

Regional in Nature Activity Guide

SEPTEMBER – OCTOBER 2019



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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 and Picnic Reservations...
..... 1-888-EBPARKS

Naturalist and Recreation
Programs..... 1-888-EBPARKS

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



Fun Events to Celebrate 85 Years

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



For many, the East Bay Regional Parks have provided a lifetime of memories. Whether it's taking a first hike, catching a first fish, or riding the steam train at Tilden for the first time, many of us have lasting memories and deep appreciation of the Park District's beautiful parks, shorelines, and trails.

2019 is the Park District's 85th anniversary – a remarkable milestone and a reason to celebrate. Founded in 1934 by citizens who, in the depths of the great depression, elected to tax themselves to preserve and provide public access to nature, the Park District today has 73 parks on more than 122,000 acres in Alameda and Contra Costa counties.

To celebrate this special anniversary, the Park District has been offering **Free Park Fridays**, with park fees waived on Fridays for the entire year.

The Park District is also holding several free, fun, celebratory events. We'd love to have you join us!

- **Friday, August 9, 5:30pm – CONCERT AT THE COVE**, Crown Beach, Alameda (Jazz Mafia: Jazz, funk, soul, hip-hop, and electronica)

- **Friday, August 23, 6pm – CONCERT IN THE PARK**, Contra Loma, Antioch (The David Perez Band: Latin Pop/Rock, Cumbia, Tex Mex, Salsa)
- **Friday, September 13, 5:30pm – CONCERT AT THE COVE**, Crown Beach, Alameda (SambaDa: Traditional Afro-Brazilian heritage music blended with funk, rock, and reggae)
- **Saturday, September 28, 1pm – FAM FEST! FALL ARTS AND MUSIC FESTIVAL** at the Bridge Yard Building, at Judge John Sutter Regional Shoreline, Oakland (In partnership with OAKHELLA, SaulPaul MC's a mix of local artists, musicians, DJs, and performers)

Another great way to support and enjoy your parks is to become a member of the Regional Parks Foundation, which is celebrating their 50th anniversary this year! Or join the fun at their fundraiser gala on Thursday, October 10, 2019, at Casa Real, Pleasanton with guest performer Michael McDonald.

For more information, visit www.ebparks.org/85th.

See you in your Regional Parks!

Wildlife Warriors

PARK DISTRICT STEWARDSHIP DEPARTMENT WORKING TO PROTECT LOCAL WILDLIFE



California tiger salamander



Western pond turtle

The Regional Parks are well known for their abundance of wildlife – from the cutest of critters to the cunningest of predators. But it is some of the less noticeable creatures that need the most help.

As a park management agency, the District has a responsibility to protect and preserve natural habitat, especially for those species listed as rare, threatened, or endangered. That's where the Park District's Stewardship Department steps in. With a staff of 21, the Stewardship Department identifies wildlife habitat and develops management and habitat restoration plans to protect and enhance the habitat. The Stewardship Department wildlife

experts also perform research funded by grants from state and federal agencies. Over the past 10 years, the Stewardship Department has published more than 20 scientific studies on local protected species.

Special protected species in the Park District include the Alameda whipsnake, the California tiger salamander, the California red-legged frog, the California least tern, the salt-marsh harvest mouse, the San Joaquin kit fox, and the western pond turtle.

For more information on the Park District's strategic efforts to protect wildlife and steward its natural resources, visit www.ebparks.org/about/stewardship.

Staying Ready for Wildfires

The statistics are sobering. Ten of the most destructive fires in California history have occurred in the past four years. “A year-round fire season is now the ‘new normal’ in California, and we must maintain constant vigilance,” says Aileen Theile, Fire Chief of the East Bay Regional Park District.

To prepare for wildfires and protect its neighbors, the Park District uses a multifaceted strategy, including reducing fire fuels, monitoring weather conditions, maintaining specialized equipment, providing staff training, collaborating with 25-plus local and regional fire agencies, and educating the public about wildfire protection activities and dangers.

Fire hazard reduction means thinning and removing dense brush, trees, and tall grasses, together referred to as the fuel load. Grazing animals also keep fire fuels in check. Park District land is grazed by 6,000 cattle, 1,500 sheep and 1,600 goats, spread out over about half of the District’s parks at any given time.

Remote weather stations located on Park District property provide data to predict regional fire behavior and track weather dangers that are communicated to the public.

Specialized wildland equipment helps with emergency response for the East Bay’s varied terrain and topography. This includes a variety of engines,



water tenders, all-terrain vehicles, and two helicopters that can each drop between 144 and 210 gallons of water. In 2018, the Park District’s helicopters delivered 116 water buckets to fight 15 fires.

Wildland firefighting training for staff includes extinguishing wildland fires, structure fires, and vehicle fires. The Park District also provides fuel reduction training to park staff and external crews, who assist the Park District with the huge maintenance needs of its 122,000 acres.

More Resources:

For more information, visit www.ebparcs.org/about/fire.

Concord Hills Regional Park

A PARK WITH A POWERFUL HISTORY

The East Bay Regional Park District’s newest regional park took another step closer to becoming a reality this past July when the Navy officially assigned 2,216 acres of Concord Naval Weapons Station land to the National Park Service which will formally transfer the property to the Park District.

The assignment of the property to the National Park Service was celebrated at a July 13th event that also commemorated the 75th anniversary of the Port Chicago explosion at the Concord Naval Weapons Station. The remaining Concord Naval Weapons Station land is being planned by the City of Concord for commercial and residential uses.

On July 17, 1944, over 5,000 tons of munitions exploded, killing 320 mostly enlisted African American sailors. The tragic explosion accounted for a quarter of all African American deaths in World War II and highlighted racial inequality within the Navy. Subsequently, on February 27, 1946, the Bureau of Naval Personnel issued Circular Letter 48-46 which prohibited all segregation in assignments, ratings, ranks, ships, facilities, and housing within the Navy. President Truman later signed Executive Order 9981 on July 26, 1948, ordering the desegregation of all military forces.

This new regional park will someday include a joint visitor center with the National Park Service which manages the Port Chicago Naval Magazine National Memorial. The visitor center will welcome the public to explore the human and natural history of the site and serve as the visitor center for the new park and its future hiking trails.

Visitor facilities and public access amenities are expected to take years to complete and significant financial resources. Public access will likely first come to the southern portions of the park between Bailey Road and Kirker Pass Road.

Health Matters

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

HEALTH TIPS:

Prevent Heat-Related Illness

1. Wear clothing that is light-colored, lightweight, and absorbent, allowing evaporation of body sweat.
2. Stay hydrated. Carry water for yourself and your dog.
3. Limit outdoor activity during the hottest part of the day.

Healthy Parks Healthy People

RECREATION

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
1:30-3:30pm, Sat, Sep 21 #26395;
Oct 19 #26399

Gain 90 minutes of archery coaching and practice at an outdoor range, with all equipment provided. Designed for the beginner, the class starts with 30 minutes of classroom instruction. 8+yrs. Adult supervision required for children ages 8-13yrs. Registration is required.

Fee: \$50 (non-res. \$56)

LLAMAS – MYSTICS OF ANDES

Redwood LAMAS Outfitters

12pm-3:30pm, Sat, Sep 7 #26566; Sep 21 #26570; Oct 5 #26572; Oct 19 #26573
10am-1:30pm, Sun, Sep 8 #26568; Sep 22 #26576; Oct 6 #26577; Oct 20 #26574

The Quechua Andeans refer to llamas as 'Speechless Brothers.' Learn how to groom, feed, lead and interact positively with these specially trained llamas, under



Day hike with a llama.

the guidance of Geo, a 'Llama Michie,' with over 25 years' experience. Up to two people can share one llama or reserve your own. Adult participation required for ages 8-17yrs.

Registration is required.

Fee: \$90 (non-res. \$100) per llama - 6 llamas max. per class.

KAYAKING / BOATING

Registration is required.

BROOKS ISLAND ADVENTURE

Brooks Island

Naturalist/
Recreation Staff

10am-4pm, Sat, Sep 7 #26416;

9am-3pm, Sun, Sep 8 #26417;

9:30am-3:30pm, Sat, Oct 5 #26419;

Sun, Oct 6 #26420; Sun, Oct 27 #26421

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, then come ashore to enjoy a naturalist-guided two-mile hike around the island which is normally closed to visitors. Adult



Tandem Kayaking at Big Break.

registration/participation required with registered children ages 16-17yrs. Registration is required.

Fee: \$85 (non-res. \$95)

KAYAKING FOR FOLKS 50+

Various Parks Recreation Staff

11am-3pm, Thu, Sep 19 #26428 Shadow

Cliffs; Wed, Oct 16 #26431 Del Valle

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 the lake by kayak.

Registration is required.

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

KAYAKING BIG BREAK – LONGER PADDLE

Big Break

Recreation Staff

9am-12:30pm, Sat, Sep 21 #26582

Come ply the welcoming and wondrous waters of the Delta on this beginner (& 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. 10+yrs. Registration is required.

Fee: \$40 (non-res. \$44)

SUNSET & MOON PADDLE

Big Break

Recreation Staff

5pm-7:30pm, Sun, Oct 13 #26581

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.

Registration is required.

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

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. Carefully 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. See next session for mobility class.

Registration is required.

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



All set to head out with hiking poles at Black Diamond Mines.

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Redwood Regional Jayah Faye Paley

8:30am-3pm, Sat, Sep 21 #26324

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.

Registration is required.

Fee: \$75 (non-res. \$83)

HIKING WITH POLES: MORNING SKILLS & TECHNIQUES

Kennedy Grove Jayah Faye Paley

8:15am-1pm, Sat, Oct 19 #26579

Morning session helps hikers learn poles, trail and body skills. Beginner to experienced hikers learn techniques without the additional challenge of the practice hike in the afternoon.

Registration is required.

Fee: \$59 (non-res. \$65)

USING POLES FOR WALKING & MAINTAINING MOBILITY

Kennedy Grove Jayah Faye Paley

1:15pm-4:45pm, Sat, Oct 19 #26580

Easy-to-learn pole techniques and

gentle exercises empower people to maintain independence, navigate everyday obstacles, reduce risk of falling, restore spine function, and improve stamina and walking form. Strengthen muscles that support weight bearing joints. Optional lovely practice pole walk – approximately 1/3 mile. Special equipment provided.

Registration is required.

Fee: \$48 (non-res. \$54)

BOTANIC GARDEN PRACTICE POLE HIKE

Tilden Botanic Garden

Jayah

Faye Paley

8:30am-10:45am, Thu, Oct 17 #26333

Refine, enhance, and learn new skills on gentle, varied terrain. Easy practice hike – connect with nature while improving confidence, pole performance, and body awareness. Explore Beautiful

Native Garden: Botanically experience California. Previous EBRPD pole hiking instruction **required**. Test Drive Poles.

Hike approximately 2 miles.

Registration is required.

Fee: \$35 (non-res. \$39)

FLY-FISHING INTRODUCTION

Tilden Fish First!
7am-1pm, Sun, Sep 15 #26363;
Oct 13 #26367

This exciting and informative day is geared 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 – INTERMEDIATE BASS

Contra Loma Recreation Staff
8-11am, Sat, Sep 28 #26550

Learn the intermediate techniques of bass fishing including gear selection, rigging, fish behavior, and bait selection. This course is designed for those who have experience bass fishing or have previously taken Bass Basics. Class will specifically address bass fishing and various types of rigging and lures used. Valid California fishing license required for ages 16+yrs. Gear provided.

Registration is required.
Fee: \$25 (non-res. \$29)

MY FIRST FISH!



Isabella and Aliyah both caught their first fish at Lake Chabot! Isabella caught the bluegill with nightcrawlers, while Aliyah caught her trout with salmon egg flavored Powerbait. Congratulations!

Quarry Lakes Recreation Staff
5-7pm, Wed, Oct 16 #26547

Come out to the lake and participate in this fun 'derby style' class where youth will have a chance to catch their first fish! Participants will learn basic techniques of fishing, include casting, bait selection, and knot tying. 5-12yrs. Participants must be accompanied by an adult. No guarantee participants will catch a fish.

Registration is required.
Fee: \$15 (non-res. \$17)

BOAT TO BROOKS

Brooks Island Dolphin Charters/
Interpretive Staff

9:30am-3:30pm, Fri, Oct 18 #26353; Sun,
Oct 20 #26358

Join us for a relaxed, **narrated boat ride** to Brooks Island. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate and tea are provided. Ages 12+yrs.

Registration is required.
Fee: \$72 (non-res. \$80)

ARDENWOOD

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



HARVEST FESTIVAL

Ardenwood Interpretive Staff
10am-4pm, Sat & Sun, Oct 12-13

Enjoy old-time country fun as you help bring in this year's crop of corn. Wander through a 5-acre field searching for ears of Indian corn and popcorn, and take home a portion of what you harvest. Outside the field, enjoy magic shows, cider pressing, old-time music, and historic crafts. Ride a narrow-gauge train, visit the pumpkin patch and learn what late-nineteenth century life was like on a tour of the beautifully restored farmhouse. Please bring your own bags to take home your harvested corn. Fee: \$10/adult, \$8/senior (62+yrs), \$6/child (4-17yrs.) and free under 4yrs.

Ticket sales begin Aug 1. Avoid the lines by purchasing advance tickets at the farm or at www.ebparks.org. Free parking.

RAIL FAIR

Ardenwood SPCRR & Interpretive Staff
10am-4pm, Sat–Mon, Aug 31–Sep 1 & 2

Come to Ardenwood and celebrate the 20th Anniversary of Rail Fair! Your entire family will enjoy train rides, model railroads of different sizes, a full-size steam engine, historic railroad display, farmyard activities, Patterson House tours, and more! There will also be live music all 3 days!

Registration information – register beginning July 30

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

Tickets: \$12/adults & seniors, \$9/children ages 4-17, ages 3 and under free. This is a fundraiser for the nonprofit Railroad Museum at Ardenwood, operated by the Society for the Preservation of Carter Railroad Resources. Detailed information will be posted beginning in early August at www.facebook.com/SPCRRmuseum. You can also call (510) 544-2797 or email info@spcrr.org.

ANIMAL FEEDING

Ardenwood Interpretive Staff
3pm, Thu-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 are led by docents dressed in 19th century clothing and take about 45 minutes. Check for tickets at the Train Station upon your arrival. Special 15 minute tours for children 6 and under offered Thursday and Friday at 2:30pm, Saturday and Sunday at 11:30am. Info: (510) 791-4196

RABBIT RENDEZVOUS

Ardenwood Interpretive Staff
10:30-11am, Sat, Sep 7, 21 and 11:30am-

noon, Sun, Sep 8, 29

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.

BIRDS OF THE FARM

Ardenwood Christina Garcia
8-9:30am, Sun, Sep 29, Oct 20

The farm provides valuable habitat for fall migratory birds. Let's explore the gardens, forests and fields looking for them. No admission fee.



TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Sep 4, 18, 25, Oct,
16, 23, 30.

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!

GARDEN BUG SAFARI

Ardenwood Pia Loft
Noon-1pm, Sat, Sep 7, 21

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, Sep 7, 21, Sun, Oct 6

Old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), and hopping like a bunny (sack races). Join the fun and test your skills!

FARM CHORES FOR KIDS

Ardenwood Interpretive Staff
10:30-11am, Sun, Sep 8, 22, Oct 20

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.

COOKING IN COUNTRY KITCHEN

Ardenwood Interpretive Staff
11am-1pm, Sun, Sep 8, 15, 22, & Oct 6, 27

Stop by our outdoor farm kitchen and take a tasty step back in time! Discover how to cook with a wood-burning stove and sample the special of the day, be it savory or sweet. Pick up a historic recipe to try at home.

PLAY WITH DOUGH &

Ardenwood Christina Garcia
12:30-1:30pm, Sun, Sep 8
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.

WAKE UP THE FARM &

Ardenwood Interpretive Staff
10:30-11am, Sat, Sep 14, 28, Oct 19 and
Sun, Sep 29, Oct 27
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.

A program in partnership with . . .

KAISER
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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 1! 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

FUN WITH FELTING &

Ardenwood Mindy Castle
11am-noon, Sat, Sep 14
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.

CLOTHESPIN DOLLS &

Ardenwood Mindy Castle
1-2pm, Sat, Sep 14
Create and dress up your own darling doll. We'll make them out of clothespins just the way they did more than 100 years ago. Meet at the Granary.

LEARN THE ROPES &

Ardenwood Interpretive Staff
2-2:30pm, Sat, Sep 14
Learn how a few twists and turns on our antique machine makes rope making a cinch.

MEET THE CHICKENS

Ardenwood Interpretive Staff
10:30-11am, Sun, Sep 15, Oct 6
Where do the chickens live? Find out where they lay their eggs, how they sleep, and much more! Meet at the chicken coop.

APPLE CIDER PRESSING

Ardenwood Christina Garcia
11:30-12:30pm, Sun, Sep 22, Oct 20, 27
Come help squeeze the juice from apples and discover why this was once the most popular drink in America. Afterwards, taste a sample of your hard work.

DIRT MADE MY LUNCH &

Ardenwood Pia Loft
Noon-1pm, Sat, Sep 28, Oct 19
Come explore the wonders of dirt: we will learn how healthy soils provide nourishing food while we experiment and have fun with mud in our vegetable garden.

FARMYARD GAMES

Ardenwood Interpretive Staff
1-2pm, Sun, Sep 29
Life on a farm wasn't all work and no play. Join us for some old-fashioned fun! Try your hand at classic pastimes from around the world including croquet and bocce ball.

WE ALL SCREAM FOR ICE CREAM! &

Ardenwood Christina Garcia
2-3pm, Sun, Sep 29
Put together some ice, salt, cream, sugar, then add a little muscle power and learn how delicious old-fashioned ice cream is made. Learn the tasty history of this popular treat.

STILT WALKERS

Ardenwood Interpretive Staff
1:30-2:30pm, Sun, Sept 8, and 12-12:30pm,
Sat, Oct 5, 26
Want to be taller? Improve your balance? Give stilts a try. It's fun! Guess why farmers used these fun tools in the past.



CORN MOSAICS &

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Sep 28, Oct 19, and
Sun Sept 15, 22
Learn how to turn our autumn-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

WHAT'S THE BUZZ ABOUT BEES? &

Ardenwood Pia Loft
1-2pm, Sat, Oct 5, 26
Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer's best friend.

ROPE MAKING & HAY HOISTING

Ardenwood Interpretive Staff
12:30-1pm, Sun, Oct 6
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.

CORN HUSK DOLLS &

Ardenwood Christina Garcia
1:30-2:30pm, Sun, Oct 20, 27
Craft your own folk art doll of colorful husks gleaned from the field. Corn silk hair, a twig broom or an acorn cap will add character to your creation.

RAILROAD ADVENTURE DAY

Ardenwood S.P.C.R.R.
10am-3:30pm, Sat, Oct 5
Enjoy a Saturday ride on our narrow gauge train and learn about the history of the original railroad that ran through Ardenwood. Unlimited train rides are included with the Ardenwood admission fee.
Tickets: \$6/adults (18+), \$5/seniors (62+), \$4/children (4-17), ages 3 and under free.
This is a fundraiser for the nonprofit Railroad Museum at Ardenwood, operated by the Society for the Preservation of Carter Railroad Resources. Info: info@spcrr.org.

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. Meet at the Botanic Garden Visitor Center unless otherwise stated.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Rain cancels!

FAMILY-FRIENDLY TOUR

2-3pm, Sun, Oct 20
This is a docent-led family-friendly theme tour, California Indian Uses of Native Plants. Play the traditional Miwok game of staves, grind acorns, and wash your hands with soap root. You will see Native American artifacts and the plants used to make them while learning about important food sources. Rain cancels.

CLASSES THROUGH THE FRIENDS OF THE REGIONAL PARKS BOTANIC GARDEN

10am-4pm, Sat, Sep 28 - Native Botanicals: Drawing in the Garden;
Sun, Sep 29 - Native Botanicals: Painting with Watercolor & Gouache;
10am-1:30pm, Sat, Oct 19, 26, Nov 2 - Conifers of California;
9am-12pm, Sun, Oct 27 - Seed Propagation of California Native Plants

2019 FALL SALE OF CALIFORNIA NATIVE PLANTS

10am-3pm, Sat, Oct 5
Public Plant Sale at the Regional Parks Botanic Garden in Tilden Regional Park. 9am-10am: Friends Members Plant Sale. Friends memberships can be purchased the morning of the plant sale, starting at 8:30am, at the entrance to the plant sale. Info: www.nativeplants.org.



HAUNTED RAILROAD

Ardenwood S.P.C.R.R.
Fri–Sun, Oct 18-20 & 25-27
Train Times: Fridays & Saturdays 7-9:30pm;
Sundays 7-9pm

Ride the Haunted Railroad for a frightfully fun journey through the haunted forest. This is a fun, spooky ride for all ages (not scary). Live actors play silly characters with Halloween inflatables between scenes. This ride is especially designed for families with children under 12.

Tickets: \$12 for everyone ages 3 and up (2 and under free). Online ticket sales begin at 8 am on September 15 at www.Eventbrite.com (search for "Haunted Train"). This is a fundraiser for the nonprofit Railroad Museum at Ardenwood, operated by the Society for the Preservation of Carter Railroad Resources. Info: www.spcrr.org, info@spcrr.org.

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.

ANIMALS ON THE JOB

Big Break Interpretive Staff
2–3pm, Sun, Sep 1
In honor of Labor Day, let's find out how some Delta critters work in a wetland.

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30–9am, Wed, Sep 4, Oct 2
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.

OWL PELLET DISSECTION

Big Break Interpretive Staff
2–3pm, Sat, Sep 7
Join us as we explore the wild world of owls and their digestive contents. Pluck apart owl pellets to discover more about these predators' diets.



Fishing and observation pier at Big Break, with spectacular Delta views.

SECOND SUNDAYS CAMPFIRE

Big Break Interpretive Staff
6:30–8pm, Sep 8

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!

REDUCE, REUSE, RECYCLE

Big Break Interpretive Staff
2–3pm, Sun, Sep 15
Love your planet by recycling! Come find fun ways to reuse common household items, as well as some hints for recycling and reducing waste.

BIG BREAK LITTLES

Big Break Interpretive Staff
10–11am, Mon, Sep 16, Oct 7;
Tue, Sep 17, Oct 8
Bring the little ones out to the park to explore nature. Same program both days per month - come to one or the other! Dress to get dirty!

BACKYARD RARITIES

Big Break Interpretive Staff
2–3pm, Sat, Sep 21
Discover some of our local endangered species and learn how we can help them.

BEAVERS IN THE SLOUGH

Big Break Interpretive Staff
2–3pm, Sun, Sep 29
Flat tail, orange teeth and stinkier than a skunk! Let's explore the life and times of North America's largest rodent.

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Michael Moran
9–11:30am, Thu, Sep 26 #26800 Big Break;
Oct 31 #26801 Round Valley
The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help us document 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.

CRITTER CLUES

Big Break Interpretive Staff
2–3pm, Sat, Oct 5
Discover which animals roam our wetlands! Examine chewed branches, listen to bird calls, and keep a look out for tracks as you become a Big Break critter detective.

FRESHWATER FISH FUN

Big Break Interpretive Staff
2–3pm, Sun, Oct 13
Fins, gills, tails and scales: come reel in some amazing facts about Delta fish!

FALL FOLIAGE

Big Break Interpretive Staff
2–3pm, Sun Oct 20
Take in the Delta's delightful autumn colors and learn about the trees in our park.

DELTA MAMMAL MASKS

Big Break Interpretive Staff
2–3pm, Sat, Oct 26
Halloween is around the corner! Come make your favorite wetland mammal mask, then join our parade to show off your costume!

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

BLACK DIAMOND

Due to construction, Greathouse Visitor Center will be closed till 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.

GIVE A HOOT!

Black Diamond Eddie Willis
1–3pm, Sun, Sep 8

Park Office - Reconstruct the last meal of our feathered friends, the owls. While picking through bony pellets, you'll learn whooo they eat and how they help our local parks. 6+ yrs.

SPIDER SENSES

Black Diamond Virginia Delgado-Martinez

1–2:30pm, Sat, Sep 14
Upper Parking Lot - Come see what true spider senses are all about. Learn how the tiniest arachnids defy gravity with their webs and how much venom a black widow really packs. 3+ yrs.



EVENING CEMETERY HIKE

Black Diamond Interpretive Staff
4:30–7pm, Sun, Sep 22, Sat, Oct 26
Upper Parking Lot - 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.

TARANTULA TALES

Black Diamond Eddie Willis
1–3pm, Sun, Sep 29
Upper Parking Lot - They're just big love bugs! Meet Harry, our resident tarantula, and discover why he and his brothers are roaming the hills this time of year.

WILD DOGS OF BLACK DIAMOND

Black Diamond Kevin Dixon
9–11am, Sat, Oct 26
Upper Parking Lot - Have you ever heard a howling chorus in the hills, or glimpsed a bushy-tailed creature flash through your headlight beams? Come learn about our seldom-seen park companions, coyotes and foxes.

CREEPY CRITTERS

Black Diamond Interpretive Staff
Noon–3pm, Sun, Oct 27
Upper Parking Lot - Learn why some of the "creepiest" critters of the park aren't so creepy and make a fun craft to take home: Snakes (noon), Bats (1pm), Owls (2pm), Tarantulas (3pm).

September 2019

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29	30					

- 1**
Ardenwood: Animal Feeding, Rail Fair
Big Break: Animals on the Job
Contra Loma: Nature's Corner
Coyote Hills: Discovery Days, Cordage & Pine Nut Bead Making
Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Nature Hike
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Temescal: Sunday Stroll: Lake Temescal
Tilden Nature Area: Talk With The Animals
- 2**
Ardenwood: Rail Fair
Contra Loma: Nature's Corner
Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Nature Hike
- 3**
Sibley: Hikes for Tykes
Tilden: The Over-The-Hills Gang
- 4**
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
- 5**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 6**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 7**
Ardenwood: Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Garden Bug Safari, Rabbit Rendezvous
Big Break: Owl Pellet Dissection
Brooks Island: Kayaking
Coyote Hills: Discovery Days
Crab Cove: Alameda Walks, Family Nature Fun, Fish Feeding Time
Garin: Garin Apple Festival
Redwood: Llamas - Mystics of Andes
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Closing the Farm, Farm Chores For Littles, Spiderology
- 8**
Ardenwood: Cooking In The Country Kitchen, Play With Dough, Patterson House Tours, Stilt Walkers, Animal Feeding, Farm Chores For Kids, Train Rides
Big Break: Second Sundays Campfire
Black Diamond: Give A Hoot!
Brooks Island: Kayaking

Regional in Nature

Activity Calendar

- Coyote Hills:** Ohlone Village Site Tour, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Meet a Tarantula
Eugene O'Neill Park: Hills of Solace: a Festival Hike
Redwood: Llamas - Mystics of Andes
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With The Animals
- 9**
Sunol: Outdoor Discoveries
- 10**
Crab Cove: Sea Squirts
- 12**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 13**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 14**
Ardenwood: Clothespin Dolls, Fun With Felting, Patterson House Tours, Animal Feeding, Learn The Ropes, Wake Up The Farm
Black Diamond: Spider Senses
Chabot Space and Science Center: Hike and Sip: A Night of Redwoods and Stars
Coyote Hills: Discovery Days
Crab Cove: Fish Feeding Time, Nature Party
ML King Jr Shoreline: Shoreline Habitat Restoration Volunteers
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Closing the Farm, Farm Chores For Littles, Free Outdoor Movie Night!
- 15**
Ardenwood: Corn Mosaics, Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Meet The Chickens, Train Rides
Big Break: "Reduce, Reuse, Recycle"
Carquinez Strait: At the Strait's Edge
Coyote Hills: Discovery Days, Volunteer Day - Ohlone Village Site
Crab Cove: Monarchs In Jeopardy, Family Nature Fun, Fish Feeding Time, Nature Party
Lake Temescal: Otter-Ly Amazing
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden: Fly-Fishing Introduction, Full Moon Walk to the Peak, Talk With The Animals, Looking at Leaves
- 16**
Big Break: Big Break Littles
Shadow Cliffs: Lakeside Littles
- 17**
Big Break: Big Break Littles
Coyote Hills: Weekday Bird Walk

- Temescal:** Hikes for Tykes
- 18**
Ardenwood: Toddler Time
Las Trampas: Wednesday Walks
- 19**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
Crab Cove: Third Thursdays in the Garden
Shadow Cliffs: Kayaking for Folks 50+
- 20**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides



Join us for the 35th Annual Coastal Cleanup Day at various parks on Sat., September 21. Info: (510) 544-2229.

- 21**
Alameda: Coastal Cleanup 2019
Ardenwood: Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Garden Bug Safari, Rabbit Rendezvous
Big Break: Kayaking Big Break - Longer Paddle, Backyard Rarities, Coastal Cleanup 2019
Coyote Hills: Ohlone Village Site Tour, Animal Tracking, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time, Coastal Cleanup 2019
Del Valle: Coastal Cleanup 2019
Hayward Shoreline: Coastal Cleanup 2019
ML King Jr Shoreline: Coastal Cleanup 2019
Martinez Shoreline: Coastal Cleanup 2019
Point Isabel: Coastal Cleanup 2019
Point Pinole: Coastal Cleanup 2019
Redwood: Hiking Poles: Skills & Techniques Plus Hike, Llamas - Mystics of Andes
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Closing the Farm, Farm Chores For Littles, Insects are Weird!
- 22**
Ardenwood: Corn Mosaics, Apple Cider Pressing, Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Farm Chores For Kids, Train Rides
Black Diamond Mines: Evening Cemetery Hike
Briones: Equinox Walk
- Coyote Hills:** Discovery Days
Crab Cove: Shore Bird Walk, Family Nature Fun, Fish Feeding Time
Del Valle: Meet a Tarantula
Las Trampas: Radical Raptors
Redwood: Llamas - Mystics of Andes
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Fantastic Felt, Talk With The Animals
- 23**
Sunol: Outdoor Discoveries: Raptors
- 24**
Crab Cove: Sea Squirts: If You Were Only One-Inch Tall
Huckleberry: The Over-The-Hills Gang
Quarry Lakes: Weekday Bird Walk
- 25**
Anthony Chabot: Wednesday Walks
Ardenwood: Toddler Time
- 26**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
Big Break: Thursday Birding
- 27**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 28**
Alameda Creek Trail: Canine Capers Walk
Ardenwood: Corn Mosaics, Patterson House Tours, Animal Feeding, Dirt Made My Lunch, Wake Up The Farm
Contra Loma: Fishing - Intermediate Bass
Coyote Hills: Cart of Curiosities, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time
Point Pinole: Shoreline Habitat Restoration Volunteers
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Closing the Farm, Farm Chores For Littles
- 29**
Ardenwood: Birds Of The Farm, We All Scream For Ice Cream!, Farmyard Games, Patterson House Tours, Animal Feeding, Rabbit Rendezvous, Wake Up The Farm, Train Rides
Big Break: Beavers in the Slough
Black Diamond: Tarantula Tales
Coyote Hills: Discovery Days, Salt of the Bay
Crab Cove: Family Nature Fun, Fish Feeding Time, Nature Party
Leona Canyon: Native Plant Walk
Sunol: Animal Feeding Time, Nature Crafts, Tarantula Trek, Wild Wonders
Tilden Nature Area: Cordage-From Plant to Animal, Human Powered Apple Cider Pressing, Talk With The Animals
- 30**
Coyote Hills: Coyote Cubs
Point Pinole: Monday Birding: Atlas Rd



Celebrating 85 Years of Regional Parks

- 1**
Roberts: Hikes for Tykes
- 2**
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
- 3**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 4**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 5**
Ardenwood: Patterson House Tours, Animal Feeding, What's The Buzz About Bees?, Railroad Adventure Day
Big Break: Critter Clues
Brooks Island: Kayaking
Coyote Hills: Healthy Parks, Healthy People Hike, Amazing Amphibians, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time, Plankton Safari
Redwood: Llamas - Mystics of Andes
Round Valley: Picnic Walk
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Pumpkin Pie Ice Cream!, Farm Chores For Littles
- 6**
Ardenwood: Cooking In The Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Chickens, Rope Making & Hay Hoisting, Train Rides
Brooks Island: Kayaking - Brooks Island Adventure
Coyote Hills: Discovery Days, 26th Gathering of Ohlone Peoples
Crab Cove: Family Nature Fun, Fish Feeding Time, Nature Party
Oyster Bay: Sunday Stroll
Redwood: Llamas - Mystics of Andes
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With The Animals
- 7**
Big Break: Big Break Littles
Point Pinole: Monday Birding: Dotson Family Marsh
- 8**
Big Break: Big Break Littles
Crab Cove: Sea Squirts: Spectacular Spiders
Dry Creek: Weekday Bird Walk
Tilden: The Over-The-Hills Gang: Tilden, Botanic Garden
- 10**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 11**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides

- 12**
Ardenwood: Animal Feeding, Harvest Festival
Coyote Hills: Discovery Days, Wondrous World of Animal Senses
Crab Cove: Family Nature Fun, Fish Feeding Time, Nature Party, Bayside Beach Cleanup
ML King Jr Shoreline: Shoreline Habitat Restoration Volunteers
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Fun with Felting, Farm Chores For Littles



"Zipper" as himself at Halloween, 2011, at Point Isabel.

- 13**
Ardenwood: Animal Feeding, Harvest Festival
Big Break: Sunset and Full Moon Paddle, Freshwater Fish Fun
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time, Nature Party, Sunset Low Tide Walk
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Fly-Fishing Introduction, Seasonal Nature Walks, Talk With The Animals, Moonrise Hike-Big Springs Trailhead
- 14**
Sunol: Outdoor Discoveries: First Peoples
Tilden Nature Area: Monday Birding
- 15**
Alameda Creek Trail: Weekday Bird Walk
Lake Chabot: Hikes for Tykes: Lake Chabot
- 16**
Ardenwood: Toddler Time
Del Valle: Kayaking for Folks 50+
Quarry Lakes: My First Fish!
Wildcat Canyon: Wednesday Walks
- 17**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
Crab Cove: Third Thursdays in the Garden
Tilden: Botanic Garden Practice Pole Hike

- 18**
Ardenwood: Patterson House Tours, Animal Feeding, Haunted Railroad, Train Rides
Brooks Island: Boat to Brooks
- 19**
Ardenwood: Corn Mosaics, Patterson House Tours, Animal Feeding, Dirt Made My Lunch, Wake Up The Farm, Haunted Railroad
Coyote Hills: Discovery Days, "Snakes, Stories and Spirals"
Crab Cove: Family Nature Fun, Fish Feeding Time, Nuestra Costa Diversa
Kennedy Grove: Hiking Poles: Basic Skills & Techniques, Poles for Balance & Maintaining Mobility
Lake Chabot: Saturday Stroll - Marina
Morgan Territory: Morgan Morning
Redwood: Llamas - Mystics of Andes
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders, Cowboy Hootenanny
Tilden Nature Area: Farm Chores For Littles, The Itsy Bitsy Spider...
- 20**
Ardenwood: Birds Of The Farm, Apple Cider Pressing, Corn Husk Dolls, Patterson House Tours, Animal Feeding, Farm Chores For Kids, Haunted Railroad, Train Rides
Big Break: Fall Foliage
Briones: Seasonal Nature Walks
Brooks Island: Boat to Brooks
Coyote Hills: Cordage Making, Ohlone People & Culture, Discovery Days
Crab Cove: Creepy Crawly Critters, Family Nature Fun, Fish Feeding Time
Diablo Foothills: Autumn Foothill Hike
Redwood: Llamas - Mystics of Andes
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Microscopic Scavenger Hunt, Talk With The Animals
- 21**
Miller Knox: Monday Birding: North Parking Lot
Shadow Cliffs: Lakeside Littles
- 22**
Crab Cove: Sea Squirts: Food Chains
Kennedy Grove: The Over-The-Hills Gang
- 23**
Ardenwood: Toddler Time
Diablo Foothills: Wednesday Walks
- 24**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 25**
Anthony Chabot: Night Hike For Adults
Ardenwood: Patterson House Tours, Animal Feeding, Haunted Railroad, Train Rides

October 2019

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- 26**
Ardenwood: Patterson House Tours, Stilt Walkers, Animal Feeding, What's The Buzz About Bees?, Haunted Railroad
Big Break: Delta Mammal Masks
Black Diamond: Evening Cemetery Hike, Wild Dogs of Black Diamond
Coyote Hills: Ohlone Village Site Tour, Halloween Twilight Hike, Discovery Days
Crab Cove: Family Nature Fun- Halloween Animal Fun, Fish Feeding Time, Nature Party
Point Pinole: Shoreline Habitat Restoration Volunteers
Redwood: Night Hike For Families
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles
- 27**
Ardenwood: Apple Cider Pressing, Cooking In The Country Kitchen, Corn Husk Dolls, Patterson House Tours, Animal Feeding, Wake Up The Farm, Haunted Railroad, Train Rides
Black Diamond: Creepy Critters
Brooks Island: Kayaking
Coyote Hills: Discovery Days: Creepy Crawly Edition
Crab Cove: Family Nature Fun- Halloween Animal Fun, Fish Feeding Time, Native Plant Gardening
Del Valle: Halloween Creature Feature
Sunol: All Hallows Hike, Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Microscopic Scavenger Hunt, Seasonal Nature Walks, Talk With The Animals

- 28**
Coyote Hills: Coyote Cubs - Halloween at the Hills
Crockett Hills: Monday Birding: Crockett Hills
Sunol: Outdoor Discoveries
- 29**
Redwood: Hikes for Tykes
- 30**
Redwood: Wednesday Walks
- 31**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
Round Valley: Thursday Birding: Raptor Baseline

COYOTE HILLS

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

CORDAGE & PINE NUT BEAD MAKING ^{SP} ♿

Coyote Hills Interpretive Staff
Dino Labiste
10-noon & 1-3pm, Sun, Sep 1
The ability to twist, twine, or braid fibers into cordage allowed indigenous cultures to tie their world together. Learn the techniques of gathering, extracting, and plying fibers to create cordage. Practice the efficient method of leg rolling dogbane fibers and string some pine nut beads. 9+yrs.

DISCOVERY DAYS ^{SP} ♿

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. Parent participation required.

LABOR DAY FUN! ^{SP} ♿

Coyote Hills Interpretive Staff
Dino Labiste
10am-noon & 1:30-3:30pm, Mon, Sep 2
Celebrate by playing old-fashioned games. We'll have a sack race, egg relays, tug-of-war, kick-the-can and other exciting activities. Have a picnic and join in on the fun!

OHLONE VILLAGE SITE

TOUR ^{SP} ♿ **HPHP**

Coyote Hills Interpretive Staff
10am-noon, 1:30-3:30pm, Sun, Sep 8, Oct 13, Sat Oct 26; 1:30-3:30pm Sat, Sep 21
Visitor Center - 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.



BIRD WALKS

Birds of the Farm, Ardenwood, Sep 29, Oct 20 page 5

Thursday Birding, Raptor Baseline, Various Parks, Sep 26, Oct 31, page 7

Shore Bird Walk, Elsie Roemer Bird Sanctuary, Sep 22, page 11

Weekday Bird Walk, Various Parks, Sep 17, 24, Oct 8, 15, page 13

Monday Birding, Various Parks, Sep 30, Oct 7, 14, 21, 28, page 13

Radical Raptors of Las Trampas, Sep 22, page 12

COYOTE CUBS ^{SP} ♿

Coyote Hills Interpretive Staff
10:30-11:30am
Mon, Sep 30 & Oct 28

Get your preschooler out and into nature! We'll play games, explore the park, and do a craft related to the theme of the day. Parent/caregiver participation required. 3-5yrs.
September theme: Sights and Sounds
October theme: Halloween at the Hills (Wear your costume today – please no Native American or culturally-appropriated costumes).

VOLUNTEER DAY: OHLONE VILLAGE SITE ^{SP}

Coyote Hills Interpretive Staff
Dino Labiste
10-noon & 1:30-3:30pm, Sun, Sep 15
Learn about Tuibun Ohlone culture as we help care for a more than 2,000-year-old village site. Volunteer to clean, weed, and renew the structures and village site. We'll provide water, gloves, tools, and a presentation about the village site's historical and cultural significance. 12+yrs. Parent participation required.

ANIMAL TRACKING ^{SP} ♿

Coyote Hills Kristina Parkison
10-11:30am, Sat, Sep 21
Who's been leaving tracks in the mud? Find out with fun activities designed to help you learn to decode the secret language of animal tracks! 7+yrs. Parent participation required.

VOLUNTEER DAY: GATHERING TULE ^{SP}



Coyote Hills Interpretive Staff
Dino Labiste
10-noon & 1:30-3:30pm, Sun, Sep 22
Learn about Tuibun Ohlone culture as we help gather tule for Coyote Hills' cultural programs. We'll provide gloves, tools, and a presentation about tule's cultural and environmental significance. 12+yrs. Parent participation required.

CART OF CURIOSITIES ^{SP} ♿

Coyote Hills Kristina Parkison
1-3pm, Sat, Sep 28
Nectar Garden - 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!

SALT OF THE BAY ^{SP} ♿ **HPHP**

Coyote Hills Interpretive Staff
Dino Labiste
9:30-noon & 1:30-4pm, Sun, Sep 29
Join an easy 2-mile hike to explore the salt ponds west of the hills. We'll view native and migratory wildlife, learn about some salty history, and use salt for old-fashioned ice cream making and tasting! 8+yrs.

AMAZING AMPHIBIANS ^{SP} ♿

Coyote Hills Interpretive Staff
Dino Labiste
10-noon Sat, Oct 5
Salamanders, frogs, and newts, oh my! Learn all about these fascinating creatures that live in water and on land. Join us on a walk to the marsh as we hear stories of adaptations and metamorphosis. Enjoy the chance to make your own frog pop-up card.

HEALTHY PARKS, HEALTHY PEOPLE HIKE ^{SP} ♿ **HPHP**

Coyote Hills Interpretive Staff
Dino Labiste
1:30-3pm, Sat, Oct 5
Combine being outdoors with a little bit of exercise and surprise yourself with how great it makes you feel. Join us for a leisurely stroll along the marsh, bay trails, and over the hills. Get out and get moving!

WONDROUS WORLD OF ANIMAL SENSES ^{SP} ♿

Coyote Hills Interpretive Staff
Dino Labiste
10-noon & 1:30-3:30pm, Sat, Oct 12
Imagine if you stuck your tongue out to smell the air or tasted your dinner by walking on it. Sound strange? This is how some animals sense their environment. Join us for activities and experiments as we learn about animal super senses.

SSNAKES, SSTORIES & SSPIRALS ^{SP} ♿

Coyote Hills Interpretive Staff
Dino Labiste
9:30-11:30am & 1:30-3:30pm, Sat, Oct 19
Meet the snakes that make Coyote Hills their home. Learn about their unique adaptations and how these slithering reptiles have become part of our folklore. Create a snake spiral craft to take home.

26th ANNUAL GATHERING OF OHLONE PEOPLES ^{SP} ♿

Coyote Hills Interpretive Staff
10am-4pm, Sun, Oct 6
Ohlones from several tribes will share their culture, including music, song, dance, and stories. They'll discuss contemporary cultural involvements, and demonstrate basket, jewelry, soaproot brush, and dogbane string making. Visit a more than two-thousand-year-old village site, play an Ohlone game, try making fire without matches, or make a miniature tule boat. Taste native plant teas, manzanita cider and, in the afternoon, acorn soup cooked with heated stones in a basket.

CORDAGE MAKING ^{SP}

Coyote Hills Interpretive Staff
Francis Mendoza
11am-noon, Sun, Oct 20
String and rope, collectively known as cordage, is used to tie together native peoples' clothing, shelter, and tools. Learn how to twist plant material into cordage and take a bracelet home with you. 12+yrs.

OHLONE PEOPLE & CULTURE ^{SP}

Coyote Hills Interpretive Staff
Francis Mendoza
1:30-3pm, Sun, Oct 20
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.

DISCOVERY DAYS: CREEPY CRAWLY EDITION ^{SP} ♿

Coyote Hills Interpretive Staff
11am-3:30pm, Sat Oct 26 & Sun Oct 27
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy – all Halloween-themed. Come at 11am to meet some creepy crawlies.

HALLOWEEN TWILIGHT HIKE ^{SP}

Coyote Hills Interpretive Staff
5:30-8:30pm, Sat, Oct 26
Spend a SPOOKtacular evening as we hike the hills looking for hobgoblins, witches, and ghosts during sunset. Learn about the ancient origins and modern traditions of Halloween. Don your costume to seek out wondering souls along the trail. Return for treats and a campfire story.

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 ccove@ebparks.org.

LABOR DAY OPEN HOUSE

Crab Cove Interpretive Staff
10am-4pm, Mon, Sep 2
Enjoy a day of fun at the shoreline!
11am: Songs and Stories by the Shore;
2pm: Family Nature Fun – Fish Fun;
3pm: Fish Feeding. Also meet our box turtle, follow our self-guided history trail, make a nature craft, and watch a nature movie in the Old Wharf Classroom.

FAMILY NATURE FUN ^{SP} ♿

Crab Cove Interpretive Staff
2-3pm, every Sat & Sun
The tides roll in and out making each day a chance to discover something new. Our shoreline is bursting with bird life and other signs of the season. Come explore with us and have fun with family-friendly activities.



Free Concerts in the Parks

Fri, Sept. 13, Crab Cove
SambaDa: Traditional
Afro-Brazilian heritage
music blended with funk,
rock & reggae



**Sat, Sept. 28, Judge John
Sutter Regional Shoreline**
FAM Fest!
Fall Arts and Music Festival
at the Bridge Yard Building,
210 Burma Road, Oakland



Bridge Yard Building Event Space



www.ebparks.org/85th

Celebrate With Us!

SEA SQUIRTS

Crab Cove Interpretive Staff
10:30-11:45am, Tuesdays
Sep 24: If You Were Only One-Inch
Tall #26411; Oct 8: Spectacular
Spiders #26412; Oct 22: Food Chains:
Who Eats Who #26413
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! 3-5yrs. Please no older or
younger siblings (exception: infants).
Fee: \$5 (\$7 non-res.)
Registration is required.

FISH FEEDING TIME

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 WALKS **HPHP**

Crab Cove Michael Charnofsky
9:00-10:30am, Sat, Sep 7
Observe wildlife and beautiful views as
we discuss the rich history of Alameda's
shoreline on a 3-mile walk to Doolittle
Pond at MLK Jr. Regional Shoreline.

SUNSET LOW-TIDE WALK

Crab Cove Morgan Guenther
5:30-7pm, Sun, Oct 13
Explore the shore looking for ghost
shrimp, crabs, worms, mussels, clams and
other creatures at the end of their day!
Learn what draws shorebirds and ducks to
our Bay as winter comes. Wear shoes that
can get muddy.

CREEPY CRAWLY CRITTERS

Crab Cove Morgan Guenther
10:30am-noon, Sun, Oct 20
Get up close and personal with the slimy,
slithery, and misunderstood creatures that
make us scream, shake, and squirm as we
get over our fears together.

PLANKTON SAFARI

Crab Cove Aaron Humpert
10:30am-noon, Sat, Oct 5
Adventure with us in search of the mi-
croscopic creatures that build the Bay's
ecosystem and help you breathe!

NUESTRA COSTA DIVERSA

Crab Cove Ashley Cisneros-Palacios
10:30am-noon, Sat, Oct 19
Aprende un poco de la costa diversa
de Alameda. Ven a explorar lo que vive
entre las rocas - caracoles, cangrejos y
mucho mas! No es necesario regis-
trarse; Gratis! Para información, llame
al (510) 544-3187

SHORE BIRD WALK

Elsie Roemer Bird Sanctuary Susan Ramos
11:30am-1pm, Sun, Sep 22
Take a "peep" at the shorebirds along the
bay! Beginners are welcome and encour-
aged. Binoculars available to borrow.

MONARCHS IN JEOPARDY

Crab Cove Susan Ramos & Xerces
Society
12:30-2:30pm, Sun, Sep 15
Last year Monarch Butterfly numbers were
at an all-time low. Discover ways you can
help Monarch Butterflies this year- from
observations to gardening tips.

DEL VALLE

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

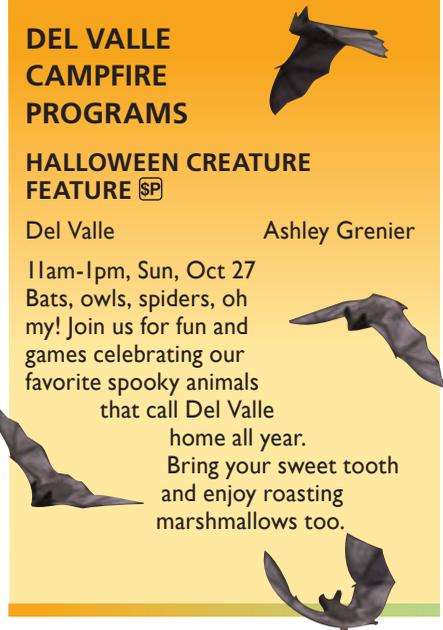
NATURE HIKE **HPHP**

Del Valle Interpretive staff
10am-12pm, Sun, Sep 1
Campground store - What is hiding in
those hills? Discover the answer as we
search for clues on this guided hike.

DEL VALLE CAMPFIRE PROGRAMS

HALLOWEEN CREATURE FEATURE

Del Valle Ashley Grenier
11am-1pm, Sun, Oct 27
Bats, owls, spiders, oh
my! Join us for fun and
games celebrating our
favorite spooky animals
that call Del Valle
home all year.
Bring your sweet tooth
and enjoy roasting
marshmallows too.



BEACH BREAK

Del Valle Interpretive staff
12:30-1:30pm, 2:30-3:30pm, 4:30-5:30pm,
Sun, Sep 1
West swim beach - Discover the natural
side of the park at this lakeside exploration
station. Different games, crafts, and activi-
ties happening throughout the day.
MEET A TARANTULA 
Del Valle Ashley Grenier
2-3pm, Sun, Sep 8, 22
As summer turns to fall tarantulas make
an appearance searching for love in the
parks. Drop by the visitor center to meet
a tarantula up close and hear about their
amorous adventures.

SUNOL

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



COWBOY HOOTENANNY

Sunol Interpretive Staff
11am-4pm, Sat, Oct 19
Come celebrate our cowboy and
ranching heritage and join us for some
good old-fashioned foot stomp'n', hand
clappin' music in the grassy meadow at
Sunol. History comes alive with games
and activities throughout the day.

NATURE CRAFTS

Sunol Interpretive Staff
10am-12pm, every Sat and Sun, Sep 1 –
Oct 27
Discover the natural world through your
artistic side. We will explore the wild side
of Sunol with a different craft each week.

WILD WONDERS

Sunol Interpretive Staff
2-3pm, every Sat and Sun, Sep 1 – Oct 27
Wildness awaits! Discover the wonders of
the wilderness through games, activities, and
explorations. Great for families of all ages.

ANIMAL FEEDING TIME

Sunol Interpretive Staff
10:30-11am, every Sun, Sep 1 – Oct 27
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!

Sunol Ashley Adams
10:30am-12pm, Mon, Sep 9 Settler Days
#26325; Sep 23 Raptors #26327; Oct
14 First Peoples #26330; Oct 28 Sunol
Spiders #26337
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. Registration is required.

TARANTULA TREK ^{SP}

Sunol Ashley Adams
6-8pm, Sun, Sep 29

As summer turns to fall these amazing arachnids long for love. Join us as we hike in search of our fuzzy friends roving for romance. Be sure to bring a flashlight.

ALL HALLOWS HIKE ^{SP}

Sunol Ashley Adams
6-8pm, Sun, Oct 27

Discover the history of this beloved holiday and search for some of it's not so creepy mascots in Sunol! This family-friendly hike will be all treat, no tricks!

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 tnarea@ebparks.org.

TALK WITH THE ANIMALS [♿]

Tilden Nature Area Interpretive Staff
11-11:30am, every Sun in Sep & Oct

Get up close and personal to the animals that call the Little Farm and Nature Area home. Learn how they move, how they find their food, and how they keep safe from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

FARM CHORES FOR LITTLES

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

SPIDEROLOGY

Tilden Nature Area Anthony Fisher
11am-noon, Sat, Sep 7

Meet a very large spider and head into the wild to find some other living examples of these fascinating creatures.

CLOSING THE FARM

Tilden Nature Area Anthony Fisher
3:30-4:30pm, every Sat in Sep
Help put the chickens, ducks, geese, pig and rabbits to bed.

LOOKING AT LEAVES

Tilden Nature Area Trail Gail
2-3pm, Sun, Sep 15

Look at the leaves around. Are they hairy? Do they have teeth? Where can we find fall colors? Explore the leaves all around us as we stroll through the Nature Area.

FULL MOON WALK TO THE PEAK

Tilden Nature Area Trail Gail
7-9pm, Sun, Sept 15

We'll meet at the Nature Center and hike to the peak to greet the rising Harvest Moon. Traditionally farmers harvested the fields by moonlight; we'll use it for our evening walk. Flashlights optional for return walk. 8+yrs.

OUTDOOR MOVIE NIGHT! ^{FREE!}

Tilden Nature Area Recreation Staff

7:45pm-9:30pm, Sat, Sep 14 #26424

Join us for a FREE family movie, featuring Brother Bear, rated G, 85 minutes. Movie begins shortly after sunset (7:45pm) and 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 for sitting. No pets. Rain cancels. Questions? Contact (510) 544-2567.

INSECTS ARE WEIRD!

Tilden Nature Area Anthony Fisher
11am-noon, Sat, Sep 21

We capture insects, study insects and release insects.

FANTASTIC FELT

Tilden Nature Area Trail Gail
2-3pm, Sun, Sep 22

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.

CORDAGE – FROM PLANT TO ANIMAL

Tilden Nature Area Trail Gail
10-11:30am, Sun, Sep 29

Cordage (rope & string) is one of the most used and necessary items of our lives. We'll practice creating it with 3 different materials in this basic class. 7+yrs.

HUMAN POWERED APPLE CIDER PRESSING [♿]

Tilden Nature Area Trail Gail
1:30-3pm, Sun, Sep 29

From the Roman Empire across Europe to the Colonies, folks have made this classic fall drink. Help squeeze the juice from apples and enjoy the fruit of your labor.

PUMPKIN PIE ICE CREAM! [♿]

Tilden Nature Area Jenna S. Collins
3-3:30pm, Sat, Oct 5

It's October! Let's celebrate this festive autumn month and make a delicious ice cream using a gourd!

FUN WITH FELTING [♿]

Tilden Nature Area Jenna S. Collins
3-4pm, Sat, Oct 12

Come find out how we can turn sheep's wool into cloth! Practice your hand at wet felting and make your own felted creation.

THE ITSY BITSY SPIDER ...

Tilden Nature Area Jenna S. Collins
3-3:30pm, Sat, Oct 19

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

MICROSCOPIC SCAVENGER HUNT

Tilden Nature Area Trent Pearce
10-11am, Sun, Oct. 20 & 27

Explore the small side of the Tilden Nature Area on a microscopic scavenger hunt! We'll collect various tiny things, then look at them under the microscope. Perfect for tots!

OTHER PARKS

NATURE'S CORNER ^{SP}

Contra Loma Staff
1-3pm, Sun, Sep 1 & Mon, Sep 2
Stop by the Naturalist table to learn what's happening in the park around you. Look for us near the swim lagoon.
Info: (510) 544-2750.



Over the Hill Gang at Tilden.

THE OVER-THE-HILLS GANG ^{HPHP}

Various Parks Trail Gail
10am-12:30pm, Tuesdays

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. **Sep 3:** Tilden Park, Inspiration Point – “mostly” flat.

Sep 24: Huckleberry Preserve, Skyline Blvd. Staging Area - Up and down all around in this shady park (no dogs)

Oct 8: Tilden Park, Botanic Garden to Lake Anza - Meet at East Bay Regional Park Botanic Garden. No dogs.

Oct 22: Kennedy Grove – From the flats to the view we'll see this “Left over Land”
Info: (510) 544-2233.

GARIN APPLE FESTIVAL ^{SP}

Garin Kristina Parkison
Noon-4pm, Sat, Sept 7
Celebrate Garin's farming past during this year's Apple Festival! Garin is home to an antique apple orchard with varieties of apples you won't find anywhere else – except at the Apple Festival! Try your hand at hand-cranking ice cream or pressing apple cider and then taste the “fruit” of your labor. Music, dancing, crafts, and old-fashioned games make this event fun for the whole family!
Info: (510) 544-3220.

HILLS OF SOLACE - A EUGENE O'NEILL FESTIVAL HIKE

Las Trampas Interpretive Staff
9am-12pm, Sun, Sep 8

Discover the legacy of playwright Eugene O'Neill and the peaceful hills of Las Trampas that inspired him as we hike from Front Street Park in downtown Danville along the Ironhorse Trail and into Las Trampas to the Eugene O'Neill National Historic site – a hidden National Park Service gem. Information and Registration, <https://tinyurl.com/yy48crlw>.

HIKE AND SIP: A NIGHT OF REDWOODS AND STARS

Roberts & Redwood Chabot Staff & Michael Charnofsky

6-10pm, Sat, Sep 14 #26571
Chabot Space & Science Center - Watch the short documentary *Old Survivor* about Oakland's last old-growth redwood. Then embark on a 3-mile journey to learn about redwood forest ecology. Rest under the ecliptic until the first stars appear. End at the observatory with a private reception of beer, wine, snacks and telescopes. \$30/\$27 for CSSC Members. 21+yrs.
To register and for more info: <https://bit.ly/2LzH10t>.

OTTER-LY AMAZING

Lake Temescal Susan Ramos
8-9:30am, Sun, Sep 15
North Entrance - In the past River Otters have been spotted in this park. Join the search for signs of their presence as well as other wildlife on this early morning excursion. Info: (510) 544-3187.

AT THE STRAIT'S EDGE

Carquinez Shoreline Staff
10am-12:30pm, Sun, Sep 15
Nedjedly Staging Area - Hike above a dramatic landscape that plunges into the Carquinez Strait, a mile-wide corridor where Sierra-born rivers scour the coastal mountains. Steep climbs with incredible views as your reward! Info: (510) 544-2750.

LAKESIDE LITTLES ^{SP}

Shadow Cliffs Ashley Grenier
10-11am, Mon, Sep 16, Oct 21
11:30am-12:30pm, Mon, Sep 16, Oct 21
Bring your little ones out and discover nature. Each month we'll explore a trail, look at bugs, search for birds, and much more. Let's get outside! Parent/caregiver participation required. (1-5yrs). Info: (510) 544-3249.

RADICAL RAPTORS OF LAS TRAMPAS

Las Trampas Ashley Adams
9:30am-12pm, Sun, Sep 22
Bollinger Canyon staging area - Step into the wilderness and discover the radical birds with sharp beaks, powerful grips, and keen eyesight. We'll watch as they soar above and ponder our connection to these majestic animals. Info: (510) 544-3249.

BRIONES EQUINOX WALK

Briones Trail Gail
8:30-11am, Sun, Sept 22
Alhambra Staging Area – With the sun almost directly over the equator, the amount of daylight & dark equal, we'll go in search of the signs of fall. 8+ yrs. Info: (510) 544-2233.

WEEKDAY BIRD WALK ^{SP}

Various Parks Francis Mendoza
7:30-9:30am, Tuesdays
Sep 17: Coyote Hills; **Sep 24:** Quarry Lakes (meet at Isherwood Staging Area); **Oct 8:** Dry Creek/Pioneer (meet at May Rd. Staging Area); **Oct 15:** Alameda Creek Regional Trail (meet at Niles Staging Area)
Share your enthusiasm for bird life on a tranquil walk through various Bay Area

WEDNESDAY WALKS ^{SP}

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.
Sep 18: Las Trampas - A short but strenuous climb up Las Trampas Ridge followed by a 3-mile jaunt along the lovely single track along the top. Meet at the Bollinger Canyon Staging Area. Led by Christina Garcia.
Sep 25: Anthony Chabot - Bort Meadow - Enjoy Autumn! Hike about 4 miles through a meadow, up and down hills, and along city streets. Some parts strenuous. Restroom facilities about 1/4 of a mile from the trailhead. Info: (510) 544-3187. Led by Susan Ramos.
Oct 16: Wildcat Canyon, Alvarado Staging Area – Hills and views and history too! 8+yrs. Info: (510) 544-2233. Led by Trail Gail.
Oct 23: Diablo Foothills - Travel through oak-studded grasslands on the gently rolling foothills of Mt. Diablo as we climb over Shell Ridge and along lovely Pine Creek. This moderately-strenuous hike covers 6 miles. Meet at Livorna Road Staging area. No dogs, please. Note: No water or restrooms are available at the staging area. Led by Christina Garcia.
Oct 30: Redwood, Trudeau - Hike through redwoods, along the ridge and past serpentine rocks during this 4.5-mile walk. Info: (510) 544-3187. Led by Susan Ramos.



The journey is as scenic as the destination at Point Pinole (top & bottom photos) — a 2,315-acre parkland right next to densely populated Pinole, Richmond, and San Pablo. Trails lead through breezy meadows with wildflowers in season, through aromatic eucalyptus woods, or along bluffs and beaches on San Pablo Bay.



HIKES FOR TYKES ^{SP} **HPPH**

Various parks Interpretive Staff
10:30-11:45am, Tuesdays
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.
Sep 3: Sibley, Staging Area
Sep 17: Lake Temescal, North Entrance Lawn Area
Oct 1: Roberts, Main Entrance, Lower Lot
Oct 15: Lake Chabot Marina
Oct 29: Redwood, Canyon Meadow Staging Area

SATURDAY & SUNDAY STROLLS ^{SP} **HPPH**

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.
Sep 1: Lake Temescal (North Entrance) - Two loops around the lake - one higher, one lower for a 2-mile walk.
Oct 6: Oyster Bay (Neptune Dr.) - Discover the remarkable changes in this trash to treasure park by the Bay on this 2.5-mile level loop.
Oct 19: Lake Chabot (Marina) - Walk along the West Shore trail to the Dam and back - a little over 3.5 miles round trip.

parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes. 12+yrs. Info: (510) 544-3220.

CANINE CAPERS WALK ^{SP} ⁶

Alameda Creek Kristina Parkison
9-11am, Sat, Sep 28 #26381
Niles Staging Area - 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 as we hike park trails. 8+yrs. Registration is required.

NATIVE PLANT WALK

Leona Canyon Susan Ramos
10-noon, Sun, Sep 29
Canyon Oaks Staging Area - Follow the trail on an ethnobotany walk discussing native plants and their uses. Learn how local native Ohlone people prepared food, medicine and more. Sorry, no restrooms. Info: (510) 544-3187.

MONDAY BIRDING

Various Parks Anthony Fisher
9am-noon, Mondays
Delight in birds and other natural phenomena.
Sep 30: Point Pinole, Atlas Road entrance, flat
Oct 7: Dotson Family Marsh, flat
Oct 14: Tilden Nature Area
Oct 21: Miller Knox, flat
Oct 28: Crockett Hills, hilly
Info (510) 544-2233.

ROUND VALLEY PICNIC WALK

Round Valley Kevin Dixon
9am-1:30pm, Sat, Oct. 5
Staging Area - Explore the natural beauty of this peaceful valley, an East Bay gathering place for thousands of years. Bring lunch for a picnic in a shady nook. Info: (510) 544-2750.

SEASONAL NATURE WALKS **HPPH**

Various Parks Trent Pearce
3-4pm, Sundays
Learn about the seasonal changes in your Regional Parks on these gentle strolls.
Oct 13: Tilden Nature Area
Oct 20: Briones Regional Park, Bear Creek Staging Area
Oct 27: Tilden Nature Area
Info (510) 544-2233.

MOONRISE HIKE

Tilden Regional Park Trent Pearce
5-8pm, Sun, Oct 13
Big Springs Staging Area - Absorb the beauty of a simultaneous sunset and full moonrise on this 3.5 mile hike to the top of San Pablo Ridge. Bring a flashlight, layers, and water. Info: (510) 544-2233.

MORGAN MORNING

Morgan Territory Kevin Dixon
8am-1pm, Sat, Oct. 19
Staging Area - We'll beat the afternoon heat by starting early, and really stretch our legs through shaded valleys and revealing ridgelines. Morgan's diverse oaks will afford shady pauses for reflection. Strenuous. (10+yrs). Info: (510) 544-2750.

AUTUMN FOOTHILL HIKE

Diablo Foothills Staff
10am-2pm, Sun, Oct. 20
Orchard Staging Area - Hit the trails in search of autumn's red and gold among dramatic rock outcrops and expansive rolling hills on this challenging and rugged 7-mile hike. Rain cancels. Info: (510) 544-2750.

NIGHT HIKE FOR ADULTS

Anthony Chabot Susan Ramos
6:30-8:30pm, Fri, Oct 25
Bort Meadow - As the sun goes down the "night shift" starts! Quietly walk, look, and listen for wildlife. Bring a small flashlight and dress warm. Plan ahead - Restroom facilities about 1/4 of a mile from the trailhead. Info: (510) 544-3187.

NIGHT HIKE FOR FAMILIES

Redwood Susan Ramos
6:30-8:30pm, Sat, Oct 26
Canyon Meadow - Whoo will be out tonight? As the sun goes down critters come out! Bring a small flashlight and dress warm. Plan ahead - Restroom facilities about 1/4 of a mile from the trailhead. Info: (510) 544-3187.

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. Water and snacks are provided but please bring your reusable water bottle.
Info: (510) 544-3112. sibley@ebparks.org.



COASTAL CLEANUP 2019 HPHH

Various Parks Staff
8:30am-noon, Sat, Sep 21
Join us for the 35th Annual Coastal Cleanup Day. Park District staff and volunteers will pick up litter and recyclables from shoreline parks, lakes and along creeks in Alameda and Contra Costa Counties. An adult should accompany children under 16 years old. To "Go Green" and reduce the amount of waste, please bring a refillable water bottle, a bucket for trash, and reusable gloves. All volunteers should wear a hat, closed toe shoes, appropriate layered clothing and bring sunscreen. The District will provide snacks, water and trash bags. For groups of 25 or more, please call to confirm your participation.
Info: (510) 544-2229.

THIRD THURSDAYS IN THE GARDEN

Crab Cove Staff
10am-noon & 1-3pm, Thu Sep 19 & Oct 17
Volunteers are needed in our Demonstration Garden to help with maintenance-weeding, pruning, mulching, and other projects. One-time or on-going help welcome. Attend one or both sessions. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, hat, and bring a water bottle. Children 12 and under must be accompanied by an adult.
Info: (510) 544-3187.

NATIVE PLANT GARDENING

Crab Cove Michael Charnofsky
9:30am-12:30pm, Sun, Oct 27 # 26542
Fall is a wonderful time to plant California natives and beautify our wildlife-friendly gardens. Spend the morning planting, weeding, pruning, and mulching; choose your favorite work. Snacks and refreshments served, tools provided. Community Service hours available. Heavy rain cancels. 8+yrs. Registration is required.

WILDLIFE VOLUNTEERS with "Doc Quack"

What to Bring: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen. Physical labor is involved. Parent participation is required.

CALIFORNIA BLACK RAIL HABITAT HELPERS

9:30am-noon, Sat, Sep 28 #26816
Point Pinole - During this hands-on activity, we'll create habitat for the state threatened California black rail. We will remove non-native plants, pick up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife-friendly vegetation which restores nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch.

Deadline to sign-up is 9/20/19.

Directions: Driving from I-80, take the Richmond Parkway exit and go west. Cross San Pablo Avenue and watch for the Point Pinole/Giant Highway exit. Turn right (north) at Giant Highway. The park entrance will be ahead on the right, past the railroad tracks (5551 Giant Highway).



RAIL RESCUE RANGERS

1:30-4pm, Sat, Sep 28 #26817
Elsie Roemer Bird Sanctuary, Crown Memorial State Beach - During this hands-on adventure you'll help create habitat for the federally and state endangered Ridgway's Rail. We will remove non-native plants, pick up trash, and plant wildlife-friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary for rails. By participating, you'll earn your "Rail Rescue Ranger" patch.

Deadline to sign-up is 9/20/19.

Directions: Exit 880 on 23rd Ave, head west over the Park St. Bridge into Alameda. Follow Park St. West across the island which dead ends at Shoreline Drive; turn left for the bird sanctuary (on the Bay between Park St. and Broadway). Meet at the Marsh Overlook.

BAYSIDE BEACH CLEANUP

Crab Cove Susan Ramos
1:30-3pm, Sat, Oct 12
Help clean our beach, especially micro-trash. Add unusual items to our Museum

of Oddities! Bring buckets and gloves, or borrow ours. Students earn community service credit. Info: (510) 544-3187.



The Volunteer Trail Safety Patrol comprises five patrol groups: the Volunteer Mounted Patrol, the Volunteer Bicycle Patrol, the Volunteer Hiking Patrol, the Companion Dog Patrol, and the Volunteer Marine Safety Unit. These dedicated volunteers contribute greatly to your safe experience hiking and biking in the parklands.

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.





FAM Fest!

FALL ARTS AND MUSIC FESTIVAL

AT THE BRIDGE YARD BUILDING • SEPTEMBER 28, 2019, 1-5 P.M.



Location:

Judge John Sutter
Regional Shoreline,
210 Burma Road
(At the Eastern Touchdown
of the Bay Bridge in Oakland)

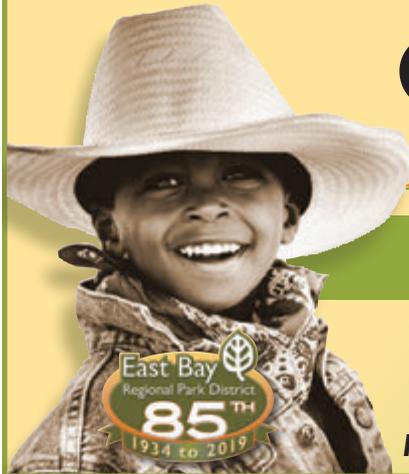


Celebrate the Parks' 85th Anniversary with Us!

Saul Paul, A Musician with A Message entertains, inspires, and empowers as MC – mixing it up with local artists, musicians, and performers.

SUNOL REGIONAL WILDERNESS

Cowboy Hootenanny



Saturday, Oct. 19
11 a.m. to 4 p.m.



- Hands on Ranching Activities
- Folk and Bluegrass Music
- Bring a Picnic

Parking: \$5 • 1895 Geary Road, Sunol, CA



GARIN APPLE FESTIVAL

Saturday, Sept. 7
Noon to 4 p.m.

Celebrate our farming heritage

- Apple cider
- Unique apple varieties
- Music
- Old-Fashioned Games
- Dancing

Event is **free** with a \$5 parking fee.

Info: ebparks.org/activities

GARIN/DRY CREEK
PIONEER REGIONAL PARK,
HAYWARD



CALIFORNIA Coastal Cleanup

Saturday, September 21
8:30 a.m. to noon

Make a Difference!

Snacks, water and trash bags provided.
Kids 15 years of age and younger
must be accompanied by an adult.

Information:
(510) 544-2229,
volunteers@
ebparks.org, or
visit ebparks.org



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

CONTACT

Juliana Schirmer - Development Dir.
jschirmer@ebparks.org
510-544-2212

