail Gail.
Aug 21: Briones, Alhambra Creek Staging Area - Water water everywhere, or is there? 8+yrs. Led by Trail Gail.
Aug 28: Redwood - Hike about 5 miles - up Canyon Trail, along East Ridge to Phillips Loop, Eucalyptus trail and then back along the shady beautiful and hopefully cool forest floor of Stream trail. Some parts moderate to strenuous. Led by Susan Ramos. Info: (510) 544-3187.

CAMPFIRE PROGRAMS – ANTHONY CHABOT ♿

Anthony Chabot Interpretive Staff
8-9pm, every Sat in Jul & Aug
Free. Join us for after-dark fun! Learn about the parks and nature around you through games, songs, photos and stories around the campfire. Even if you're not camping, you're welcome to join us for the program! Dress warmly. Info: (510) 544-3187.

With help from you! We've got plenty of kid-friendly tasks to complete - watering, digging, planting, painting, and eating. Bring the family, get your hands dirty, and enjoy the sunshine in our public garden. Pack a lunch and stay after our work is done. Info: (510)-544-3249.

Registration is required.

SUNSET OVER SIBLEY

Sibley Morgan Guenther
7:30-9:30pm, Sun, Jul 14

Enjoy the turning of day to night as we hike in the hills, watching as the sun sets on the labyrinth and a nearly full moon shines over Round Top. Info: (510) 544-3187.

LAKESIDE LITTLES **SP**

Shadow Cliffs Ashley Grenier
10-11am, & 11:30am-12:30pm, Mon, Jul 15, Aug 19
Bring your little ones out and discover nature. Each month we'll explore a trail, look at bugs, search for birds, and much

SATURDAY & SUNDAY STROLLS **SP HPHP**

Various Parks Interpretive Staff
10am-noon
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from two to five miles. Great for families. Dogs welcome on most hikes. Info: (510) 544-3187. See www.ebparks.org/parks for maps and directions.
Jul 28: Crab Cove Visitor Center - Walk a level 4 miles along the Bay Trail to the USS Hornet and learn about the military past of Alameda and the park's future.
Aug 10: Roberts - (Chabot Space and Science Center) Hike 3.5 miles along ridgeline to the redwoods and back as we explore the footprints of ancient trees and the park's past.
Aug 25: Anthony Chabot - (MacDonald Staging Area) Hike 3.5 moderate miles through streamside forest, oak woodland, and sunny grassland. End with a sweet view.

more. Let's get outside! Parent/caregiver participation required. (1-5yrs). Info: (510)-544-3249.

WEEKDAY BIRD WALK ^{SP}

Various Parks Kristina Parkison
7:30-9:30am, Tue **Jul 16:** Garin. Meet at Visitor Center Barn; **Aug 13:** Coyote Hills. Meet at Visitor Center
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes.
12+yrs. Info: (510) 544-3220.

WHERE IS OLD SURVIVOR?

Leona Canyon Michael Charnofsky
9:30am-12:30pm, Sun, July 21
Hike five miles through beautiful stream-carved canyons, then look down upon the oldest East Bay redwood in Oakland's Leona Heights Park. Discuss the importance of the giant trees that once graced these hills.

TUESDAY TWILIGHT

Lake Temescal Susan Ramos
8-10pm, Tue, Jul 23
Take a short one-mile hike around the lake looking for bats, elusive river otters, and other nighttime critters. Bring a flashlight. Info: (510) 544-3187.

FAMILY NIGHT HIKE ^{SP} [♿]

Contra Loma Virginia Delgado
7-9:30pm, Sat, Jul 27 #25905
With family and friends, see how the reservoir at Contra Loma comes to life as the sun goes down. Explore the sights and sounds of night on a 3-mile hike on even terrain. 6+yrs. Info: (510) 544-2750. Parking Fee: \$5. Registration is required.

ROVING RANGER: RIPARIAN RUMINATIONS ^{SP}

Garin Francis Mendoza
8:30-11:30am, Sun, Jul 28
Hike through a shady creek corridor in the heart of the Hayward Hills while enjoying nature. Moderate 3.5 miles with some creek crossings. 12+yrs. Meet at the Red Barn. Info: (510) 544-3220.

THE OVER-THE-HILLS GANG

Various Parks Trail Gail
10am-12:30pm, Tue
Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks.
Jul 30: Tilden Park, Inspiration Point – “mostly” flat.
Aug 6: Huckleberry Preserve, Skyline Blvd. Staging Area - Up and down all around in this shady park (no dogs)
Aug 20: Tilden Park, Botanic Garden to Lake Anza-Meet at East Bay Regional Park Botanic Garden, (no dogs).

TRAILS CHALLENGE: SHADOW CLIFFS ^{SP} ^{HPHP}

Shadow Cliffs Ashley Grenier
9-11:30am, Wed, Aug 7

It's not too late to start your 2019 Trails Challenge! Join the Naturalist on this easy 2.8 mile loop and discover this urban oasis' rich cultural and natural history. Info: (510)-544-3249.

A TASTE OF BRIONES

Briones Eddie Willis
9-11:30am, Sun, Aug 11
Hike down to an old pear orchard, once owned by John Muir's friend, and literally taste a piece of the park. 3-miles round-trip, steep. Meet at Briones Road staging area. 8+yrs. Info: (510) 544-2750.

WHO BUILT THE SIBLEY LABYRINTH?

Sibley Helena Mazzariello & Michael Charnofsky
10am-12:45pm: Sun, Aug 11 #25986
She built the Sibley labyrinth “as a gift to the world” in 1989. On a 3-mile hike, join us with Helena Mazzariello, the original builder, as she unravels mysteries and myths about labyrinths, their spiritual properties, and how she (secretly) created ours. 10+yrs. Registration is required.

SUNDAY EARLY-ISH BIRDS

Various Parks Anthony Fisher
8-11am, Sun
Some of my best friends have feathers. They could be your friends too. Would you like to meet them?
Aug 11: Point Pinole, Dotson Family Marsh. Meet at the end of Goodrick Ave.
Aug 18: Crockett Hills. Meet at Crockett Ranch Staging Area.

MONDAY BIRDING

Various Parks Anthony Fisher
9am-noon, Mon
Breathe fresh air, seek feathery spirits, learn about yourself and others.
Aug 12: Tilden Nature Area - Meet at the Environmental Education Center.
Aug 19: McLaughlin Eastshore State Park – Meet at the Seabreeze Mkt. lot.
Aug 26: Point Pinole – Meet at the Atlas Rd. entrance.

HIKING AND PSYCHING

Roberts Michael Charnofsky
10am-noon, Sun, Aug 18
Fool each other with impressive truths and creative falsities about nature and science. Hike 3.5 moderate miles through beautiful redwood forest (that part's true) as we share, trick and guess. Info: (510) 544-3187. 10+yrs.

BIRDING THE SHORELINE

Hayward Shoreline Francis Mendoza
8:30-10:30am, Sun, Aug 18
Walk along an easy, flat 2 miles to the shoreline where we'll look for shorebirds,

waterfowl and passerines. Wear layers, sunscreen and bring water. 12+yrs. Meet at Western end of W. Winton Ave. Info: (510) 544-3220.

CANINE CAPERS WALK ^{SP} [♿]

Hayward Shoreline Kristina Parkison
9-11am, Sat, Aug 31 #25974
The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us. 8+yrs. Registration is required.

VOLUNTEER

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Redwood Staff
9am-1pm, 1st Sat of the month.
9:30am-1:30pm, 2nd Sun of the month.
Help remove invasive French Broom at various locations in the park. Tools, protective equipment and snacks will be provided. Call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley Staff
9:30am - 3rd Sun of the month:
Huckleberry
9:30am- 2nd Sat of the month: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Info: (510) 544-3112. sibley@ebparks.org.

POST 4TH OF JULY BEACH CLEANUP

Crab Cove Morgan Guenther
10:30am-noon, Sun, Jul 7
The picnics, fireworks and red, white and blue fun have filled the weekend, and it's

time to help pick up the litter left behind from the busy summer days on the beach. Bring buckets and gloves, or borrow ours. Info: (510) 544-3187.

BECOME A DELTA DOCENT

Big Break Interpretive Staff
12:30-2:30pm, Mon, Jul 8 #26086
9am-3:30pm, Mon, Jul 15, 22; Tue, Jul 16, Thu, Jul 18; 9am-4:30pm, Tue, Jul 23; 9am-3:30pm, Mon, Jul 29

If you love nature, learning, parks and people then join our family of Delta Docents! Develop skills to assist naturalists with school, weekend, evening programs and events to help connect people with nature. This 7-session training highlights Delta ecology, history, activities, games and presentation skills. It's like nature camp for adults! No experience necessary. Info/Registration: Cat Taylor at (510)-544-3051 or ctaylor@ebparks.org.

THIRD THURSDAYS AT THE BEACH

Crab Cove Operations Staff
10am-noon, 1-3pm, Thu Jul 18 & Aug 15
Volunteers are needed in our Demonstration Garden to help with maintenance, including weeding, pruning, mulching and other park projects. One-time or ongoing help welcome. Please wear long pants, closed-toe shoes, hat and bring a water bottle. Info: (510) 544-3187.

NATIVE PLANT AND BUTTERFLY GARDENING [♿]

Crab Cove Michael Charnofsky
9:30am-12:30pm, Sun, Aug 4 #25992
Help keep our wildlife-friendly gardens beautiful by pruning, weeding, mulching, and watering around the Visitor Center. Choose the work that inspires you. Birds and butterflies would thank you if they could! Community Service hours available for students. Snacks and refreshments served. Tools provided. 8+ yrs. Registration is required.



Members from the Dawoodi Bohra community in Fremont, preparing the ground to plant trees at Cull Canyon.

How to Register • Fee Payment

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA
(510) 544-2797

BIG BREAK

69 Big Break Road
Oakley, CA
(510) 544-3050

BLACK DIAMOND MINES

5175 Somersville Road
Antioch, CA
(510) 544-2750

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA
(510) 544-3169

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA
(510) 544-3220

CRAB COVE

1252 McKay Avenue
Alameda, CA
(510) 544-3187

DEL VALLE

7000 Del Valle Road
Livermore, CA
(510) 544-3146 summer weekends
only; 544-3249

GARIN

1320 Garin Avenue
Hayward, CA
(510) 544-3220

SUNOL-OHLONE

P.O. Box 82 (on Geary Road)
Sunol, CA
(510) 544-3249

TILDEN NATURE AREA

Environmental Education
Center (EEC) at Tilden
Regional Park
Berkeley, CA
(510) 544-2233

SWIM FACILITIES

1-888-327-2757, option 3

LAKE ANZA

Tilden Regional Park
Berkeley, CA | ext. 4563

CASTLE ROCK

1700 Castle Rock Road
Walnut Creek, CA | ext. 4515

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA | ext. 4518

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA | ext. 4523

DEL VALLE

7000 Del Valle Road
Livermore, CA | ext. 4524

DON CASTRO

22400 Woodroe Ave.
Hayward, CA | ext. 4527

QUARRY LAKES

2100 Isherwood Way
Fremont, CA | ext. 4552

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA | ext. 4555

SHADOW CLIFFS


2500 Stanley Blvd.
Pleasanton, CA | ext. 4557

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA | ext. 4561

Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed for further information.

For programs that indicate “Registration is required,” register by calling 1-888-EBPARKS (1-888-327-2757), option 2, or by calling the number listed.



ONLINE registration is available if the program title displays this symbol:  Go to www.ebparksonline.org. When registering online, use the course code printed next to the program date(s).

WALK-IN: Come to the District Headquarters between 8:30am and 5pm Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next to the Dunsmuir House and south of the Oakland Zoo off I-580. See map below.

BY PHONE: Phone registration requires a VISA or Mastercard. The Reservations Office is open between 8:30am-4:00pm Mondays through Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.

FEE PAYMENT: Fees must be paid in full at the time of registration. Fees may be paid by money order, VISA, Mastercard, cash, or pre-

printed check for walk-in registration. Make checks payable to **EBRPD**. Programs registered in the parks may be paid for by check up until the day of the program if space is available. Returned checks will be charged a \$25 Returned Check charge. **Non-resident fees** apply to anyone living outside Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program.

CREDIT CARDS:  
VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY: REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. **CANCELLATION POLICY:** At least five business days advance notice is necessary for a full refund. Failure to notify the Reservations Office at least five business days in advance of your cancellation will result in forfeiture of the program fee. The Reservations Office is open Monday through Friday. The last day to cancel a Saturday or Sunday program is the prior Monday.





Free Concerts in the Parks



EAST BAY REGIONAL PARK DISTRICT

June 22.....Lake Chabot

July 12Crab Cove

Aug. 9Crab Cove

Aug. 23Contra Loma

Sept. 13 ...Crab Cove

Sept. 28 ...Judge John

Sutter Regional Shoreline

Celebrate With Us!



FAM Fest!

FALL ARTS AND MUSIC FESTIVAL
AT THE BRIDGE YARD BUILDING

September 28, 2019

Location: Judge John Sutter
Regional Shoreline
(At the Eastern Touchdown
of the Bay Bridge in Oakland)



Celebrate the Parks' 85th Anniversary with Us!

East Bay 
Regional Park District

Healthy Parks Healthy People

2950 Peralta Oaks Court
Oakland, CA 94605-0381
ebparks.org

REGIONAL PARKS FOUNDATION'S 50TH ANNIVERSARY GALA

GROOVE IN 60'S STYLE TO
MICHAEL McDONALD

DATE / TIME / PLACE

● Thursday, October 10, 2019

● 5:30-10:00 pm

● Casa Real - Ruby Hill Winery
410 Vineyard Avenue
Pleasanton, CA 94566

● Tickets \$250

[www.RegionalParksFoundation.org/
50th-anniversary-gala](http://www.RegionalParksFoundation.org/50th-anniversary-gala)

CONTACT

Juliana Schirmer - Development Dir.

jschirmer@ebparks.org

510-544-2212

