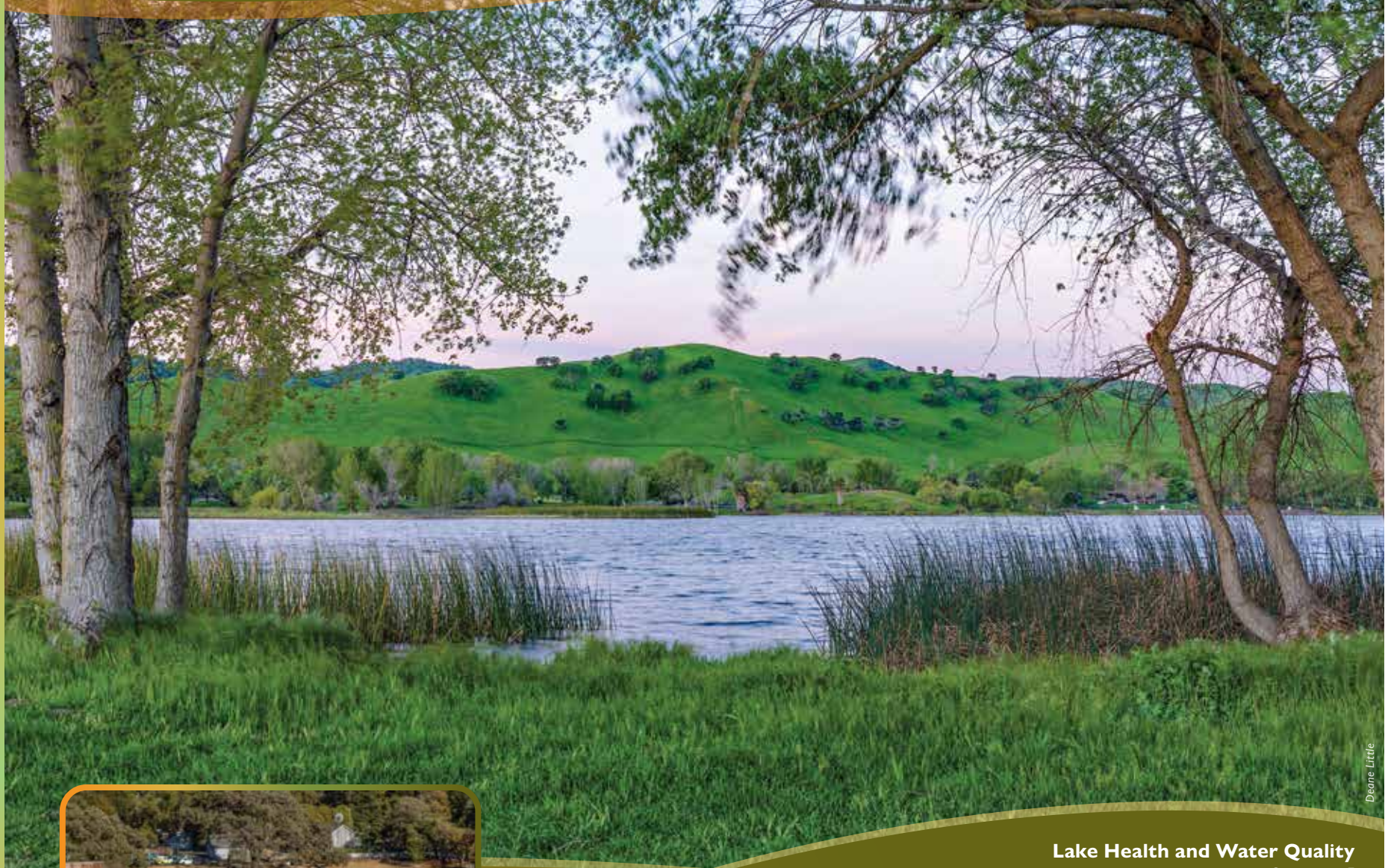


Regional in Nature

Activity Guide

JULY – AUGUST 2023

East Bay 
Regional Park District
Healthy Parks Healthy People



Deone Little



Tyler Ranch Staging Area Now Open
See page 3

Lake Health and Water Quality
See page 5

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

EBRPD Board of Directors
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 Ellen Corbett.....Ward 4
 Olivia Sanwong.....Ward 5
 John MercurioWard 6
 Colin Coffey.....Ward 7

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



East Bay Regional Park District Headquarters
 2950 PERALTA OAKS COURT, OAKLAND, CA 94605
 1-888-EBPARKS OR 1-888-327-2757 (TRS 711)
EBPARKS.ORG



Regional Parks Membership
 ENJOY FREE DAY-USE PARKING, SWIMMING,
 DOG PASS, AND MORE. 510-544-2220
REGIONALPARKSFUNDATION.ORG

Visitor Centers

Ardenwood Historic Farm, Fremont
 510-544-2797, awvisit@ebparks.org
Big Break Regional Shoreline, Oakley
 Big Break Visitor Center at the Delta
 510-544-3050, bigbreakvisit@ebparks.org
Black Diamond Mines Regional Preserve, Antioch
 510-544-2750, bdvisit@ebparks.org
Coyote Hills Regional Park, Fremont
 510-544-3220, chvisit@ebparks.org
Crown Memorial State Beach, Alameda
 Crab Cove Visitor Center and Aquarium
 510-544-3187, ccove@ebparks.org

Del Valle Regional Park, Livermore
 510-544-3146, dvvisit@ebparks.org
Garin/Dry Creek Pioneer Regional Parks, Hayward
 510-544-3220 (*Coyote Hills*), chvisit@ebparks.org
 Red Barn open summer Saturdays
Sunol-Ohlone Regional Wilderness, Sunol
 510-544-3249, svisit@ebparks.org
 Open weekends
Tilden Regional Park, Berkeley
 Botanic Garden: 510-544-3169, bgarden@ebparks.org
 Tilden Nature Area/Environmental Education Center
 510-544-2233, tnarea@ebparks.org



Supporting the California 30x30 Initiative

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH

The East Bay Regional Park District is participating in California's 30x30

Initiative, a call to action to protect what remains of the state's natural world, including its rich biodiversity, ecological systems, and iconic landscapes. The 30x30 Initiative aims to conserve

30 percent of the state's lands and coastal waters by 2030. Currently, only an estimated 24 percent of California's lands and 16 percent of its coastal waters are considered conserved, according to the state Initiative.

As the 12th largest conservation land management agency in California, the Park District is a model for land preservation in the state, acquiring land, protecting and restoring biodiversity, adapting to climate change, and providing balanced recreational access, including equitable access for underserved communities.

Our Most Recent Accomplishments and Projects include:

- **Finley Road Ranch Property** – Preserving forever the 768-acre Finley Road Ranch property, one of the largest remaining pristine open spaces adjacent to Mount Diablo State Park in Contra Costa County.

- **McCosker Creek Restoration** – Restoring habitat and daylighting approximately 3,000 feet of previously culverted creek in Sibley Volcanic Regional Preserve, the largest creek restoration project in the Park District's history (expected to open in late 2023).

- **Brickyard Cove** – Opening the Brickyard Cove shoreline staging area in Berkeley with scenic views of the San Francisco Bay and new parking, picnic tables, restrooms, walking paths, and connection to the San Francisco Bay Trail.

Land preservation has been part of the Park District's mission since its founding in 1934. More achievements that support our mission and the 30x30 Initiative are yet to come. I look forward to updating you as we make progress together towards a better future.

Please enjoy and help protect your Regional Parks!



McCosker Creek restoration

BRIONES PILOT PROJECT UPDATE



WE WANT TO HEAR FROM YOU

... SIGN UP FOR UPDATES ...

In April 2023, the Park District launched the Briones Pilot Project in the northeast corner of Briones Regional Park to test trail use strategies to enhance the visitor experience and trail safety, and protect wildlife and habitat. A key strategy includes alternating trail access on weekend days for different user groups.

On ODD-numbered weekend days, bikers and hikers are allowed on designated trails with no horses allowed, while on EVEN-numbered weekend days, horses and hikers are allowed on designated trails with no bikes allowed. Hikers are permitted on most trails in the pilot zone on all days. However, three new pilot project trails have been designated bike downhill only due to terrain and for safety reasons.

The pilot project also includes restoration of illegally constructed "bootleg" trails to protect wildlife and restore natural habitat.

Provide Feedback

Share your thoughts on the Briones Pilot Project.

Sign Up for Project Updates

Sign up for regular email updates on the Briones Pilot Project.

Volunteer for Dig Days

Help maintain and improve trails and restore habitat in the Briones Pilot Project area.



ebparks.org/parks/briones/briones-pilot-project

TYLER RANCH STAGING AREA

NOW OPEN

The new Tyler Ranch Staging Area in Sunol is officially open for visitors. New amenities include 78 parking spaces, equestrian staging, restrooms, water fountains, and a small family picnic area.

The staging area opens up access to 2,500 acres of open space and more than 18 miles of trails at the southern end of Pleasanton Ridge Regional Park. With the addition of this area, Pleasanton Ridge Regional Park now comprises 9,090 acres of parkland for your enjoyment.



Swimming Fun is Here

The 2023 swim season is in full swing with most Park District swim facilities and shoreline beaches open daily. Swimming fees vary by facility. However, swimming is free for Regional Parks Foundation members. For information about becoming a Regional Parks Foundation member, visit regionalparksfoundation.org.

Open Swim Facilities

Del Valle, Lake Temescal, Lake Anza, Quarry Lakes, Don Castro Lagoon, Cull Canyon Lagoon, and Castle Rock Pool.

Closed Swim Facilities

Contra Loma Lagoon (due to required safety repairs/maintenance) and Roberts Pool (due to new pool facility construction).

Good News at Shadow Cliffs

Surplus water from Arroyo Valle is being pumped into Shadow Cliffs with the hopes of opening it to swimming, fishing, and boating sometime this summer.

Visitors are encouraged to check swim facility hours and status before they go at ebparks.org/swimming.

Reinhardt Redwood Joins National Old-Growth Forest Network

Reinhardt Redwood Regional Park – the largest remaining natural grove of coast redwoods in the East Bay – has joined the Old-Growth Forest Network (OGFN). Reinhardt Redwood is the 17th forest in California to join the network and the first to join in Alameda County. OGFN is dedicated to sharing the nation's old-growth forests with the public. Reinhardt Redwood was nominated by the nonprofit Save the Redwoods League. The 1,833-acre park has 700 acres of mature second- and third-growth redwood forest.



Alana Varma @Bay Area Lyme Foundation

Be Vigilant During Tick Season

Whether you're hiking in Regional Parks, venturing in nearby open spaces, or simply relaxing in your own yard, it's important to be wary of ticks, which are often present in tall grass, brush, and wooded areas. Ticks carry germs that can cause a number of diseases, including Lyme disease. (Visit bayarealy.me for more information.)

Most ticks can't fly or jump. They wait on the tips of grasses and in shrubs along well used paths. With their front legs outstretched, they easily climb aboard unsuspecting hosts when they brush by.

Ticks Tips:

- Wear long pants, long sleeves, and closed-toe shoes in tick country.
- Tuck shirt into pants, and pants into socks.
- Stay on trails! Avoid brush and grassy areas.
- Use insect repellent on shoes, socks, and pants.
- Check yourself, your children, and your pets for ticks thoroughly and frequently.



Ticks and Lyme Disease:
ebparks.org/safety/trails/ticks

Indigenous Peoples' Basket Exhibit

To celebrate and preserve the rich cultural heritage of Indigenous People, an updated exhibit showcasing the exquisite artistry of Indigenous basketry has been unveiled at Coyote Hills Regional Park. Indigenous people throughout California have a time-honored tradition of basket weaving that continues to thrive today.

This exhibit features baskets from the Wukchumni, Yowlumne, and Tachi people of California's Central Valley, woven by different generations of the same Indigenous family. These baskets are renowned for their intricate designs and exceptional durability and showcase Indigenous Peoples' ingenuity, knowledge, and skills in cultivating plant resources and creating functional artifacts. The exhibit highlights unique weaving techniques, patterns, and traditions of Indigenous Peoples.

The Park District upgraded the exhibit to preserve and protect the priceless baskets from light, dust, insects, and humidity, and revised the imagery and artwork.



WHAT DOES A TICK LOOK LIKE?

Ticks and Seeds



Actual Size

In California, the *western black-legged tick* is the major carrier of Lyme disease. The adult female is reddish brown with black legs, about 1/8 inch long. Males are smaller and entirely brownish-black. Both are teardrop shaped.

Keeping Parks Safe and Enjoyable

Lake Health and Water Quality

Some of the most celebrated attractions in the Park District are its six beautiful open-water lakes. The natural and constructed lakes are foundational features and an essential part of the East Bay's landscape, providing vital aquatic habitat, recreational opportunities such as swimming, boating, and fishing, and a peaceful connection to nature for visitors who gaze upon the waters.

A critical part of the District's management of these lakes is the ever-present need to maintain their infrastructure and to monitor water quality. Lake infrastructure can change over time, and water quality can fluctuate, especially in recent years with the challenges of climate change.

There are several ongoing projects to maintain and improve Park District lakes, and new technologies have been deployed to find innovative solutions to ongoing problems. Two of the District's oldest and most popular swimming lakes, Lake Anza in Tilden Regional Park and Lake Temescal, have both been closed to swimmers for the past couple of seasons due to water quality issues. However, innovative efforts to improve water quality

have resulted in both lakes reopening for the 2023 swimming season.

At Lake Anza, an underwater oxygenation system was installed in early 2020 to prevent growth of blue-green algae, which can be harmful to humans, dogs, and aquatic wildlife. The pump system emits bubbles of oxygen deep within the lake that helps to limit the growth of blue-green algae.

In the fall of 2020, nanobubble technology was introduced to Lake Temescal to help reduce harmful algal blooms. Nanobubbles, 2,500 times smaller than a grain of salt, add oxygen to the lake to reduce excess nutrients, making it harder for blue-green algae to thrive and improving water quality and aquatic health.

Water quality is routinely monitored in all the District's lakes and regularly published on the website. When planning to visit a lake for recreational use, be sure to check our website for water quality status, follow safety guidelines, and stay out of water (pets, too!) when warning signage is posted.

For current water quality conditions, visit ebparks.org/natural-resources/water-quality.



DOG LOVERS: Clean Up After Your Pet

For dog owners, access to Regional Parks is one of the best features of the East Bay Regional Park District. While many other park agencies limit or ban dog access, the Park District allows them at most parks with specific rules to maintain safety, cleanliness, and protect wildlife.

One important Park District rule is that dog owners must clean up after their pets. Dog waste smells, contains pathogens and diseases that threaten wildlife, and is a major eyesore that takes away from enjoying nature – even when bagged.

Leaving poop bags on trails is not acceptable and is considered litter. There are even attachable poop bag holders to help carry dog waste on a leash, so the bags do not need to be carried by hand.



Contra Loma Regional Park, Antioch



Ardenwood

HISTORIC FARM

CELEBRATING COMMUNITY

Ardenwood provides a glimpse into life on a family farm between 1890 and 1930. A visit to the park highlights the role farms play in providing vital resources, driving innovation, and bringing together communities of people, plants, and animals.

Farm workers were – and are – vital members of our communities. Throughout time, their hard work has fed, clothed, and otherwise supported societies. For much of Ardenwood's history, July 4th was a rare day when workers set aside their chores and field labor to partake in festivities. As such, we continue to

celebrate Independence Day here on the farm. Today, we celebrate the diverse backgrounds that make up our thriving, beloved community.

We hope you will join us!



INDEPENDENCE DAY CELEBRATION

**Join us for a fun-filled
community festival,
1900s-style!**

Celebrate the United States of America's 247th birthday all day long with music, games, and activities for everyone. Bring a picnic or grab a bite at the Farmyard Café and spend the day the old-fashioned way!

– **Jul 4** (Tue), 10am-4pm

Fee: \$10/adults,
\$8/seniors (62+),
\$5/children (4-17),
under 4 years are free.



Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online . . .
For information, call: (510) 544-2797

HISTORIC DAYS

Ride a narrow-gauge train, tour the beautifully restored Patterson House Museum, and on Sundays join park staff in historic costume for period-appropriate programs and activities throughout the day as well. Every historic day ends with an animal feeding at 3 pm.

– **Every** Thu, Fri, and Sun
10am-4pm

BERRY PICKING

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. Meet at the barn.

– **Jul 1** (Sat),
10:30-11:30am
– **Jul 22** (Sat),
10:30-11:30am
– **Aug 5** (Sat),
10:30-11:30am

FARM HISTORY WALK

Many people have made their homes here through the years. Take a trip back through time and hear some of their stories as we stroll around the farm.

– **Jul 1** (Sat),
1-2pm

GARDEN BUG SAFARI

Discover the mysterious world of bugs as we explore our vegetable garden. Observe these tiny farmers at work.

– **Jul 8** (Sat),
11:30am-12:30pm



WHEAT HARVESTING

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.

– **Jul 9** (Sun), 1-2pm
– **Jul 16** (Sun), 1-2pm
– **Jul 23** (Sun), 1-2pm

TODDLER TIME

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!

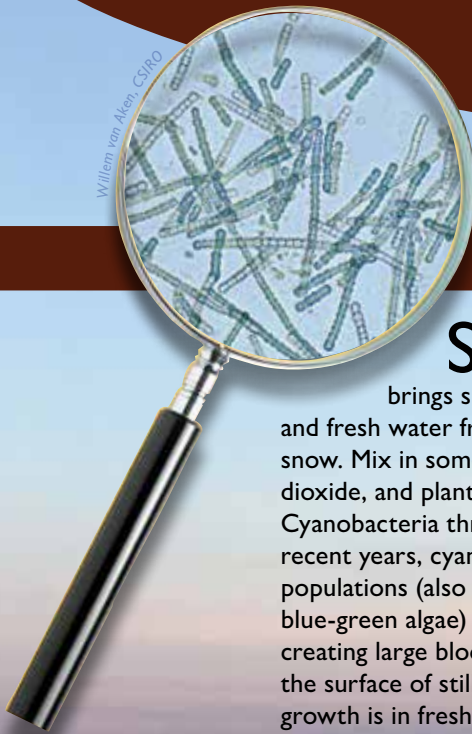
– **Jul 19** (Wed),
10:30-11:45am
– **Aug 2** (Wed),
10:30-11:45am
– **Aug 16** (Wed),
10:30-11:45am

Big Break

REGIONAL SHORELINE



CYANOBACTERIA: An Ancient Organism Creating a Modern Dilemma



Summer in the Delta brings sunshine and fresh water from melting snow. Mix in some carbon dioxide, and plants thrive here. Cyanobacteria thrives too. In recent years, cyanobacteria populations (also known as blue-green algae) have boomed, creating large blooms covering the surface of still water. This growth is in fresh, calm waters like the Delta.

When we think of bacteria, we often think of infections, but cyanobacteria do not infect people or animals. Rather it can produce toxins that may irritate us if exposed to large amounts. Scientists have yet to discover why the toxin is sometimes made. Before enjoying water recreation, it is always a good idea to check our website to learn more about the status of cyanobacteria. See our website for more details at ebparks.org/natural-resources/water-quality.

Factors like low water levels, limited water circulation, and increased temperature encourage considerable growth of cyanobacteria. As our climate changes with higher temperatures and shifts in weather patterns, we may see more cyanobacteria blooms. But even with organisms that may have toxic implications for humans, cyanobacteria have been helpful to us in other ways.

Life on earth has constantly been changing with populations of organisms rising and falling. Each has made its mark on our planet until 2.4 billion years ago when cyanobacteria emerged with a brand-new adaptation – photosynthesis. For the first time, oxygen was released into our atmosphere. And with that, our world changed forever.



Big Break Interpretive Programs

For a complete list of Big Break programs, please visit us online
For information, call: (510) 544-3050



OTTER FESTIVAL

Use your imagination to learn more about one of the Delta's most charismatic mammals at the Otter Festival. Play like otters in our hands-on stream tables, get creative with thematic crafts and test out your otter athletic skills. Meet at the Visitor Center. Drop-in. Adult participation required.

Otter Play Days

- Jul 20 (Thu), 10am-noon
- Jul 21 (Fri), 10am-noon

Otter Storytime

- Jul 22 (Sat), 10:30-11am

Otter Craft

- Jul 22 (Sat), 11am-2pm

Otter Olympics

- Jul 23 (Sun), 11am-noon



COMMUNITY CAMPFIRES

Gather the family for an evening in the park. Bring a picnic dinner to enjoy before the festivities begin. We'll explore the wonders of Big Break through activities and a campfire (and S'mores of course)! Meet at the amphitheater. Drop-in.

Bugging Out

- Jul 9 (Sun), 6:30-8pm

Fish Frenzy

- Aug 13 (Sun), 6:30-8pm



AGRICULTURAL FESTIVAL

The Delta is one of the most productive farming regions in the United States. Come discover some of the agricultural history in the Delta region during Big Break's Agriculture Festival.

Plant Swap

- Jul 27 (Thu), 2-4pm

Seed Bomb Craft

- Jul 29 (Sat), 11am-2pm

Agriculture Tour

- Jul 28 (Fri), 10-11am
- Jul 30 (Sun), 10-11am



Kevin Dixon

CHALK THE PATIO

Come and bring out your inner artist on the patio of the Big Break Visitor Center! You will have your own square to chalk up with a beautiful image and/or words. The theme is *honeybees*. See you there!

Meet at the Visitor Center. Drop-in.

- Aug 19 (Sat), 10am-noon

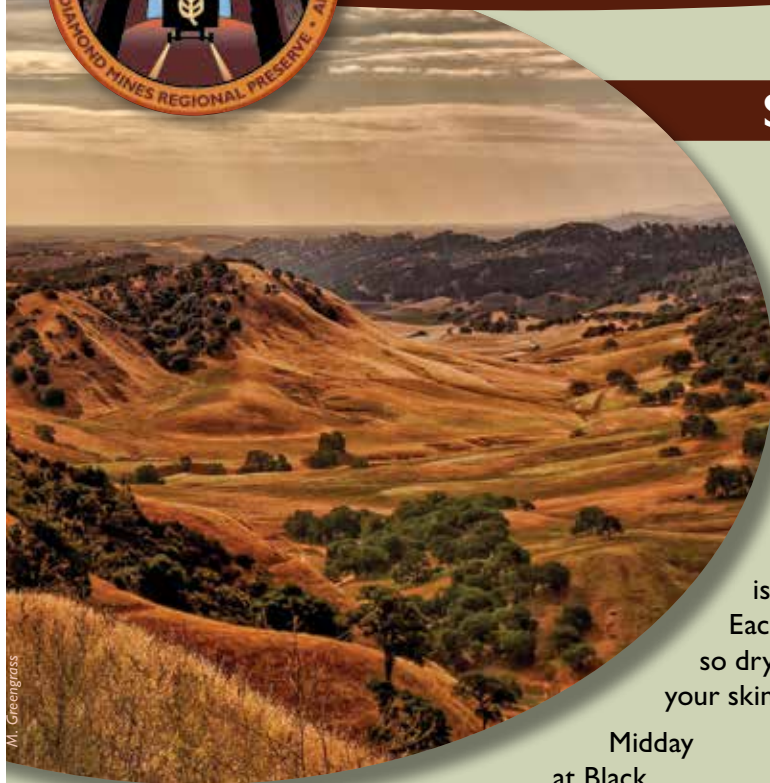


See ebparks.org/calendar for upcoming programs.



Black Diamond Mines

REGIONAL PRESERVE



M. Greengrass

View of Black Diamond Mines in summertime

Shady Slopes and Cool Stopes

Heat radiates off the trails and the sandstone faces of the ridges. Grassy fields are crisp and golden. The blades crunch underfoot. All around it is quiet, except for the sound of the wind in dry leaves. Even the birds and the snakes have taken shelter. Hiking the steep trails is getting tougher and tougher. Each step is an effort. The air is so dry the sweat dries quickly on your skin.

visit the mines themselves, where the temperature rarely rises above 60 degrees. The underground space in Greathouse Visitor Center is open to all and free of charge. If you would like to explore further inside the coal and sandstone mines, sign up for a tour through the EBRPD Activities webpage: ebparksonline.org ▶



Another option for the cooler hours is a short hike up to Victorian-era Rose Hill Cemetery, a peaceful spot with sweeping views of Somersville Valley.

In case you were wondering, a stope is an underground room from which the desired material has been excavated. You can look

into a stope at point of interest number six on the Black Diamond Mines map, near the Hazel-Atlas Portal and the Chaparral Loop Trail.

Stay cool, stay safe, and enjoy the summer.



Trail to Rose Hill Cemetery

Midday at Black Diamond in midsummer is no place for carefree recreation. It's a reality we must face. Here in these hills, only the tough and the patient survive through the season.

But we still love nature, we still want to stretch our legs, get our steps in, clear our minds, and say hello to one of the surprising midsummer blooms. We still need to get out into our parks.

Most locals probably know this already, but early morning and late afternoon are more welcoming times. Shady slopes and evening breezes will ease your cares. If you can't make it out in the later part of the day (we are open from 8 a.m. to 8 p.m. during the summer) or want to cool down even more,



Stephen Wheeler

Hazel Atlas Mine Portal

Black Diamond Mines Interpretive Programs

For a complete list of programs, please visit us online:



https://apm.activecommunities.com/ebparks/activity_search

Coyote Hills

REGIONAL PARK



Feeling Ripe in Summer



Manzanita flowers



Manzanita berries prepared for leaching

Summer is in full effect! As temperatures rise, a refreshing beverage can assist in any fun-filled summer day. Manzanita, roughly translated to little apple in Spanish, is an evergreen shrub growing throughout our East Bay Regional Parks that Native People make into a cider drink. Manzanita produces a tiny apple-shaped berry that will ripen this time of year. Ohlone Peoples gather these berries when red and ripe and pound them into flour, traditionally with a mortar and pestle. Water is run through this powder to create a sweet cider. Ohlone Peoples' knowledge of these natural resources allowed them to thrive as the First Peoples, who are still here today. As you wander through Coyote Hills, see if you can spot this Manzanita plant. Look for white to pink bell-shaped flowers and a smooth reddish-brown trunk. Remember to observe these plants so they can continue to grow and be a food source for pollinators, foxes, and coyotes. Happy summer!



Coyote Hills Interpretive Programs *For a complete list of Coyote Hills programs, please visit us online . . . ▶*

For all programs: Parking fees apply where charged. Parent participation required. For more information, call (510) 544-3220.



ABSOLUTELY AMAZING ABALONE

You've probably seen jewelry made from the iridescent inner layer of an abalone shell, or perhaps even the shell itself, but what lives inside? Learn all about abalone and make your own abalone pendant with techniques used by Ohlone peoples for hundreds of years. All-Ages. Parent participation. Parking fees apply where charged. Wheelchair accessible. Drop-in.
– **Jul 1** (Sat), 10-11am

GARIN HIKE

Garin Barn Visitor Center
Join us on this scenic hike as we discover the plants and animals that call this place

CAFECITO WITH THE PAJARITOS

Start your morning with birds and cafecito (coffee)! Come together to celebrate birds and the conservation efforts of the Latino community on a leisurely walk along the marsh. Birders of all levels are welcome. We will have cafecito, hot cocoa and binoculars to share. All-Ages. Parent participation. Parking fees apply where charged. Wheelchair accessible. Registration required.
– **Jul 8** (Sat) 8:30-10am

BIRDING THE SHORELINE

Bring your coffee and binoculars to watch a myriad of shorebirds enjoy their breakfast at low tide, on an easy, flat 2-mile walk along the shoreline. Ages 7+ Parent participation. Parking fees apply where charged. Wheelchair accessible. Drop-in.
– **Aug 19** (Sat), 9-10:30am



Jerry Ting

home. Journey near a pond and an apple orchard to learn more about the unique features of Garin Regional

Park. All ages. Parent participation. Parking fees. Drop-in.
– **Aug 20** (Sat), 10-11:30am

Dumbarton Quarry Campground on the Bay **CAMPFIRE PROGRAMS**

Welcome to the Park District's newest campground built in over 30 years! Join us for a fun evening campfire program filled with songs, games, photos, stories, activities, and more for the whole family to share.

MYSTERY SKULLS ... AND SKINS

– **Jul 1** (Sat), 8:30-9:30pm

NOCTURNAL ANIMALS

– **Jul 8** (Sat) 8:30-9:30pm

BIRDS OF THE BAY

– **Jul 15** (Sat), 8:30-9:30pm

CONCHAS AND SEASHELLS

– **Jul 22** (Sat), 8:30-9:30pm

ANIMAL CELEBRITIES

– **Jul 29** (Sat), 8:30-9:30pm

STAR STORIES AROUND THE WORLD

– **Aug 5** (Sat), 8:30-9:30pm

ANIMAL TRACKS AND ANIMAL SIGNS

– **Aug 12** (Sat), 8:30-9:30pm

SPIDERS!

– **Aug 19** (Sat), 8-9pm

DID DINOS DWELL AT DUMBARTON QUARRY?

– **Aug 26** (Sat), 8-9pm



Crab Cove

VISITOR CENTER AND AQUARIUM

Plastic-Free July, Why?

Plastic pollution impacts the entire world. Even if you do not see it, plastic has been found everywhere, even inside our bodies.

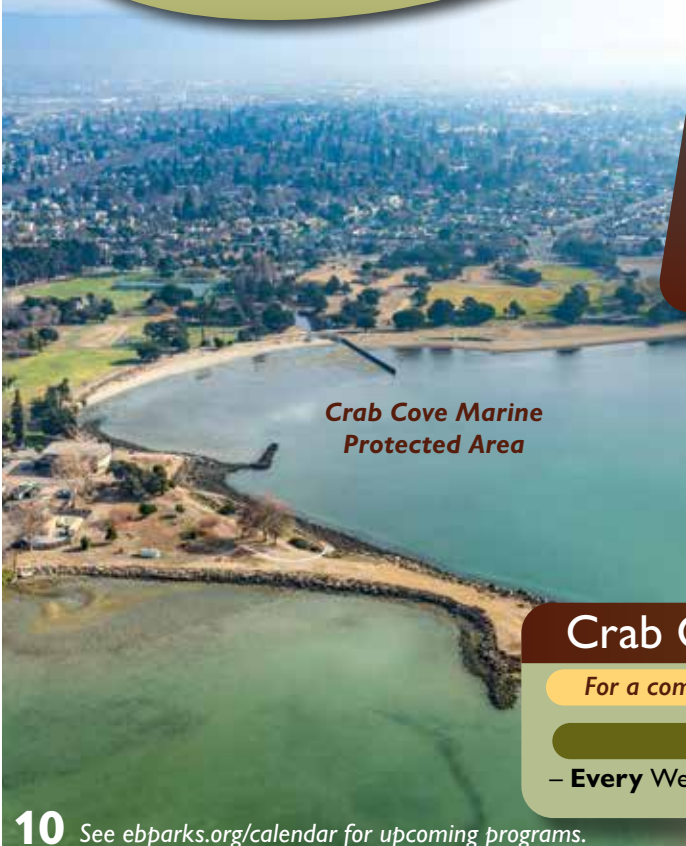
We all have small things we can do to be a part of the solution to pollution



Did you know

Crab Cove is a Marine Protected Area, one of the first in California at an estuary. Laws protect it for wildlife conservation. And one of the BIGGEST impacts to marine areas are plastics!

Eric Sahlin



Crab Cove Marine Protected Area

W O R L D
B I N G O

Reusable shopping bags	Make your own cleaning products (baking soda, vinegar, citrus)	Buy bulk drinks and snacks, instead of single packages	Cloth napkins	Bring your own containers
Find refill stations or stores	Support companies that ship eco friendly	Compost	Use glass, aluminum, or cardboard packaging	Reusable straws
Homemade gifts and crafts	Reusable fork, spoon, and knife	Reusable cups	Natural fiber dish cloth or towel	Waste-free lunches
Avoid cling wrap	Learn about microfiber laundry balls	Reusable water bottle	Reuse/DIY projects	Refuse Styrofoam
Do a plastic audit	Cook from scratch	Search for plastic-free or zero-waste SM groups	Use bar soap, shampoo, and deodorant	Recycle

Plastics contaminate our world with waste and toxins.

Plastic items injure and kill millions of wild animals every year.

Ninety-nine percent of all plastics are made from fossil fuels.

Plastic is an environmental and social justice issue.

Crab Cove Interpretive Programs

Information, call (510) 544-3187

For a complete list of Crab Cove programs, please visit us online

FISH FEEDING

– Every Wed, Sat and Sun, 3-3:30pm

STORY TIME

– Every Fri, 10:30-11am

FAMILY NATURE FUN

– Every Sat, and Sun, 1:30-2:30pm





Constellation Imagination

This summer when you are out on a dark night, see if you can spot the *summer triangle* – three bright stars (Deneb, Vega, and Altair). They appear high in the night sky and make up three different constellations. The three summer triangle constellations are Cygnus – the swan, Lyra – the harp, and Aquila – the eagle.

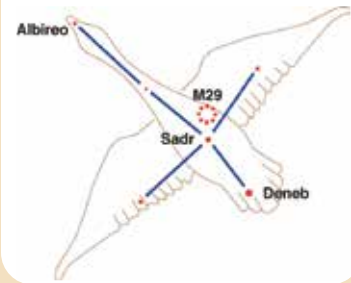
Looking at these shapes, do you see how these constellations got their names?



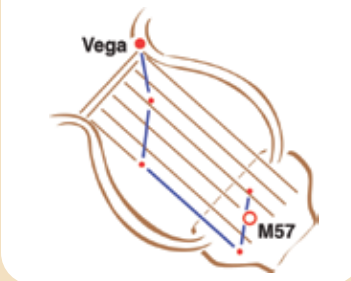
What shapes do you see?

Draw Your Very Own Constellation on this page, give it a name, and come up with a story to go along with your constellation. We would love to see what you come up with! You can share your images with us at DVvisit@ebparks.org

Cygnus



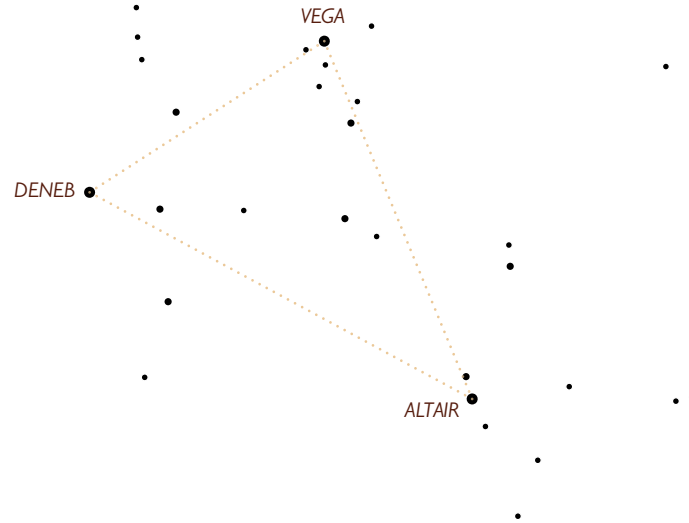
Lyra



Aquila



Images from StarDate, Texas Observatory



Draw Your Very Own Constellation

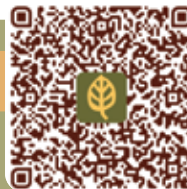
YOUR SUMMER TRIANGLE CONSTELLATION'S NAME _____

CONSTELLATION'S STORY _____

YOUR NAME _____

Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us at ebparks.org



DISCOVERY CLUB

Hands-on family-friendly activities in the campground. You don't have to be camping to attend.

– **Saturdays**, 10am to noon

SNAKE TALK

Meet our animal ambassador gopher snake! Meet at the Del Valle Visitor Center.

– **Sundays**, 11am

WE SCREAM FOR ICE CREAM

Did you know there is a *National Ice Cream Day*? What a SWEET holiday!! Learn some of the science and history of ice cream creation. Meet at the visitor center.

– **Jul 16** (Sun), 1-3pm

PARK N' PLAY

Family-friendly nature activities aimed at those up to 10 years old or the young at heart. Meet at the visitor center.

– **Jul 23** and **Aug 27** (Sun), 9:30-11am

Del Valle Campfires

Although you may not be camping at Del Valle, you are still invited to join us for our campfire programs! There is no registration required and you can park in the campground overflow lot during the program before heading home.

DAYS OF THE PIONEERS

Join us in the campground to discover what Del Valle was like before the lake! Dive into the valley's history through hands on activities and stories during this family campfire.

– **Fridays**, 7:30-9pm

NIGHT WITH A NATURALIST

The evening glow gives way to the roaring fire, as families gather along the creekside. We will discover the wonders of the park and this camping tradition each Saturday night.

– **Saturdays**, 8:30-9:30pm



Mobile Education

Quagga Mussel Control

If you have ever been to one of our lakes, you know that we take water seriously. We have rules about who, what, and how things can go in the water. This is not because we are being a wet blanket, but because we are protecting our lakes from an aquatic hitchhiker known as the *quagga mussel*! These mussels can harm native species and damage infrastructure.

Quagga mussels are originally from the Dnieper River region in the Black Sea and because they reproduce so fast, they have become an invasive species in both European and North American waterways. But how did these mussels get all the way from the edge of Europe to North America? These sneaky shellfish managed to hitch a ride in the ballast holds of ships. From there they made it to the Great Lakes Region, where they exploded in population and continue to be an invasive species today.

Quagga mussels pose a danger to lakes in many ways. They not only threaten populations of native mussels, but also fish. This is because quagga mussels are very efficient filter feeders. Their favorite food is plankton, the same favorite as fish in our lakes. This competition for food disrupts the lake's food web, and since quagga mussels can reproduce on a massive scale, they greatly decrease the amount of food available to native species. Quagga mussels can also cause millions of dollars worth of damage when they anchor themselves on the bottom of docks, boat hulls, or clog the interior of pipes.

Fortunately, we have not detected quagga mussels at our lakes, but that does not mean the threat is far off. Popular lakes in Southern California, including Pyramid Lake and Lake Havasu, have mussel infestations. When a boat is put in a lake that has quagga mussels, the mussels can attach themselves to the boat's hull. These microscopic mussels – that only grow to a maximum of about two inches – can even stick to fishing lures, toys, and plants.

CLEAN! DRAIN! DRY!

Even though it seems like quagga mussels are unstoppable, there are three simple things you can do to keep them out of local lakes.

CLEAN

Keep your boat clean. After visiting a waterway, properly wash down your hull and any other equipment that came into contact with the water including oars, life jackets, and motors.

DRAIN

Drain any part of the vessel (like the bilge or livewell) that may contain water. The most common reason for quagga mussel inspection failure is water present in the livewell and/or outboard motor. Consequently, inspectors cannot pass these watercrafts to launch.



Government of Alberta

DRY

Make sure your vessel and all-drained components are completely dried out when brought to inspection. Although it may be tempting to give it one last rinse, **DO NOT FLUSH YOUR MOTOR PRIOR TO VISITING THE PARK.** Allow at least a five-day waiting period after flushing your motor to give it plenty of time to dry. Double check before leaving home that the motor is dry. Many people are surprised that, when asked to lower their motor, water spills out.



Lynsey Manzo



NPS

What are Quagga Mussels?



Learn more about these fascinating yet highly invasive animals, and how to prevent them from getting into our waterways.

Scan me to watch a video or visit bit.ly/quaggavideo



Outdoor Recreation



MOVIE NIGHT

Ardenwood Historic Farm (Fremont)

Thinking of a great way to spend the evening outdoors with your loved ones? Then join us for a FREE showing of the hit movie *Lightyear!* Rated PG. Movie begins around sunset. Arrive early to secure a good seat on the lawn. Bring a flashlight, warm clothes, and a blanket or chairs for sitting. No pets. Rain cancels. Free. Drop-in.

– Aug 12 (Fri), 8-9:45pm#48594



P.T. Spiech

KAYAKING • BROOKS ISLAND ADVENTURE

Brooks Island (Richmond)

This trip is a short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserve shoreline then come ashore to enjoy a naturalist guided two-mile hike around the island, which is normally closed to visitors.

– Aug 26 (Sat), 9:30am-3:30pm..... #48596

– Aug 27 (Sun), 9:30am-3:30pm..... #48597

Fee \$85 (non-res \$95) Registration required.

Fitness/Wellness Programs

Course descriptions can be found online, use the QR code for more details and enrollment.

HIKING POLES: SKILLS AND TECHNIQUES PLUS PRACTICE HIKE

Reinhardt Redwood (Oakland)

Hikers learn strategies for enhancing performance and confidence on the trail. **Uphill:** Improve power, endurance, posture, upper body strength, spine function. **Downhill:** Develop skills for feeling safer and preserving joints – save your knees! Expert poles training PLUS a lovely redwood hike on varied terrain.

– July 29 (Sat), 8:30am-2:15pm #48611

Fee \$75 (non-res \$83) Registration required.

HIKING POLES TRAINING: SKILLS AND TECHNIQUES

Roberts Regional Recreation Area (Oakland)

Hikers learn strategies for enhancing performance and confidence on the trail. **Uphill:** Improve power, endurance, posture, upper body strength and spine function. **Downhill:** Develop skills for feeling safer and preserving joints – save your knees! Morning training session without a practice hike, all level hikers welcome.

– Aug 25 (Fri), 8:15am-12:30pm #48633

Fee \$45 (non-res \$51) Registration required.

POLEWALKING FOR BALANCE AND MAINTAINING MOBILITY

Kennedy Grove Regional Recreation Area (El Sobrante)

When polewalking, you'll feel taller and experience profound freedom of movement! People with mobility challenges learn game-changing skills in a comfortable, beautiful setting. Address your issues and goals, reduce fall risk, improve spine function, balance, endurance, gait, longevity. Easy pace; short optional, lovely practice polewalk.

– Aug 26 (Sat), 9am-1:30pm #48670

Fee \$65 (non-res \$73) Registration required.



ARCHERY INTRODUCTION

Roberts Recreation Area (Oakland)

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.

– July 15 (Sat), 10am-noon..... #48593

– Aug 19 (Sat), 10am-noon..... #48595

Fee \$50 (non-res \$56) Registration required.

Outdoor Recreation Programs

For registration information and a complete list of Outdoor Recreation programs, please call 1-888-327-2757 (1-888-EBPARKS), option 2 or visit us online





Sunol Wilderness

REGIONAL PRESERVE

Bats of the Bay Area



N.J. Stewart

Townsend's big-eared bats use their impressive ears to echolocate prey.



Bat Conservation International

Pallid bats enjoy scorpion snacks!

The Bay Area's varying habitat is home to 16 varieties of bat. These nocturnal flying mammals employ a bevy of adaptations that allows them to thrive in the dark. Excellent hearing and ability to echolocate help them eat up to 50 percent of their weight in insects per night! Through their feeding activities, over 1,400 species of bats worldwide are pollinators, seed dispersers, and cash crop protectors. If you like mangoes, bananas, cashews, and tequila, you can thank a bat for pollinating or protecting the plants by eating insect pests. These amazing animals can use your help by preserving habitat and helping to slow the acceleration of climate change ... **Be a Batvocate!**



Family on a Wednesday Bat Watch program.

BAT WATCH WEDNESDAY

This summer, stop by the Sunol Visitor Center every other Wednesday to discover the wonderful world of local bats! Be a community scientist as we attempt to count the number of bats and different species we see.

- Jul 5 and 19 (Wed), 7:30-9pm
- Aug 2, 16, and 30 (Wed), 7:30-9pm

Sunol Interpretive Programs

For a complete list of Sunol programs, please visit us online



For live program events, follow us on Facebook at Sunol Wilderness Regional Preserve!

BIRD WALK

The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. Meet at the new Tyler Ranch Staging Area at Pleasanton Ridge, Sunol.

- Jul 1 (Sat), 9-10:30am

SCORPIONS OF THE NIGHT

As darkness falls across Sunol, slowly search for the oldest predator on land ... scorpions. Will we find these florescent and mysterious creatures? Join the search to find out! Meet at the Sunol Visitor Center. Ages 7+

- Jul 8 (Sat), 9:30-10:30pm
- Aug 12 (Sat), 8:45-10pm

OUTDOOR DISCOVERIES

Explore the world around you in this preschool and homeschool nature series! Meet the naturalist at the Sunol Visitor Center and get ready to adventure together.

- Bats of Sunol**
 - Jul 11 (Mon), 10:30am-noon
- The Power of the Sun**
 - Aug 14 (Mon), 10:30am-noon



Jerry Ting

Tilden

NATURE AREA



Summer Fog

It is the peak of summer – grab your jacket! Fog, a prominent feature of our coastal Bay Area summer weather pattern, is silently rolling in “on little cat feet” (as aptly described in Carl Sandburg’s poem, “Fog”). It is the reason we rarely see Fourth of July fireworks in the sky in western Alameda and Contra Costa counties and the reason that we don’t start barbecuing around here until September.

While communities east of the hills and to the north and south of the Bay sizzle in the summer months, a curious weather phenomenon occurs off the coast of California. A high-pressure system called the “North Pacific High” lingers off the California coast, stirring up the frigid waters of the California current that runs along the coast. When the



cold surface of the ocean water meets the warm air, low, rolling fog forms. This type of fog is called “*advection fog*” and it occurs when warm, moist air moves horizontally over the cold surface of the Pacific Ocean. As the air temperature cools and equals the dew point temperature, condensation in the form of thick fog moves in.

The fog funnels through the Golden Gate on summer afternoons as if on cue, drawn in by the hot air rising east of the hills. Its progress is halted by the Berkeley/Oakland hills, and it begins to spread laterally in either direction across the length of the hills. It’s no coincidence

that East Bay Redwood populations are found in these hills. Redwoods are deeply associated with fog as these giants depend on the moisture intercepted from summer fog to survive the dry season; up to 40 percent of their annual moisture comes in the form of fog. The crowns of these tallest of trees capture moisture from drifting fog, condensing it on needles and branches and dripping it to the forest floor below. Not only the redwoods benefit

from this moisture – redwood forest understory plants like sword ferns and animals like salamanders are also dependent on the moisture from fog drip to survive.

There is a consensus among scientists and fog watchers that our iconic summer fog is decreasing due to climate change. The impacts of losing our famous summertime phenomenon could be far-reaching, not only for the ecosystems that depend upon

the summer moisture it provides but also from a cultural and economic perspective. Summer fog defines the Bay Area and draws people from all over the world to witness it, and less fog means more hot days for us heat-sensitive, bay-adjacent folks. So, on a cold, foggy summer day, resist the urge to stay in from the chill and instead venture out to a good vantage point like the Seaview Trail in Tilden Regional Park to watch the fog rolling in and settling over our area. No matter how many times you think you have seen this phenomenon, you’ll marvel at the grace and speed with which it moves, almost as if a living entity.

Tilden Interpretive Programs

A variety of programs are happening in the Nature Area each weekend.

Check in the Environmental Education Center to see what activities will be happening that day.

Here are a few of our regulars through July and August:

SATURDAYS

- **Animal Talks:** 10:30-11am
- **Fun on the Farm:** 2-3pm
(Meet at the Little Farm)

SUNDAYS

- **Sunday Stories:** 10:30-11am
- **Snake Feeding:** 2-2:30pm

TWILIGHT FOG HIKE

Let’s take a twilight hike on the Seaview Trail! We’ll hope to watch the fog roll in as the sun sets. Always inspiring to watch and notoriously hard to predict – it will be amazing to be on the hills’ ridge on a summer evening! Wear layers and sturdy shoes. Recommended: flashlight or headlamp, water and a snack. Park in the Steam Train overflow lot. Meet at Seaview Trail trailhead. Free. Drop-in.

– **Jul 18** (Tue), 7:30-9pm

WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5:30 p.m.

Special events, classes, and Friends of the Regional Parks Botanic Garden e-newsletter: nativeplants.org or call (510) 544-3169.

DOCENT-LED GENERAL WEEKEND AND HOLIDAY TOURS

Docent-led tours are currently being offered. Meet at the Visitor Center. Maximum number of spots is 10 per tour. Free. Drop-in.

- **Saturdays**, 2-3 pm
- **Sundays**, 11am-noon and 2-3pm

BIRDING THE GARDEN/PAJAREANDO EL JARDIN

Thanks to the diversity of plants and habitats represented in the Botanic Garden, there’s always a good variety of birds to observe. We’ll have a few pairs of binoculars to loan. Meet in front of the Visitor Center. Bilingual program (Español/English).

- **Jul 2** (Sun), 9-10am

FAMILY-FRIENDLY SENSORY TOUR

Join a special docent lead, family-friendly, sensory tour. Explore the garden with hands, nose, ears, and eyes. Smell the sages, feel soft hazel leaves, look for crayfish in Wildcat Creek and newts in the pond. Meet at the Visitor Center. Rain cancels. Free. Drop-in.

- **Aug 27** (Sun), 2-3pm

See ebparks.org/calendar for upcoming programs. **15**



Volunteer PROGRAM

East Bay 
Regional Park District
Healthy Parks Healthy People
2950 Peralta Oaks Court
Oakland, CA 94605-0381
ebparks.org

Volunteer Dig Days!

BRIONES PILOT PROJECT

Have you heard of the Briones Pilot Program? Do you have an interest in working on trails? Whether you like to hike, bike, or ride horses, the Park District wants to make your experience on the trail a good one, and the *Briones Pilot Program* is a way to do just that!



Get Involved!

JOIN US FOR A VOLUNTEER DIG DAY!

WHAT Help us maintain and enhance Briones Regional Park and create exciting new recreational opportunities!

WHEN The second Saturday of the month*
*More dates posted as available

WHERE Briones Regional Park

Sign-up Today! ▶



https://apply.ebparks.org/custom/501/opp_details/6729



Learn more about the *Briones Pilot Project* and how you can get involved. Please visit: ebparks.org/parks/briones/briones-pilot-project

Volunteer Programs

For more information and a complete list of Volunteer Programs, visit us online . . . ▼



EBRPD VOLUNTEER SERVICES
volunteers@ebparks.org | (510) 544-2229