

Regional in Nature

Activity Guide



January – February 2018

East Bay
Regional Park District

Healthy Parks Healthy People



Regional Park District firefighters remove hazardous vegetation
See "Fire Prevention - a 365 Day Effort" page 3.

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Naturalist interprets at Crab Cove Visitor Center
See "Measure CC Supporting Vital Park Services..." page 3.

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General Information/Free Brochure
1-888-EBPARKS or 1-888-327-2757
Camping & Picnic Reservations

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



A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

Measure CC Supporting Vital Regional Park Service

PUBLIC SAFETY, PARK MAINTENANCE, AND HABITAT MANAGEMENT



In 2004, voters in the cities of Oakland, Berkeley, Richmond, Alameda, San Pablo, El Cerrito, Albany, Emeryville, and Piedmont approved **Measure CC** to improve public access, restore habitat, and enhance park safety and security.

Since then, thanks to the community's support, many coastlines, hillsides, and parks in western Alameda and Contra Costa counties have been repaired and upgraded. Significant public access improvements include trails, picnic tables, water fountains, restrooms, and sewer infrastructure, among others.

Leveraging other state and federal funds, voter-approved **Measure CC** funding also supports vital regional park services in the **Measure CC** area including fire hazard reduction, police protection, park maintenance, visitor centers, and interpretation and education.

An example of this is the Park District's extensive fire hazard and fuels reduction program. Thanks to Measure CC, over 500 acres of urban forests and brush along the ridgelines from Castro Valley to Richmond have been thinned or removed – helping prevent catastrophic fires and maintain safe and healthy forests.

The disastrous effects of wildfires on personal health and property are always on all of our minds. While much of the east bay's ridgelines and hillsides have been thinned and treated, more needs to be done. Wildfire prevention is an ongoing issue that needs ongoing support.

Another example of **Measure CC** supporting services is at Alameda's Crown Beach and its celebrated Crab Cove Visitor Center. Major improvements and service enhancements here include keeping the Visitor Center open year-round, acquiring the adjacent 3-acre parcel, and replacing over 50 aging and deteriorating picnic tables and barbecues. The Crab Cove Visitor Center **serves 20,000 visitors, 17,000 special program participants, and hosts over 300 class field trips annually**, not to mention the many special events held there, such as the annual Fish Festival where over 700 attendees learned about catching and cooking fish, and enjoyed the day.

These services and improvements highlight the importance and value of voter-approved funding. The Park District cannot thank the community enough for their trust and investment in Regional Parks. I look forward to continuing to update you on how your tax dollars are working to maintain and improve park services.

Trails Challenge Turns 25!

Popular Program Promotes Outdoor Activity, Wellness

This year marks the 25th anniversary of the Park District's signature outdoor activity program, Trails Challenge. Launched in 1993 as a way to get East Bay residents moving outdoors and exploring their trails, the program makes it easy for hikers of all abilities to get to know and love their Regional Parks.

Each year, a new Trails Challenge guidebook highlights 20 different trails throughout the parks. From shorelines to ridgetops, there is something for everyone. A handy matrix helps readers choose from easy, medium or challenging hikes, and to identify trails accessible to wheelchair users, and those that allow dogs, bikes or horses.



To complete the Trails Challenge, participants need to hike a marathon's length of trails (26.2 miles) or at least five of the 20 designated hikes. Complete the challenge by December 1st and email your trail log to reservations@ebparks.org to receive a commemorative pin (*while supplies last.*)

Participation is easy – simply visit ebparks.org/TrailsChallenge to download the guidebook and get started. No registration is required. **Free** printed guidebooks and T-shirts will be available starting January 3rd at participating Visitor Centers while supplies last.

The Trails Challenge is a free self-guided program brought to you by a partnership between the East Bay Regional Park District, Kaiser Permanente, and the Regional Parks Foundation.

We want to hear your story! Send your Trails Challenge stories, photos, and feedback to pubaffs@ebparks.org.

Fire Prevention - a 365 Day Effort

NORTH BAY FIRES AN UNFORTUNATE REMINDER

The East Bay Regional Park District is committed to fire prevention and firefighting 365 days a year through implementation of its Wildfire Hazard Reduction and Resource Management Plan. The District manages 73 parks on over 121,000 acres of parkland throughout Alameda and Contra Costa counties.

Over the past 10 years the Park District has cleared, thinned or removed approximately 1,000 acres of flammable vegetation as part of its wildfire hazard reduction program. The East Bay Regional Park District spends \$1.6 million on wildfire hazard reduction annually.

The Park District also operates 10 fire substations throughout the District with special wildfire fighting equipment and a helicopter that can drop water and provide an eagle-eye view of fires to assist with quick and effective firefighting.

This past October during the tragic and devastating North Bay fires, the Park District sent fire and police personnel to support local emergency efforts. Locally, during that time, all our fire substations were staffed with personnel working into the night to protect parks and residents. Additionally, as part of our mutual aid partnership with Cal Fire, we provided back up for local Cal Fire stations while their personnel were out of the area responding to the North Bay fires.

In total, the District responded to five fires in the East Bay Hills this past fire season. We were first on the scene for the Merritt Fire off highway 580 and conducted water drops from our Eagle helicopter as the fire approached homes. Thankfully, the coordination and training between agencies paid off and no lives or property were lost.

The Park District also helped contain the Grizzly Fire in August near Tilden Park that burned 20 acres. Recent thinning of eucalyptus helped keep the fire close to the ground and away from the tops of trees where embers could develop and be carried by the wind to start new fires. Eucalyptus leaves contain highly combustible oil and the ground underneath them is typically covered with large amounts of dead bark and branches. If not for wildfire hazard reduction efforts, the Grizzly Fire could have been much worse.

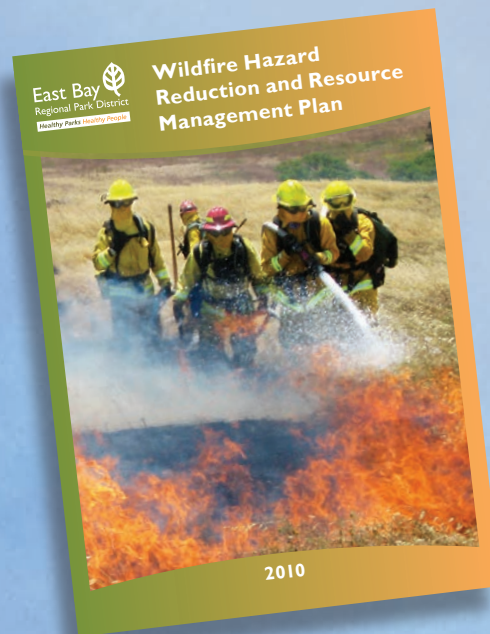
The Park District also responded to a number of wildland fires in Eastern Contra Costa County in 2017.

While we can't stop fires from starting, we can do our best to prevent large fires by reducing fire fuels and hazards in fire prone areas. Homeowners adjacent to our parks can also minimize fire risks by maintaining safe perimeters around their homes.

We will not forget the destruction and damage of the 1991 Oakland Firestorm that killed 25 people and destroyed 3,469 homes, and now, tragically, the North Bay Fires that killed 42 people and destroyed over 6,957 structures. The North Bay Fires are an unfortunate reminder of the importance of wildfire prevention.



Park District's Eagle helicopter dropping water on one of the five fires in the Oakland Hills in late 2017.



Health Matters

East Bay
Regional Park District
AND
KAISER PERMANENTE® thrive

ARE PROUD PARTNERS
IN 2018 WITH THE MUTUAL GOAL
OF PROMOTING HEALTH AND FITNESS.

KAISER PERMANENTE HEALTH TIPS:

Setting Goals, Making Changes for the New Year

Changing long-held patterns doesn't happen overnight.

But don't let that stop you. It's possible to make positive changes, if you approach the process realistically — and strategically. Take time before New Year's to think about a single, specific change you'd really like to make. And, check out these tips to help you succeed.

1. Choose one goal.
2. Break your goal into a series of smaller steps.
3. Make a clear plan to stay on track.
4. Ask for support.
5. Track your progress.
6. Let go of the "all or nothing" mind-set.
7. If you slip up, get back up.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT WWW.KP.ORG (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).

Healthy Parks Healthy People

RECREATION

ARCHERY – INTRODUCTION

Roberts Redwood Bowmen
1:30-3:30pm, Sat, Jan 20 #19509
1:30-3:30pm, Sat, Feb 24 #19510
Gain 90-minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction. 8+yrs. (adult supervision required for children ages 8-13yrs). Registration is required.
Fee: \$50 (non-res. \$56)

PET FIRST AID/CPR

MLK Jr. Shoreline Peter Pay
9am-1pm, Sat, Feb 10 #19511
Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate included in fee. Ages 12+yrs.
Registration is required.
Fee: \$45 (non-res. \$51)

KAYAKING / BOATING



Sunrise kayaking with shorebirds at Crown Memorial State Beach.

BIRDING BY KAYAK

Del Valle Constance Taylor/
Recreation Staff
9:30am-12:30pm, Sat, Jan 6 #19321
Which winter visitors are here for the season? We are guaranteed to see some migrating friends on the lake. Join us to paddle out to say hello to the birds on the water! Ages 16+yrs.
Registration is required.
Fee: \$35 (non-res. \$39)

KAYAKING IS FOR THE BIRDS

Big Break Cat Taylor/Recreation Staff
8:30am-noon, Sat, Jan 20 #19351
What better way to see birds than by kayaking? We will begin with dry land instruction then paddle our steady and stable kayaks on a group exploration of resident and winter migrant birds. Ages 11+yrs.
Registration is required.
Fee: \$40 (non-res. \$44)

SUNRISE SHARK AND SHORE-BIRD PADDLE **NEW!**

Crown Beach James Frank/
Recreation Staff
6-9:30am, Sat, Jan 27 #19426
Kayak at sunrise along the Bay's longest sandy beach from Crab Cove to Elsie

Roemer Bird Sanctuary for a chance to see schools of leopard sharks and flocks of migrating birds. Kayak experience preferred, but beginners welcome. Ages 16+yrs.
Registration is required.
Fee: \$40 (non-res. \$44)

SUNSET & FULL MOON PADDLE

Big Break Cat Taylor/Recreation Staff
4-7pm, Tue, Jan 30 #19452
Paddle as the light of the setting sun and the rising moon sparkles on the waves. After dry-land instruction, we will wind our way in our steady and stable kayaks to explore the Delta by moonlight. Ages 11+yrs.
Registration is required.
Fee: \$40 (non-res. \$44)

WINTER MORNING PADDLE

MLK Jr. Shoreline Morgan
Dill/Recreation Staff
6:30-9:30am, Sun, Feb 25 #19466
Celebrate sunrise by kayak! We will set off in the Oakland Estuary with the sunrise and make our way to explore the calm winter waters of the San Leandro Bay. Ages 16+yrs.
Registration is required.
Fee: \$35 (non-res. \$39)

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence, and strength and enhances your enjoyment of the outdoors all year long. All levels focus on anatomically-optimal techniques to achieve your desired performance while learning how to avoid joint stress or strain. Carefully select the class that best 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.

FITNESS FOR THE TRAIL & FOR LIFE!

Kennedy Grove Jayah Faye Paley
9-11:45am, Sat, Jan 27 #19761
Six key elements determine your ability to maintain physical fitness. This interactive session progressively helps you create a more structurally-solid foundation. Individualized movements focus on improving joint health, balance, posture, endurance, flexibility and strength.
Registration is required.
Fee: \$28 (non-res. \$32)

POLES for BALANCE AND MAINTAINING MOBILITY

Kennedy Grove Jayah Faye Paley
12:30-4pm, Sat, Jan 27 #19762
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 practice pole walk - approx. 1/3 mile. Special equipment provided.
Registration is required.
Fee: \$45 (non-res. \$51)

POLES: BASIC HIKING SKILLS & TECHNIQUES (1 of 2)

Black Diamond Jayah Faye Paley
9am-1pm, Sat, Feb 17 #19737
Morning session helps hikers learn poles, trail and body skills. Beginner to experienced hikers will learn techniques without the additional time or challenge of the practice hike in the afternoon. Uphill: Improve power, endurance, and spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees!
Registration is required.
Fee: \$48 (non-res. \$54)

POLES: PRACTICE HIKE (2 OF 2)

Black Diamond Jayah Faye Paley
1:30-4pm, Sat, Feb 17 #19738
Optional continuation of morning session. Stunning views on lovely, complex trails while practicing/enhancing poles skills. Improve your performance and learn additional techniques for navigating trickier and varied terrain. "Test drive" different models to learn which fit best or bring your own. Approx. 4 miles. Previous EBRPD pole hiking instruction REQUIRED.
Registration is required.
Fee: \$24 (non-res. \$28)



Pole hiking at Black Diamond Mines Regional Preserve.

ARDENWOOD

Ardenwood is open Tues. - Sun. from 10am-4pm. House tours are available by reservation only (call 510-791-4196). Train rides will return in April. Admission fees apply. For program and fee info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

ANIMAL FEEDING

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

TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Jan 10, 24, Feb 7, 21
Bring the tots out for an exciting morning

at the farm. Read 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! 1-4 yrs.

HENS LAY EGGS

Ardenwood Interpretive Staff
10:30-11am, Sat, Feb 3; Sun, Feb 11, 25
Bring the little ones to the farm to meet the chickens. We'll listen to a story, see what a hen's feathers feel like, and search the coop for eggs.

WONDERFUL WOOL

Ardenwood Mindy Castle
11am-noon, Sat, Feb 3, 17
We'll start with a yarn about wool before visiting our fleeciest friends. Along the way we'll learn about these wooly wonders and how their special fur helps keep us warm.



NEW YEAR'S DAY BUTTERFLY WALKS

Ardenwood Interpretive Staff
11:30am, 1:30pm, Mon, Jan 1
Start the year off right with an inspiring visit to our monarch butterfly grove. Discover the amazing life cycle of these tiny creatures and how they survive the winter in the Bay Area. Meet at the Granary. Heavy rain cancels.

MONARCHS AND MILKWEED

Ardenwood Interpretive Staff
10:30am & 2pm, Sat, Jan 6, 13, 20, 27; Sun, Jan 7, 14, 21, 28
Meet at the greenhouse to look for caterpillars and eggs on the milkweed plants. Then search for butterflies in the nearby forest and learn how your actions may help ensure the survival of this iconic insect.

MONARCHS FOR KIDS

Ardenwood Interpretive Staff
11am-noon, Sat, Jan 6, 20; Sun, Jan 14, 28
Come learn all about monarch eggs, caterpillars, chrysalides and butterflies. Then take a short hike to see these amazing insects' life cycle in action. Meet at the Granary. 3-6 yrs.

MARVELOUS MONARCHS

Ardenwood Interpretive Staff
12:30pm, Sat, Jan 13, 27; Sun, Jan 7, 21
Find out what life is like for monarch butterflies through a slide presentation, then discover their life cycle in action at our greenhouse. Find out how you can participate in monarch conservation! Meet at the Granary.

FAREWELL TO THE MONARCHS

Ardenwood Interpretive Staff
1-3pm, Sun, Feb 4
Discover what life is like for monarch butterflies as they begin their journey home. Meet at the granary for a slide presentation, stroll out to the greenhouse to see their life cycle in action, then make your own monarch butterfly craft.

MILKWEED FOR MONARCHS

Ardenwood Marianne Beacham
11:30am-12:30pm, Sun, Feb 18
Meet at the greenhouse to plant some milkweed seeds to bring home to grow in your own garden and learn about the cool relationship between milkweed and monarchs.

Registration information — register beginning November 28

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

VICTORIAN TABLE TOP GAMES

Ardenwood Mindy Castle & Interpretive Staff
1-2pm, Sat, Feb 3;
1:30-2:30pm, Sun, Feb 18
Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jacob's Ladder as you delve into our box of games from days-gone-by.

GOOD MORNING FARM

Ardenwood Interpretive Staff
10:30-11am, Sun, Feb 4; Sat, Feb 17
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.

RABBIT RENDEZVOUS

Ardenwood Interpretive Staff
Noon-12:30pm, Sun, Feb 4, 25
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.

FUN WITH FELTING

Ardenwood Mindy Castle & Interpretive Staff
10:30-11:30am, Sat, Feb 10;
1-2pm, Sun, Feb 11
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.

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
12:30-1:30pm, Sat, Feb 10, 24
Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

LEARN THE ROPES

Ardenwood Interpretive Staff
2-3pm, Sat, Feb 10;
1:30-2:30pm, Sun, Feb 25
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 MOSAICS

Ardenwood Interpretive Staff
11am-noon, Sun, Feb 11, 25
Learn how to turn our freshly-harvested

FARMYARD DOCENT TRAINING

Ardenwood Mindy Castle
Noon-4pm, Thu, Jan 25, Feb 1
Learn to handle farm animals, demonstrate Victorian crafts, games and farm chores, or cook on a wood-burning stove, often while dressed in period-style clothing. If you're at least 16 years old, enjoy working with children, and are available weekdays and for some special events, call (510) 544-3285 or email mcastle@ebparks.org.

Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

OLD FASHIONED BUTTER MAKIN'

Ardenwood Mindy Castle
1-1:30pm, Sat, Feb 17
Before modern grocery stores, people needed to make their own staples at home. Discover an easy way to make butter from cream then sample your tasty concoction on crackers!

MEET THE BUNNIES

Ardenwood Interpretive Staff
1:30-2pm, Sat, Feb 17
Come meet the farm rabbits. Learn why they have big ears, their favorite food and how they communicate. See if you can find the softest part of a bunny.

FARMYARD STORY TIME

Ardenwood Mindy Castle
10:30-11:30am, Sun, Feb 18, Sat, Feb 24
Little Red Hen, the Billy Goats Gruff and other farmyard friends are waiting to meet you! Join the story circle for some classic barnyard tales before visiting the main characters.

WE ALL SCREAM FOR ICE CREAM!

Ardenwood Mindy Castle
1:30-2:30pm, Sat, Feb 24
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.

Healthy Parks Healthy People: Bay Area

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



BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: 510-544-3050 or email 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.

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Jan 3, Feb 7
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion of science and events shaping the region.



A program in partnership with . . .

KAISER PERMANENTE **thrive**

TRAILS CHALLENGE ♿ FREE

We challenge you to complete 5 featured trails by December 1, 2018. The guidebook features trails for all fitness levels as well as tips for new trail users. Go "green" by downloading the guidebook at ebparks.org – print only what you need.

A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log to Reservations. Kaiser Permanente is a major sponsor of this program.



DRAWING ON NATURE WITH GRAPHITE ♿

Big Break Cat Taylor
9:30am-1:30pm, Sat, Jan 6 #19620
Draw on your inner artist! Explore the natural world and render what you see effectively in graphite. Learn how shadow and light combine to create the illusion of dimension.
Registration is required.



A red-tailed hawk at Big Break Regional Shoreline.

HAPPY HAWK

Big Break Interpretive Staff
2-3pm, Sun, Jan 7
Frolicsome feathered friends are famously found in our park! Join us on a hike and discover how hawks hunt in their habitat.

BIG BREAK LITTLES

Big Break Nichole Gange
10-11am, Mon, Jan 8, Feb 5; Tue, Jan 9, 13
Bring the little ones to explore nature. In January we'll search for birds and February we'll meet the reptiles that live in the park. Parent/caregiver participation required. 1-5 yrs.

BIRDING DOW WETLANDS ♿

Dow Wetland Cat Taylor
9:30am-1:30pm, Sat, Jan 13 #19621
Welcome to the Pacific Flyway! We'll seek out the winter avian abundance on a leisurely stroll into this special wildlife habitat preserve.
Registration is required.

GET BUG-GY

Big Break Interpretive Staff
2-3pm, Sat, Jan 13
Come learn about the bugs that roam and fly through our park! We'll learn about their special adaptations and play insect-themed games.

PLANKTON PLUNGE

Big Break Interpretive Staff
2-3pm, Sat, Jan 20
Explore the incredible world of water bugs! Let's collect and identify some plankton and macroinvertebrates to discover their important role in the wetland ecosystem.

NATURE PHOTOGRAPHY A LA IPHONE

Big Break Cat Taylor
8:30-11:30am, Sat, Jan 27
Do you love taking nature photos with your i-phone? Discover simple tricks for better results in the field and share them in a group critique. Bring charged phone and cord.

CRITTER CLUES

Big Break Interpretive Staff
2-3pm, Sat, Jan 27
Come discover what animals roam our wetlands! Examine chewed branches, listen to bird calls and keep a look out for animal tracks as you become a Big Break critter detective.

STORYTIME!

Big Break Cat Taylor
10-11am, Sat, Feb 3
Bring your favorite stuffed animal or blanket and join us for nature storytime over milk and cookies!

5 SENSES WETLANDS WANDER

Big Break Cat Taylor
12:30-2pm, Sat, Feb 3
Touch, taste, see, smell and hear all that the wintry wetlands have to offer as we explore slough, trail, and Delta.

OUTSTANDING OTTERS

Big Break Interpretive Staff
2-3pm, Sun, Feb 4
Discover how river otters differ from sea otters. Come along to find otter clues in our park.

REDUCE, REUSE, RECYCLE

Big Break Interpretive Staff
2-3pm, Sat, Feb 10
Love your planet by recycling! Come find fun ways to reuse common household items, as well as some hints for recycling and reducing waste.

THE GREAT BACKYARD BIRD COUNT

Big Break Cat Taylor
9-11:30am, Sat, Feb 17
Join the worldwide community of birders during this popular annual event. All levels welcome! Bring binoculars/spotting scope if you have them; we have some to loan.

ALL ABOUT ALMONDS

Big Break Interpretive Staff
2-3pm, Sat, Feb 18
Come discover the life cycle of an almond and, with luck, incredible almond blossoms.

HOOT OWLS FAMILY EXPLORATION

Big Break Cat Taylor
6:30-8:30pm, Fri, Feb 23
HOOOO goes there? Families will delve into the nocturnal world of owls tonight as we trek o'er darkening trails listening for screeches, hoots and clicks in the night. Bring flashlights.

LOVELY BUGS & LADY BETTLES

Big Break Nichole Gange
10-11am, Sun, Feb 25
Why do farmers love lady bugs' ferocious appetites but birds can't stomach this beetle? Join us as we explore these and other bugs around Big Break.

BLACK DIAMOND

Greathouse Visitor Center is open 10am-4:30pm, weekends March through November. 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.

FORAY INTO FUNGUS

Black Diamond Kevin Dixon
10am-noon, Sat, Jan 6
Liven up your Saturday by exploring mushrooms and their kin in these gorgeous green hills. Wheelchair accessible program followed by an optional, less accessible, guided walk.

REMEMBERING ROSE HILL

Black Diamond Eddie Willis
10am-noon, Sun, Jan 7
Hike to a 19th-century cemetery to reflect on the lives and contributions of early coal mining pioneers and read their stories written in stone. Muddy conditions possible.

THE SANDSTONE ALTERNATIVE

Black Diamond Kevin Dixon
10am-noon, Sat, Jan 13
Thick, sticky mud weighing you down? Step out of those valleys of shale and clay to cruise the sandstone ridges among pines and blooming manzanita. 8+ yrs.

MINER'S TOOLBOX

Black Diamond Eddie Willis
1-4pm, Sun, Jan 14
Examine historic mining equipment and learn why some of the miners' most important tools were also their most dangerous. Wheelchair accessible.



School children viewing artifacts from the 1800s and early 1900s.

SEARCHIN' FOR 'SHROOMS

Black Diamond Eddie Willis
10am-noon, Sun, Jan 21
Join this fun-guy as we search the murky backwoods for the fungus among us, and discover the hidden, rotten world beneath our feet.

SNAKES IN WINTER

Black Diamond Eddie Willis
1-3pm, Sun, Jan 28
Meet our resident snakes and learn what they're up to at this time of year as they (hopefully) enjoy a little afternoon sun.

EARLY BLOOMERS

Black Diamond Kevin Dixon
10am-noon, Sat, Feb 24
Some flowers just can't wait around for other people's idea of spring. If you know where to look, you'll find fresh bright colors emerging, right on time. 8+yrs.

COYOTE HILLS

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

DISCOVERY DAYS

Coyote Hills Interpretive Staff
10:30am-3:30pm, Every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 10:30am for an introduction to the topic of the week, or participate at your own pace.

BUDDING BIRDERS

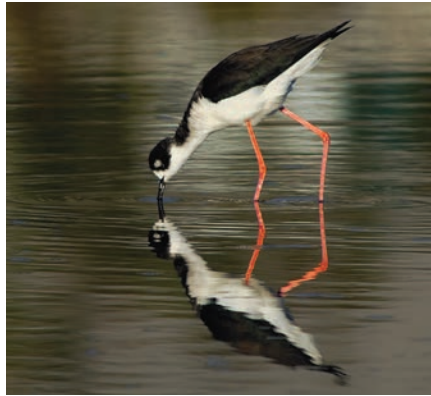
Coyote Hills Kristina Parkison
1-2:30pm, Sat, Jan 6
Beautiful birds abound – but how do you tell who's who? Playful activities help kids learn the basics of bird identification and foster an appreciation of our feathered friends! 7+yrs

NATIVE CALIFORNIA PLANT USES

Coyote Hills Francis Mendoza
10-11:30am, Sun, Jan 7, Jan 14 & Feb 18
Go on a short walk to learn how Native Californians use plants for food, medicine, shelter, and tools. We'll visit our native plant gardens and walk out to the freshwater marsh. 15+yrs

COYOTE CUBS

Coyote Hills Francis Mendoza & Interpretive Staff
10:30-11:30am, Mon, Jan 29, Feb 26
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. 3-5 years old.
Jan 29: California Indian Games
Feb 26: Foxy February



Black-necked Stilt at Coyote Hills.

SLEEP IN AND TAKE A HIKE

Coyote Hills Francis Mendoza
1-3:30pm, Sun, Jan 7
Having a little too much fun in the new year? Then sleep in and join us for a restorative 3-mile hike around the hills. Wear layers and bring water. Heavy rain cancels. 15+yrs

SUNRISE PHOTOGRAPHY

Coyote Hills Kristina Parkison & Don Jedlovec

6:30-8:30am, Sat, Jan 13 #19630
Take advantage of this rare opportunity to see the beauty and diversity of Coyote Hills at sunrise! Watch the wildlife as one "shift" clocks out and the other begins! 12+yrs.

Registration is required.

CART OF CURIOSITIES

Coyote Hills Kristina Parkison
12:30-2:30pm, Sat, Jan 13
10am-noon, Sun, Feb 4
9-11am, Sat, Feb 24
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!

DUMBARTON QUARRY BAYSIDE CAMPGROUND HIKE

Coyote Hills Francis Mendoza
1-4pm, Sun, Jan 14
In 2019, the Dumbarton Quarry Bayside Campground (say that five times fast!) is scheduled to open. Learn about the history of the quarry site and campground on this easy 3-mile out-and-back hike. 12+yrs. Meet at Quarry Lot.

WATER IS LIFE HIKE

Coyote Hills Francis Mendoza
9am-noon, Sun, Jan 21
Hike a relatively flat 3 miles around the marsh as we discuss the importance of water in the park and in our lives. Bring sturdy shoes, water, and a snack. Heavy rain cancels. 15+yrs.

OHLONE PEOPLE & CULTURE

Coyote Hills Francis Mendoza
1:30-3pm, Sun, Jan 21, Feb 11, 18
Learn about Ohlone people and their

Registration information – register beginning November 28

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

OHLONE VILLAGE SITE TOUR

Coyote Hills Francis Mendoza
1:30-3:30pm, Sat, Jan 20, Feb 3;
10am-noon & 1:30-3:30pm Sun, Jan 28, Feb 25
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.

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


CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-4pm, 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.

SEA SQUIRTS

Crab Cove Interpretive Staff
10:30-11:45am, Tue, Jan 9, 23, Feb 13, 27
Share a morning of shoreline fun with your pre-school-aged child. We'll play games, explore outdoors, sing songs, and do a

STORYTIME

Crab Cove Interpretive Staff
11-11:30am, every Sun, Jan & Feb
Kids!- Come in and meet characters like the Lorax, hermit crabs, and "Swimmy the Fish" through stories. Then meet a real animal, do a craft or scavenger hunt, or watch nature videos!
FAMILY NATURE FUN 
Crab Cove Interpretive Staff
2-3pm, Sat & Sun, Jan & Feb
The aquariums, beach, and pond await you! Drop by to explore and learn about the Bay and its wildlife with a new topic each week.

Jan 6 & 7: Mammals – What's furry, has live birth, makes milk, and is warm blooded?

Jan 13 & 14: Wonderful Watershed – Follow water from tree to sea!

Jan 20 & 21: Squid Dissection – Get an

craft related to the theme of the day! 3-5 yrs.

Jan 9: Warning Colors #19377

Jan 23: Shell-ebration! #19378

Feb 13: Wonderful Winter Weather #19380

Feb 27: Spectacular Seeds #19382

Registration is required.

Fee: \$5 (\$7 non-res.)



Naturalist-guided programs for school groups and other organized groups are available Wednesday through Friday by advance reservation.

CRITTER CARE

Crab Cove Interpretive Staff
1-1:30pm, Sat, Jan 27, Feb 24
Visit our reptile ambassadors during their monthly health checkup. Learn what it takes to keep a pet snake or turtle healthy.

insider's look at these slimy cephalopods of the deep.

Jan 27 & 28: Low Tide Exploration – What's in the Bay? Find out when the tide's out.

Feb 3 & 4: Crab Cove Campfire - Make s'mores 'round the "fire" while we sing real campfire favorites!

Feb 10 & 11: I ♥ Crab Cove! – Celebrate all there is to love about the Bay!

Feb 17 & 18: Bird Bingo - Take a walk to meet the birds who visit us in the winter!

Feb 24 & 25: Amazing Jellies – Learn about the varieties, how they live, and which ones we might see here.

FISH FEEDING TIME

Crab Cove Interpretive Staff
3-3:30pm, Sat & Sun, Jan & Feb
Get close to crabs, flounder, perch, and pipefish while they eat.



January 2018

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

1

Ardenwood: New Year's Day Butterfly Walks
Big Break: Delta Discoveries, Testing The Water
Del Valle: Along the Water's Edge
Roberts: Archery Introduction

2

Don Castro: Weekday Bird Walk
Redwood: Hikes for Tykes
Various Parks: Weekday Bird Walk, Hikes for Tykes

3

Ardenwood: Wednesday Walks: Ardenwood Historic Farm
Big Break: Coffee Talk & Delta News
Crab Cove: Songs and Stories by the Shore
Crown Beach: Songs and Stories by the Shore
Encinal Beach: Winter Beach Clean Up
Various Locations: Wednesday Walks, Winter Beach Clean Up

4

Ardenwood: Animal Feeding
Crab Cove: Songs and Stories by the Shore
Martin Luther King Jr: Winter Beach Clean Up

5

Ardenwood: Animal Feeding
Crab Cove: Winter Beach Clean Up

6

Ardenwood: Monarchs And Milkweed, Monarchs For Kids, Animal Feeding
Big Break: Testing The Water, Drawing on Nature with Graphite, Delta Discoveries
Black Diamond: Foray Into Fungus
Coyote Hills: Discovery Days, Budding Birders, Discovery Days
Crab Cove: Family Nature Fun Hour: Mammals, Fish Feeding Time
Crown Beach: Family Nature Fun Hour, Fish Feeding Time
Del Valle: Birding by Kayak
Dry Creek/Pioneer: Canine Capers - Dog Walk
Garin: Bird Walk
Tilden Nature Area: Farm Chores For Littles, Mushroom Walk, Nature Notes

Tilden: Farm Chores For Littles
Various Parks: Mushroom Walks

7

Ardenwood: Monarchs And Milkweed, Marvelous Monarchs, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Happy Hawk
Black Diamond: Remembering Rose Hill
Coyote Hills: Native California Plant Uses, Discovery Days, Sleep In And Take A Hike, Native California Plant Uses
Crab Cove: Storytime, Family Nature Fun Hour: Mammals, Fish Feeding Time
Crown Beach: Storytime
Encinal Beach: Harbor Seal Haul Out
Sunol: Birding For Beginners
Tilden Nature Area: Fireside Storytime, Wooly Lambs, Meet the Rabbits
Tilden: Fireside Storytime, Little Farm: Wooly Lambs, Little Farm: Meet the Rabbits

8

Big Break: Big Break Littles
Radke Martinez: Monday Birding
Sunol: Trip Around the Sun, Outdoor Discoveries
Various Parks: Monday Birding

9

Big Break: Big Break Littles
Carquinez Strait: The Over-The-Hills Gang
Crab Cove: Sea Squirts: Warning Colors
Crown Beach: Sea Squirts
Various Parks: The Over-The-Hills Gang

10

Ardenwood: Toddler Time

11

Ardenwood: Animal Feeding

12

Ardenwood: Animal Feeding

13

Ardenwood: Monarchs And Milkweed, Marvelous Monarchs, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Get Bug-gy
Black Diamond: The Sandtone Alternative
Coyote Hills: Sunrise Photography, Discovery Days, Cart of Curiosities
Crab Cove: Nature Party-Bay Critters, Nature Party-Reptiles, Family Nature Fun Hour: Wonderful Watershed, Fish Feeding Time
Crown Beach: Nature Party
Del Valle: Light of Nature Photography Walk
Sibley: Volcanos, Labyrinths, Quarries and Newts
Sobrante Ridge: Mushroom Walk
Sunol: Nature Journaling: Stories of the Introduced, Fins and Scales of Alameda Creek
Tilden Nature Area: Farm Chores For

Littles, Great Gobs of Gravity

14

Ardenwood: Monarchs And Milkweed, Monarchs For Kids, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Miner's Toolbox
Coyote Hills: Native California Plant Uses, Discovery Days, Dumbarton Quarry Bayside Campground Hike
Crab Cove: Storytime, Family Nature Fun Hour: Wonderful Watershed, Fish Feeding Time
Redwood: Lovely Ladybugs
Sunol: Animal Feeding Time
Tilden Nature Area: Fireside Storytime, Fun with Felting, Hot Apple Cider
Tilden: Fun with Felting, Hot Apple Cider

15

Martin Luther King Jr: Martin Luther King Jr Day of Service
Shadow Cliffs: Lakeside Littles

16

Sibley: Hikes for Tykes

17

Briones: Wednesday Walks

18

Ardenwood: Animal Feeding

19

Ardenwood: Animal Feeding

20

Ardenwood: Monarchs And Milkweed, Monarchs For Kids, Animal Feeding
Big Break: Kayaking is for the Birds!, Testing The Water, Delta Discoveries, Plankton Plunge
Contra Loma: Birds of Contra Loma
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Native Plant and Butterfly Gardening, Family Nature Fun Hour: Squid Dissection, Fish Feeding Time
Redwood: Mushroom Walk
Roberts: Archery Introduction
Sunol: Trees. Yes, Please!
Tilden Nature Area: Farm Chores For Littles, Botanical Sun Catchers

21

Ardenwood: Monarchs And Milkweed, Marvelous Monarchs, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Searchin' for Shrooms
Coyote Hills: Water is Life Hike, Discovery Days, Ohlone People & Culture
Crab Cove: Storytime, Family Nature Fun Hour: Squid Dissection, Fish Feeding Time
Sibley: Sunday Strolls
Tilden Nature Area: Fireside Storytime, Wooly Lambs, Meet the Rabbits

Various Parks: Saturday and Sunday Strolls

22

Miller/Knox: Monday Birding

23

Crab Cove: Sea Squirts: Shell-ebration!
Dry Creek/Pioneer: Weekday Bird Walk - Garin Park
Redwood: The Over-The-Hills Gang

24

Anthony Chabot: Wednesday Walks
Ardenwood: Toddler Time
Various Locations: Wednesday Walks

25

Ardenwood: Farmyard Docent Training, Animal Feeding, Farmyard Docent Training
Big Break: Thursday Birding: Raptor Baseline

26

Ardenwood: Animal Feeding

27

Ardenwood: Monarchs And Milkweed, Marvelous Monarchs, Animal Feeding
Big Break: Nature Photography a la i-Phone, Testing The Water, Delta Discoveries, Critter Clues
Coyote Hills: Discovery Days
Crab Cove: Sunrise Shark and Shorebird Paddle, Nature Party-Bay Critters, Reptiles, Critter Care, Family Nature Fun Hour: Low Tide Exploration, Fish Feeding Time
Crown Beach: Nature Party
Del Valle: Murrietta Falls - Wilderness Watery Wonders
Garin: For the Birds - Volunteer Project
Oyster Bay: Saturday Strolls: Oyster Bay
Tilden Nature Area: Farm Chores For Littles, Nature Puppet Show

28

Ardenwood: Monarchs And Milkweed, Monarchs For Kids, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Snakes in Winter
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Storytime, Winter Beach Clean Up, Family Nature Fun Hour: Low Tide Exploration, Fish Feeding Time, Late Low Minus Tide Count

Sunol: Meet A New!

Tilden Nature Area: Fireside Storytime, Fun with Felting, Hot Apple Cider

29

Coyote Hills: Coyote Cubs - California Indian Games, Coyote Cubs
Point Pinole: Monday Birding-Point Pinole
Sunol: Outdoor Discoveries: Winter Weather

30

Anthony Chabot: Hikes for Tykes
Big Break: Sunset & Full Moon Kayak

Regional in Nature



- 1**
Ardenwood: Farmyard Docent Training, Animal Feeding
- 2**
Ardenwood: Animal Feeding
- 3**
Alameda Creek Trail: Bird Walk, Victorian Table Top Games, Hens Lay Eggs, Wonderful Wool, Hens Lay Eggs, Animal Feeding
Big Break: Testing The Water, Storytime!, Delta Discoveries, 5 Senses Wetlands Wander
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Winter Beach Clean Up, Nature Party-Bay Critters, Reptiles, Family Nature Fun Hour: Campfire, Fish Feeding Time
Crown Beach: Nature Party
Martin Luther King Jr: Wildlife Volunteers - Shorebird Sanctuary
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Tracks of the Mysterious Animals of Sunol
Tilden Nature Area: Farm Chores For Littles, Spider Hang-Out, Winter's Offerings, Winter's Offerings
Vasco Caves Regional Preserve: Vasco Caves Regional Preserve Tour
- 4**
Ardenwood: Good Morning Farm, Rabbit Rendezvous, Farewell To The Monarchs, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Outstanding Otters
Coyote Hills: Cart of Curiosities, Discovery Days
Crab Cove: Storytime, Family Nature Fun Hour: Campfire, Fish Feeding Time
Del Valle: Love Your Park Tree Planting
Diablo Foothills: Sandstone and Castle Rocks
Sibley: Salamander Bowl
Tilden Nature Area: Tilden Fungal Fair, Fireside Storytime
- 5**
Big Break: Big Break Littles
- 6**
Briones: The Over-The-Hills Gang-Briones
Crab Cove: Hikes for Tykes: Crab Cove
Quarry Lakes: Weekday Bird Walk - Quarry Lakes
- 7**
Anthony Chabot: Wednesday Walks
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
- 9**
Ardenwood: Animal Feeding



Capturing the beauty of Sunol Regional Wilderness.

- 10**
Ardenwood: Beginning Embroidery, Fun With Felting, Learn The Ropes, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, "Reduce, Reuse, Recycle"
Brushy Peak: Vasco Caves Regional Preserve Tour
Carquinez Strait: Strait Life
Coyote Hills: Discovery Days
Crab Cove: Nature Party-Bay Critters, Nature Party-Reptiles, Family Nature Fun Hour: I Love Crab Cove, Fish Feeding Time
Crown Beach: Crab Cove Visitors Center: Nature Party
Las Trampas: Nature Journaling: Lovely Fungus!
Martin Luther King Jr: Pet First Aid & CPR
Redwood: Saturday Strolls
Sunol: Canine Capers - Dog Walk
Tilden Nature Area: Farm Chores For Littles, Evolution Explorer, Winter's Offerings
- 11**
Ardenwood: Corn Mosaics, Hens Lay Eggs, Corn Mosaics, Fun With Felting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Coyote Hills: Discovery Days, Ohlone People & Culture
Crab Cove: Storytime, Family Nature Fun Hour: I Love Crab Cove, Fish Feeding Time, Sunset Low-Tide Walk
Garin: Fig Newt-Ons
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Love Is In The Air Hike
Tilden: South Park Salamander Surveys
Tilden Nature Area: Fireside Storytime, Creeks and Ponds
- 12**
Sunol: Outdoor Discoveries: Neat Newt Exploration

- 13**
Big Break: Big Break Littles
Crab Cove: Sea Squirts
- 14**
Tilden: An Aquatic Evening
- 15**
Ardenwood: Animal Feeding
- 16**
Ardenwood: Animal Feeding
- 17**
Ardenwood: Good Morning Farm, Wonderful Wool, Old Fashioned Butter Makin', Meet The Bunnies, Animal Feeding
Big Break: The Great Backyard Bird Count, Testing The Water, Delta Discoveries
Black Diamond: Poles: Basic Hiking Skills & Techniques (1 of 2), Poles: Practice Hike (2 of 2)
Coyote Hills: Discovery Days
Crab Cove: Winter Beach Clean Up, Nature Party-Bay Critters, Nature Party-Reptiles, Family Nature Fun Hour: Bird Bingo, Fish Feeding Time
Crown Beach: Crab Cove Visitors Center: Nature Party
Redwood: Redwood Wander
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Amphibian Ramble
Tilden Nature Area: Farm Chores For Littles, Winter's Offerings
- 18**
Anthony Chabot: Sunday Strolls
Ardenwood: Farmyard Story Time, Milkweed For Monarchs, Victorian Table Top Games, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, All About Almonds
Briones: Amorous Amphibians, Evening Amphibians
Coyote Hills: Native California Plant Uses, Discovery Days, Ohlone People & Culture
Crab Cove: Storytime, Family Nature Fun Hour-Bird Bingo, Fish Feeding Time
Shadow Cliffs: Great Backyard Bird Count
Tilden Nature Area: Fireside Storytime, Creeks and Ponds
- 19**
Shadow Cliffs: Lakeside Littles
- 20**
Oyster Bay: Hikes for Tykes: Oyster
Tilden: The Over-The-Hills Gang-Botanic Garden
- 21**
Ardenwood: Toddler Time
- 22**
Ardenwood: Animal Feeding
Morgan Territory: Thursday Birding-Raptor Baseline

February 2018

S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- 23**
Ardenwood: Animal Feeding
Big Break: Hoot Owls Family Exploration
Crab Cove: Docent Training at Crab Cove
- 24**
Ardenwood: Farmyard Story Time, Beginning Embroidery, We All Scream For Ice Cream!, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Early Bloomers
Coyote Hills: Cart of Curiosities, Discovery Days
Crab Cove: Critter Care, Family Nature Fun Hour: Amazing Jellies, Fish Feeding Time
Garin: Nifty Newts
Roberts: Archery Introduction
Sunol: "Cows, Conservation, and Climate", Stupendous Snakes
Tilden Nature Area: Farm Chores For Littles, Planting with Kids
- 25**
Ardenwood: Hens Lay Eggs, Corn Mosaics, Rabbit Rendezvous, Learn The Ropes, Animal Feeding
Big Break: Testing The Water, Lovely Bugs & Lady Beetles, Delta Discoveries
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Storytime, Seine Net Survey, Family Nature Fun Hour: Amazing Jellies, Fish Feeding Time
Martin Luther King Jr: Winter Morning Paddle
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Mad about Mud!
Tilden: South Park Salamander Surveys
Tilden Nature Area: Fireside Storytime, Greenhouse Starts
- 26**
Coyote Hills: Coyote Cubs - Foxy February
Sunol: Outdoor Discoveries: Pools of Life
- 27**
Crab Cove: Sea Squirts: Spectacular Seeds
Garin: Weekday Bird Walk - Garin Park

Bird Walks



Birding Dow Wetlands, Dow Wetland, Jan 13, page 6
Birding for Beginners, Sunol, Jan 7, page 10
Birds of Contra Loma, Contra Loma, Jan 20, page 12
Weekday Bird Walk, Various Parks, Jan 2, 23, Feb 6, 27, page 11
Bird Walk, Various Parks, Jan 6, page 11
Monday Birding, Various Parks, Jan 8, 22, page 12
Thursday Birding: Raptor Baseline, Various Parks, Jan 25, Feb 22, page 12

SONGS AND STORIES BY THE SHORE ♿

Crab Cove Interpretive Staff
 11am-noon, Wed, Jan 3; Thu, Jan 4
 Enjoy an interactive hour of nature fun for the whole family with stories and songs about worms, fungus, leaves, flowers, predators and prey, and more!

HARBOR SEAL HAUL OUT

Alameda-Encinal Beach Susan Ramos
 10-11:30am, Sun, Jan 7
 Observe these amazing marine mammals from the shore as they rest. Binoculars available to borrow.

LATE LOW MINUS TIDE COUNT

Crab Cove Susan Ramos
 3:30-5pm, Sun, Jan 28
 Become a scientist- venture into our nearby Marine Conservation Area during a very low tide to see who's exposed. Help us observe, record and count what we find. Learn how we keep track of what's here. Wear shoes that can get muddy!

SUNSET LOW-TIDE WALK

Crab Cove Morgan Dill
 4:30-6pm, Sun, Feb 11
 Explore the shore looking for ghost shrimp, crabs, worms, mussels, clams and other creatures at the end of their day! Learn what draws millions of shorebirds and ducks to our Bay each winter. Wear shoes that can get muddy!

SEINE NET SURVEY

Crab Cove Morgan Dill
 1:30-3pm, Sun, Feb 25
 Be a survey scientist! Put on our hip boots, make your way into the Bay, and use a seine net to see what creatures live here. This is a very special catch-and-release opportunity! 10+yrs.

DEL VALLE

All programs meet at the Del Valle Rocky Ridge Visitor Center unless otherwise noted. The Rocky Ridge Visitor Center is open on Saturdays and Sundays 10am-5pm.

ALONG THE WATER'S EDGE Ⓢ Ⓜ Ⓜ Ⓜ

Del Valle Interpretive Staff
 9:30am-12:30pm, Mon, Jan 1
 Welcome the New Year with this 3-mile walk along the lake. Contemplate what the



Black-tailed deer at Del Valle Regional Park.

new year may hold while we explore the wonders found along the shore.

LIGHT OF NATURE PHOTOGRAPHY WALK Ⓢ Ⓜ Ⓜ

Del Valle Interpretive Staff
 8-10am, Sat, Jan 13 #19260
 The light glistens off the lake, an acorn woodpecker darts overhead, and in the distance the deer have not yet yielded the shoreline. Grab your camera and join us for a photo-friendly walk along the shoreline, discovering what natural wonders await.

Registration is required.

MURRIETTA FALLS – WILDERNESS WATERY WONDERS Ⓢ Ⓜ Ⓜ

Del Valle Constance Taylor
 8am-4pm, Sat, Jan 27 #19258
 Challenge yourself in the new year with this hike to explore this hidden backcountry treasure! Discover the wonders of our Bay Area Wilderness. From Del Valle to Murietta Falls is 12.5 miles with steep trails. 12+yrs. Registration is required.

LOVE YOUR PARK TREE PLANTING Ⓢ Ⓜ Ⓜ Ⓜ

Del Valle Ashley Adams
 9am-noon, Sun, Feb 4 #19257
 Join park staff as we show our appreciation for Lake Del Valle by planting new trees

and learning about the many species that thrive here. Leave your mark in the park during this fun day of service! 6+yrs. Registration is required.

SUNOL

All programs meet at the Sunol Visitor Center unless otherwise noted. The Sunol Visitor Center is open weekends 10am-4pm. Info: 510-544-3249 or vsvisit@ebparks.org.

BIRDING FOR BEGINNERS Ⓢ Ⓜ Ⓜ Ⓜ

Sunol Ashley Adams
 9-11am, Sun, Jan 7

Birding is a fun and exciting way to explore nature in winter. We'll supply the binoculars as we find out which feathered friends visit Sunol!

OUTDOOR DISCOVERIES Ⓢ Ⓜ Ⓜ

Sunol Ashley Adams
 4-5:30pm, Mon, Jan 8, 29, Feb 12, 26
 NEW TIME! Explore the world around you in this fun after-school science series.

Learn, play and discover the natural world in our outdoor classroom. 4-8yrs. Registration is required. Fee: \$6 (non-res. \$8). **Jan 8:** Trip Around the Sun #19369
Jan 29: Winter Weather #19371
Feb 12: Neat Newt Exploration #19373
Feb 26: Pools of Life #19375

NATURE JOURNALING: STORIES OF THE INTRODUCED Ⓢ Ⓜ

Sunol Constance Taylor
 10am-noon, Sat, Jan 13
 How do new plants and animals come into an environment, and what can we learn from them? We'll consider what 'native' and 'non-native' means as we sketch, write, and discuss.

FINS AND SCALES OF ALAMEDA CREEK Ⓢ Ⓜ

Sunol Interpretive Staff
 11am-noon, Sat, Jan 13
 What is life like for the fish that make our creek home? What challenges do they face? How are they doing? Discover all about our finned friends while you make a craft to take home.

REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm. It is located in Tilden Regional Park on Wildcat Canyon Road between Anza View Road and South Park Drive, Berkeley, CA 94701. 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.

2017-2018 WAYNE RODERICK LECTURE SERIES CONTINUES!

Every Saturday morning in January and February. The last lecture for our winter 2017-2018 series will be on March 3rd. All lectures start at 10:30am and run for a minimum of one hour. Free. at the Regional Parks Botanic Garden Auditorium. Seating is limited! For a full listing of speakers and topics, please visit www.nativeplants.org.

ZEN AND THE ART OF MUSHROOM HUNTING

Sun, Feb 4, 10am-12pm
 Instructor: Debbie Viess
 Call, or visit www.nativeplants.org for fees, and more.

FAMILY-FRIENDLY SENSORY TOUR

Sunday, Feb 11, 2-3pm. Free.
 Please join us at the East Bay Regional Parks Botanic Garden for a special family-friendly Sensory Tour. You'll explore the garden with your hands, nose, ears, and eyes. Smell the sages, feel soft hazel leaves, look for crayfish in Wildcat Creek and newts in the pond on this docent-led, family-friendly tour. Meet



A view of the Botanic Garden.

in front of the Botanic Garden Visitor Center. Rain cancels. More information at www.nativeplants.org.

BRYOPHYTES IN THE GARDEN

Sunday, February 11, 9:30 am- 3:30 pm
 Instructors: Caleb Caswell-Levy and Kiamara Ludwig.
 Call, or visit www.nativeplants.org for fees, and more.

TILDEN FUNGAL FAIR

Tilden Nature Area Trent Pearce
10am-4:30pm, Sun, Feb 4
Winter rains bring fungi to California! Spend the day perusing hundreds of local mushroom specimens, or bring a specimen (or photo) from home and have it identified by experts. Help churn and sample homemade candy cap mushroom ice cream. Purchase the latest guidebooks, mingle with members of the mycological community, make a mushroom craft, and much more during this day-long event.
Info: 510-544-2233.



The midnight-blue entoloma (*Entoloma medianox*), a Bay Area mushroom recently described to science by author Christian Schwarz.

ANIMAL FEEDING TIME

Sunol Ashely Adams
11am-noon, Sun, Jan 14
Step inside our newly-renovated visitor center and meet the resident reptiles. Find out what, and how, they eat as you watch us feed our not-so-furry friends!

TREES; YES, PLEASE!

Sunol Interpretive Staff
11am-noon, Sat, Jan 20
Trees are the bee's knees! Animals and humans utilize trees in many sophisticated ways. Come see how this renewable resource is used for food, shelter, and tools.

MEET A NEWT

Sunol Ashley Adams
11am-noon, Sun, Jan 28
Come on down to the Visitor Center to meet a California newt! Find out what super powers they use to survive season after season at Sunol.

MYSTERIOUS TRACKS OF SUNOL

Sunol Interpretive Staff
Noon-1pm, Sat, Feb 3
Discover the animals that live here, and create a plaster cast of your favorite animal track.

LOVE IS IN THE AIR HIKE

Sunol Ashley Adams
10am-noon, Sun, Feb 11
It's almost Valentine's Day and the California newts are celebrating at Sunol! Make the migration to their breeding pools to learn about these amorous amphibians. 3 mile round trip.

AMPHIBIAN RAMBLE

Sunol Constance Taylor
9am-noon, Sat, Feb 17
'Tis the season for slimy critters! We'll walk up to High Valley Pond to look for mating California newts, and learn about other amphibians who also live in the park.

COWS, CONSERVATION, AND CLIMATE

Sunol Constance Taylor
9:30am-noon, Sat, Feb 24
You've seen the cows, now discover their role in modern grassland ecosystems! From helping threatened species survive to reducing wildfire fuel, hear about how these herbivores change the landscape.

STUPENDOUS SNAKES

Sunol Interpretive Staff
Noon-1pm, Sat, Feb 24
Snakes are less active outside in winter, so come inside and discover their secrets with our resident reptiles. We will learn about their lives, make a craft to take home, and get up close.

MAD ABOUT MUD!

Sunol Ashley Adams
10:30am-noon, Sun, Feb 25
What goes squish and gets stuck to our shoes, mud! We'll search for animal evidence as we traverse muddy trails and have fun getting grubby! Rain boots recommended.

TILDEN NATURE AREA

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

NATURE NOTES

Tilden Brianna Contaxis-Tucker
2:30-3:30pm, Sat, Jan 6
Start the year off with a nature log- a place to collect your thoughts. Activities and art to guide your way- then wander through the park.

FIRESIDE STORYTIME

Tilden Interpretive Staff
11-11:30am, Every Sunday
Gather 'round the fire for stories about farm animals, insects, nature and more. Different stories each week.

Registration information — register beginning November 28

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

WOOLY LAMBS

Tilden Jenna Scimeca
12:30-1:30pm, Sun, Jan 7, 21
Ever wonder what a sheep's wool feels like? Come meet our flock, then make your own mini sheep from their wool to take home. Meet at the red barn.

MEET THE RABBITS

Tilden Jenna Scimeca
2:30-3:30pm, Sun, Jan 7, 21
How do rabbits eat? Sleep? How does their fur feel? Discover these and other hoppin' facts as we meet some of our rabbits! Meet at the rabbit hutch.

GREAT GOBS OF GRAVITY

Tilden Brianna Contaxis-Tucker
2-3pm, Sat, Jan 13
Run with your feet on the ground? Toss a ball up and watch it fall? You are playing with gravity! And we owe all this fun to physicist Isaac Newton.

FUN WITH FELTING

Tilden Jenna Scimeca
12:30-1:30pm, Sun, Jan 14, 28
Come find out how we can turn sheep's wool into cloth! Practice your hand at wet felting and make your own felted creation.

FARM CHORES FOR LITTLES



Learning to care for animals at Tilden Nature Area.

Tilden Interpretive Staff
10:30-11am, Every Sat
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.

HOT APPLE CIDER

Tilden Jenna Scimeca
2:30-3:30pm, Sun, Jan 14, 28
Cold winter days call for a hot treat! Meet at the visitor center and learn how we press fresh apples into a delicious drink.

BOTANICAL SUN CATCHERS

Tilden Jessica Brownell
1-2pm, Sat, Jan 20
Explore flowers and floral patterns as we make beautiful plant-themed sun catchers to try to catch the winter sun.

NATURE PUPPET SHOW

Tilden Laura Graham & Josh Armosino
1-2pm, Sat, Jan 27
Drop by the auditorium for another electrifying educational show with our favorite puppet pals! What adventures and lessons await us this time? Come find out!

SPIDER HANG-OUT

Tilden Laura Graham
1-2pm, Sat, Feb 3
Ever wonder what separates spiders from other critters? Come see our live specimens up close and discover what makes them extraordinary. Color a spider or two to adorn your walls at home!

WINTER'S OFFERINGS

Tilden Anthony Fisher
2-3:30pm, Sat, Feb 3, 10, 17
Ply the Nature Area for newts, animal tracks, fungus, birds and slugs. Gain insight in the ways of the woods as we muck about carefree.

EVOLUTION EXPLORER

Tilden Brianna Contaxis-Tucker
1-2pm, Sat, Feb 10
Doodle Darwin's discoveries and his adventures in the great Galapagos. Start a quest to understand the animal islands of evolution within Tilden Park.

CREEKS AND PONDS

Tilden Trent Pearce
1-2pm, Sun, Feb 11, 18
Take a 'dip' in our local waters and learn about benthic macroinvertebrates — a.k.a. water bugs. Wear shoes to get wet and muddy. Rain or shine.

PLANTING WITH KIDS

Tilden Jessica Brownell
1-2pm, Sat, Feb 24
Lettuce celebrate the coming spring by planting vegetables for your home garden. Decorate compostable planters to beautify your windowsill. When the plant gets too big, transplant it - pot and all!

OTHER PARKS

WEEKDAY BIRD WALK

Various Parks Francis Mendoza
7:30-9:30am, Tue, Jan 2, 23, Feb 6, 27
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes. 18+yrs

Jan 2: Don Castro, meet at parking lot.
Jan 23: Dry Creek, meet at May Rd. Staging Area. **Feb 6:** Quarry Lakes, meet at Isherwood Staging Area. **Feb 27:** Garin, meet at the end of Carden Ln.

MUSHROOM WALKS

Various Parks Trent Pearce
2-4:30pm, Sat, Jan 6, 13, 20
Explore the mushroom diversity of the East Bay on these 2.5 hour strolls. No collecting. Walks happen rain or shine.

Jan 6: Tilden Nature Area. Meet at the Environmental Education Center.
Jan 13: Sobrante Ridge. Meet at Heavenly Ridge Staging Area.
Jan 20: Redwood Regional Park. Meet at Canyon Meadow Staging Area.

BIRD WALK ^{SP}

Various Parks Kristina Parkison
8-10am, Sat, Jan 6, Feb 3
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8+yrs
Jan 6: Dry Creek. **Feb 3:** Alameda Creek Trail, meet at Niles Staging Area.

MONDAY BIRDING

Various parks Anthony Fisher
9am-noon, Mon, Jan 8, 22, 29
Jan 8: Radke Martinez Shoreline. Meet at the end of N Court St.
Jan 22: Miller Knox. First lot after tunnel.
Jan 29: Point Pinole. Giant Hwy entrance.

THE OVER-THE-HILLS GANG

Various Parks Trail Gail
10am-12:30pm, Tue, Jan 9, 23, Feb 6, 20
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.
Jan 9: Carquinez Shoreline, paved trail (Port Costa Staging Area)
Jan 23: Redwood, Ladybird beetles. (Canyon Meadow Staging Area)
Feb 6: Briones, hills & newts! (Old Briones Road Entrance)
Feb 20: Botanic Garden, explore the garden and walk to Lake Anza and back.
Info: (510) 544-2233.

VOLCANOS, LABYRINTHS, QUARRIES AND NEWTS

Sibley Michael Charnofsky
10am-12:30pm, Sat, Jan 13
Join us for a 2.5-mile moderate ramble exploring hidden labyrinths in historic



VASCO CAVES REGIONAL PRESERVE TOUR ^{OH}

Vasco Caves Interpretive Staff
This wild and windswept land is sacred to many local Native American communities and serves as a refuge for golden eagles, fairy shrimp, and red-legged frogs. The Preserve is only accessible through guided tours, which stage at Brushy Peak and Round Valley Regional Preserves. 10+yrs old. Registration is required.

Staging from Round Valley:
9am-2pm, Sun, Feb 4 #19765

9am-2pm, Sat, Feb 3 #19403, Sun, Feb 11 #19429, Sat, Feb 17 #19437, Sun, Feb 25 #19453

Staging from Brushy Peak:
9am-2pm, Sat, Feb 10 #19411
Hike 2-3 miles through this windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. The Preserve is accessible only through guided tours staging at Round Valley or Brushy Peak. 10+yrs. Registration is required.
Fee: \$30 (nonresident \$34)

quarries that have reshaped this beautiful volcanic landscape. Search skyward for eagles and down in the pond for newts.

LAKESIDE LITTLES ^{SP}

Shadow Cliffs Ashley Adams
10-11am, Mon, Jan 15, Feb 19
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.

BIRDS OF CONTRA LOMA

Contra Loma Kevin Dixon
9-11am, Sat, Jan 20
The reservoir is an oasis for birds from far and wide, and a perfect spot for a gentle winter stroll. Binoculars available.

CANINE CAPERS – DOG WALK ^{SP} ^{OH}

Various Parks Kristina Parkison
9-11am, Sat, Jan 20 #19662
9am-noon, Sat, Feb 10 #19666
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.
Jan 20: Garin. **Feb 10:** Sunol.
Registration is required.

THURSDAY BIRDING: RAPTOR BASELINE ^{OH}

Various Parks Mike Moran
9-11:30am, Thu, Jan 25 #19670
9-11:30am, Thu, Feb 22 #19668
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, citizen science research project. No experience necessary – we'll teach you how to identify these birds. **Jan 25:** Big Break. **Feb 22:** Morgan Territory.
Registration is required.

FOR THE BIRDS – VOLUNTEER PROJECT ^{SP} ^{OH}

Various Parks Kristina Parkison
9am-noon, Sat, Jan 27 #19657
Share your enthusiasm for bird life and help the birds at the same time! We will clean existing bluebird boxes and install new ones for the upcoming breeding season! 12+yrs.
Registration is required.

SANDSTONE AND CASTLE ROCKS

Diablo Foothills Eddie Willis
10am-1pm, Sun, Feb 4
Avoid the mud on this 3-to-4 miler over mostly sandy trails. Seek out rocks that

have been uplifted, carved through, or even nested in by local falcons.

SALAMANDER BOWL

Sibley Morgan Dill
10am-noon, Sun, Feb 4
Find out the rules of play in the game of mating and survival as we learn about these amphibians' defense, offense, and special teams on a 2-mile walk.

STRAIT LIFE

Carquinez Shoreline Kevin Dixon
10am-12:30pm, Sat, Feb 10
You don't need a mountaintop to reach one of the most exhilarating vistas in the Bay. Enjoy oak woodlands and fresh breezes on an easy, paved, wheelchair accessible trail.

NATURE JOURNALING: LOVELY FUNGUS!

Las Trampas Constance Taylor
10am-noon, Sat, Feb 10
Let's explore the fascinating world of fungus! We'll go on a treasure hunt for these beautiful organisms and draw what we find. No artistic skills necessary!

SOUTH PARK SALAMANDER SURVEY

Tilden Trent Pearce
4-6pm, Sun, Feb 11
Amphibians abound! Take a walk on South Park Drive and document migrating newts and other herpetofauna. Rain or shine, meet at Regional Parks Botanic Garden parking lot. Bring a flashlight.

FIG NEWT-ONS ^{SP}

Garin Francis Mendoza
10-11:30am, Sun, Feb 11
Look for the fig tree and amorous newts that inhabit this hidden gem of a park in the Hayward Hills. Heavy rain cancels. 12+yrs.



Ladybugs at Redwood Regional Park. Thousands of ladybugs might collect in the same area year after year.

LOVELY LADYBUGS

Redwood Susan Ramos
11am-1pm, Sun, Jan 14
View these tiny, tenacious beetles en masse and up close! Hike about 1.5 miles to an overwintering site, and learn what brings them here.



REDWOOD WANDER

Redwood Susan Ramos
12:30-2pm, Sat, Feb 17
Walk into the wonder of the Redwood forest. What do we hope to see? Fairy rings, slippery critters, a giant tree?

AN AQUATIC EVENING

Tilden Trent Pearce
4-8pm, Wed, Feb 14
Join fellow nature lovers on a Valentine's Day walk to remember. Amphibian amplexus, spermatophores, and nuptial pads await. Meet at the Tilden Golf Course. Adults 21+.

AMOROUS AMPHIBIANS

Briones Eddie Willis
10am-noon, Sun, Feb 18
Love is in the air... and in the water. Look for frogs, salamanders, and newt-ity on this 1.5-mile nature walk. Meet at Briones Road Staging Area.

THE GREAT BACKYARD BIRD COUNT

Shadow Cliffs Ashley Adams
9-11am, Sun, Feb 18
Join this world-wide effort! Discover what birds abound while becoming a scientist for the day. Our data will be used to shed light on our feathered friends.

EVENING AMPHIBIANS

Briones Trent Pearce
5-7pm, Sun, Feb 18
Search for newts, frogs, and other small, slimy creatures in the evening. Bring a flashlight. Meet at Bear Creek Staging Area.

NIFTY NEWTS ^{SP} [Ⓞ]

Garin Kristina Parkison
1:30-3pm, Sat, Feb 24 #19660
What's poisonous, slimy, but cute as can be and often confused for a reptile when it's not? It's the California newt headed toward a pond near you! Join us for a chance to find this animal jewel. 5+ yrs
Registration is required.

VOLUNTEER

WILDLIFE VOLUNTEERS --"SHORE-BIRD SANCTUARY" [Ⓞ]

MLK Jr Shoreline Doc Quack, Wildlife Biologist

1:30-4:30pm, Sat, Feb 3 #19691
An exciting adventure over land and water to create nesting habitat for the threatened Western Snowy Plover awaits you. You will help move bulk sand and shells, pull weeds, thereby crafting ideal/idyllic courtship conditions for breeding plovers, avocets and stilts. By participating, you'll earn your "Shore-bird Sanctuary" patch. Physical labor is involved with this project. Parent participation required. We recommend: outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hats, water, and sunscreen. Meet at the King Fisher Picnic Area parking lot. Deadline to sign up is Jan 26. Registration is required.

Registration information — register beginning November 28

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



Volunteers from Dawoodi Bohra doing the heavy lifting during an Ivan Dickson Trails Maintenance Program at Sunol.

WINTER BEACH CLEAN UP

Various Parks Interpretive Staff
2-3:30pm, **Wed, Jan 3, Thu, Jan 4;**
10-11:30am, **Fri, Jan 5; Noon-2pm, Sun, Jan 28;**
9-10:30am, **Sat, Feb 3, 17**
Winter storms wash up unusual items, including trash! Get out of the house and help us clean the beach. Bring buckets and gloves or borrow ours. Students earn community service hours.
Wed Jan 3: Encinal Beach.

Thu, Jan 4: MLK Jr. Shoreline (Garretson Staging Area)

Fri, Jan 5; Sun, Jan 28;
Sat, Feb 3, 17: Crab Cove

FARMYARD DOCENT TRAINING

Ardenwood Mindy Castle
Noon-4pm, Thu, Jan 25, Feb 1
Learn to handle farm animals, demonstrate Victorian crafts, games and farm chores, or cook on a wood-burning stove, often while dressed in period-style clothing. If you're at least 16 years old, enjoy working with children, and are available weekdays and for some special events, call (510) 544-3285 or email mcastle@ebparks.org.

NATIVE PLANT AND BUTTERFLY GARDENING [Ⓞ]

Crab Cove Michael Charnofsky
12:30-3:30pm, Sat, Jan 20 #19396
Help beautify the Visitor Center as we prepare our butterfly and native plant gardens for the rest of winter. Spend the afternoon weeding, pruning, and mulching. Snacks and refreshments served, tools provided. Students earn community service hours. Heavy rain cancels. 8+ yrs.
Registration is required.

DOCENT TRAINING AT CRAB COVE

Crab Cove Staff
10am-4pm, Fri, Feb 23; Sat, Feb 24
6:30-8:30pm, Wed, Feb 28
This three-part training will teach you how to be a volunteer for the East Bay Regional Park District at Crab Cove Visitor Center and the nearby District parks we serve. Bay area ecology, history, and basic interpretive skills will be highlighted. Upon completing the course, you may assist with school programs, special events and projects, welcoming visitors, or gardening. Join us! No experience necessary. 18+ yrs. For more information or to register call: (510) 544-3182 or email docents, crabcove@ebparks.org.

10th ANNUAL MARTIN LUTHER KING JR. DAY OF SERVICE

MLK Jr Shoreline Staff
9am-noon, Mon, Jan 15 #19227
Join the Park District in celebrating the 10th Annual Dr. Martin Luther King Junior Day of Service. Volunteers will assist staff in restoration work and invasive plant removal in order to support and care for wildlife and their natural habitats. Volunteers will also help restore the Martin Luther King Jr. Memorial Grove and Damon Marsh at MLK Jr. Shoreline in Oakland.

Children may participate, but must be accompanied by one chaperone for every 20 kids. Check in and registration begins at 8:30. Wear comfortable, weather-appropriate clothes and closed-toe shoes. To cut down on the use of plastic, please bring a refillable water bottle and bucket to pick up litter. For more information, email volunteers@ebparks.org. Heavy rain cancels the event.
Registration is required.

The next generation taking the lead at a Day of Service cleanup effort at Martin Luther King Jr. Regional Shoreline.



WEDNESDAY WALKS

Various Locations Interpretive Staff
9:30am-12:30pm . Explore new trails, make new friends and learn about your parks on a Naturalist-led hike. Hikers of all ages and abilities are welcome on hikes ranging from easy to challenging. Wear sturdy footwear, bring water and dress for the weather.

Jan 3: Ardenwood - Visit a monarch butterfly overwintering site on a flat and leisurely 3- mile walk. Info: (510) 544-3282

Jan 17: Briones - Valentine's Day is next month, but there is love in the air, or water. We'll go to the lagoons in search of mating newts on this strenuous walk. Meet at the Alhambra Staging Area. Info: (510) 544-3258

Jan 24: Anthony Chabot - See one of the best waterfalls on the Cascade Trail as we hike through the scenic Grass Valley to the Stone Bridge! Moderate 3.5-mile loop. May be muddy, so wear sturdy footwear and dress for the weather. Bring water. Note that nearest restroom is 1/4 miles from staging area. Meet at Bort Meadow Staging Area. Info: (510) 544 -3217

Feb 7: Redwood - Hike up the steep Golden Spike Trail to West Ridge, drop down on Tate and return via Golden Spike Trail for a strenuous three miles, plus optional Big Bear Loop at the end if you want to go farther. Wear sturdy footwear and dress for the weather. Bring water. No restrooms available. May be muddy. Info: (510) 544-3217.

START THE NEW YEAR WALKING IN REGIONAL PARKS



Wellness Walk participants exploring Coyote Hills Regional Park, Fremont.



Afternoon stroll at Pleasanton Ridge Regional Park, Pleasanton.



Wednesday Walk at Sunol Regional Wilderness, along Camp Ohlone Road, Sunol.



Enjoying a walk in the eucalyptus grove at Point Pinole Regional Shoreline, Richmond.



Walking with best friend at Redwood Regional Park, Oakland.

HIKES FOR TYKES

Various parks Interpretive Staff

10:30-11:45am, Tue, Jan 2, 16, 30, Feb 6, 20

Enjoy some nature before naptime with your young child! Join naturalists as they take you over hill and dale to explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers not recommended for most hikes. Rain cancels.

Jan 2:

Redwood Regional Park (Trudeau)

Jan 16:

Sibley Volcanic Regional Preserve (Skyline)

Jan 30:

Anthony Chabot Regional Park (Bort Meadow)

Feb 6:

Crab Cove Visitor Center

Feb 20:

Oyster Bay Regional Shoreline

SATURDAY & SUNDAY STROLLS

Various Parks Interpretive Staff
10am-noon, Sun, Jan 21, Feb 18; Sat, Jan 27, Feb 10

Wake up, walk into nature, and explore different parks and the wonders within. Hikes range from 1-5 miles. Great for families. Dogs welcome on most hikes.

Sun, Jan 21:

Sibley (Skyline Staging Area) A moderate 2-mile loop around Round Top with a stop at the quarry pit to look for newts and frogs.

Sat, Jan 27:

Oyster Bay Regional Shoreline (Neptune Dr.) Stroll three mostly flat miles around a uniquely attractive and changing park with impressive bay views and wildlife.

Sat, Feb 10:

Redwood (Trudeau Center) From the ridge to the redwoods, we'll hike past serpentine rocks, chaparral, and trees on this moderate 3-mile loop.

Sun, Feb 18:

Anthony Chabot (Clyde Woolridge Staging Area) Discover a 2-mile loop with rolling hills and a view of the bay.

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

How to Register • Fee Payment

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-4:30pm Mondays through Thursdays and 8:30am and 4pm on Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.

BY MAIL: Call the Reservations Office at 1-888-EBPARKS (327-2757) option 2, to request a mail-in registration form. Registration is payable by check only up to 15 days before the program.

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.



Youth Job Fairs

COME WORK FOR THE EAST BAY REGIONAL PARK DISTRICT!



Ages 15-24

Whether you like spending time outdoors, working with kids, aquatics, or public safety, we have something for you.

Saturday, Jan. 20, 2018

The Barn

3131 Pacific Ave. Livermore
10 a.m. to noon



Saturday, Jan. 27, 2018

*Richmond Memorial Auditorium
and Convention Center*

403 Civic Center, Richmond
10 a.m. to noon

FREE lunch & shuttle!

Hosted by **EAST BAY
REGIONAL PARK DISTRICT**
in partnership with **LIVERMORE
AREA RECREATION & PARK
DISTRICT** and **CITY OF
RICHMOND**



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

Love your Parks? Become a Member!

Membership is a great way to show your support and commitment to your Regional Parks. As a thank you Members receive:

- Personalized Membership Card(s)
- Day-Use Parking
- Swimming
- Annual Dog Pass

Sign up for a Membership today:
RegionalParksFoundation.org/MEM;
or call 510-544-2220.

Photo: S. Harper



East Bay
Regional Park District

East Bay 
Regional Park District

Healthy Parks Healthy People

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

1 in a MILLION

Your investment of \$21 a month (250/ year) will enroll you in the 1-in-a-Million Donor Circle. Together 4,000 donors will raise \$1 million dollars annually to fund environmental restoration and protection of open space.



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

Give online at:

RegionalParksFoundation.org/MIL or call 510-544-2212



Photo: Don Jedlowec