

Regional in Nature

# Activity Guide

JULY - AUGUST 2024



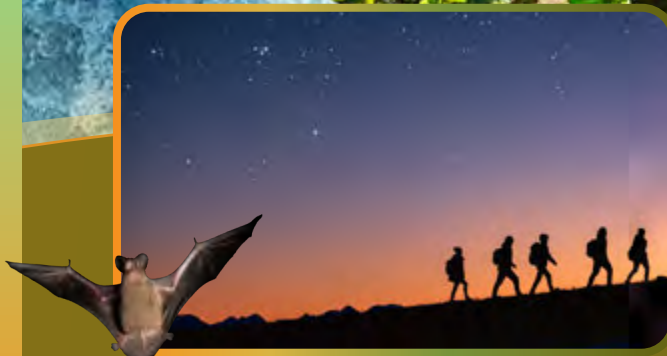
Min Lee

**Alder and Leatherwood Creek  
Grand Opening**  
*See page 2*

## INSIDE

Wildfire Funding..... 3  
Independence Day Activities..... 4, 6  
A Golden State of Mind..... 5  
Hike and Story Time..... 7

Community Campfire..... 8  
90 Years Photography Exhibit..... 8  
Stars, Stories and S'mores ..... 9  
Lakeside Laps ..... 11



**Twilight and Night Programs.....***See pages 6-7*





# Safe Summer Fun in the Regional Parks

A MESSAGE FROM GENERAL MANAGER  
SABRINA LANDRETH

## There's nothing better than spending leisurely summer days in the East Bay Regional Parks.

Popular summertime activities in Regional Parks include swimming, picnicking, barbecuing, fishing, boating, kayaking, canoeing, movie nights, day camps, adventure camps, and naturalist-led programs. From beaches, swimming pools, lagoons, and lakes, to campgrounds, picnic areas, and visitor centers, the Regional Parks have something for everyone. There are miles of sunny, treelined trails in the hills, cool and breezy trails along the shorelines, and seemingly endless places to explore throughout the parks. Whatever activity you choose, we hope you enjoy your time in Regional Parks this summer.

While enjoying these summer activities in Regional Parks, consider both heat and water safety before heading out. When temperatures rise, visitors should take extra precautions when spending time outdoors. Stay hydrated, seek out shade in extreme heat, wear sunscreen and protective clothing, and be sure to carry extra water for pets. During the summer swim season, recreate in areas with lifeguards on duty, keep a close eye on your children, and borrow a free loaner life jacket if you are unsure of your children's or your own swimming abilities. With thoughtful planning, your summertime fun in the Regional Parks will provide a lifetime of fun memories.



James Wilson

## Sibley's Alder and Leatherwood Creek Restoration and Public Access Project & Eastport Staging Area Grand Opening



Park District board members, staff, and special guests celebrated the grand opening of the Alder Creek and Leatherwood Creek Restoration Project at Sibley Volcanic Regional Preserve at a special ribbon-cutting event in May. It is the largest creek restoration project in the Park District's 90-year history, and the largest creek daylighting project in the entire Bay Area. The project restored over half a mile of previously culverted creek to more natural conditions and is open to the public.

The restored area provides natural habitat for special status or protected species, including the California red-legged frog, Alameda whipsnake, Cooper's hawk, and many others. The project's water quality and streamflow improvements now also provide new habitat for rainbow trout, a native species.

Phase 2 of the project includes establishing a group campsite and permanent restroom facilities.





## Fourth of July Safety ◀.....

**C**elebrate safely on Independence Day. Remember that fireworks are not allowed in ANY of the East Bay Regional Parks, trails, or shorelines. Fireworks pose a significant fire danger to the parklands and surrounding communities. Be aware of Red Flag Warnings, fire danger levels, and fire safety rules when visiting the parks. Be careful to avoid excessive heat exposure, stay hydrated, and practice water safety if enjoying the District's swim facilities. Enjoy the holiday safely and responsibly!



## Park District Set to Receive \$1.38 Million in Federal Funds for Wildfire Mitigation Work

**T**he East Bay Regional Park District will receive \$1,380,000 in federal funding secured by U.S. Representative Eric Swalwell (D-CA14) for wildfire mitigation and safe, resilient forest work. Wildfire safety is one of the Park District's top priorities, and these funds will boost the District's wildfire mitigation efforts.

The new funding will help thin and remove hazardous vegetation and dead and dying trees. In the fall of 2020, while conducting ongoing

vegetation management work, Park District staff noticed significant tree die-off in its parks. Further investigation identified over 1,500 acres of dead and dying trees within Regional Parks.

The funding will help reduce the risk of a catastrophic wildfire and create fire-resilient landscapes. The Park District continues to work with its federal, state, and regional partners to secure additional funding for wildfire mitigation projects. Thank you Representative Swalwell!

## Stay Safe in Parks

**W**hen enjoying East Bay Regional Parks this summer, it's important to be prepared and keep wildlife safety in mind. Visitor encounters with animals, such as coyotes or rattlesnakes, often increase as park usage soars in the warmer months. Unsuspecting hikers may pick up ticks or brush up against poison oak along the trails. With calving season running from August to October, interactions can create a danger to both calves and people.

### Be ready for wildlife encounters with these safety tips:

- Never feed, try to approach, or pet wild or grazing animals.
- Stay on trails and out of tall grasses.
- Be aware of your surroundings and keep children nearby and dogs on leash.
- Wear long sleeve shirts and pants tucked into socks to avoid contact with ticks and poison oak.
- For emergencies, call 911 or Park District Public Safety Dispatch at (510) 881-1833.







### INDEPENDENCE DAY CELEBRATION

#### Ardenwood

Join us for a fun-filled community festival, 1900s-style! Celebrate the United States of America's 248th birthday with music, games, and activities for everyone all day long. Bring a picnic or grab a bite at the Farmyard Café and spend the day the old-fashioned way!

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

– Jul 4 (Thu) 10am-4pm



AMendez

### WE ALL SCREAM FOR ICE CREAM!

#### Ardenwood

Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream.

– Jul 13, Aug 10 (Sat), Aug 18 (Sun)  
11:30am-12:30pm

– Jul 28 (Sun) 11am-noon



### WHEAT HARVESTING

#### Ardenwood

Follow a plump wheat berry's journey from the farm's field to your table. You'll thresh, winnow, and grind the grain into wholesome, stone-ground flour.

– July 14, 21, 28 (Sun) 1-2pm



### SUNDAY MUSIC AT GARIN

#### Garin Red Barn Visitor Center

– Aug 25 (Sun) 2-3pm

After a long week working on the farm, it is important to take some time to relax. Bring your musical instruments to the Red Barn at Garin for some whimsical old-time feel and pleasant tunes to learn and play along. Please bring your own string instruments.

## FEATURED Naturalist Programs

ARDENWOOD HISTORIC FARM

COYOTE HILLS VISITOR CENTER

GARIN RED BARN VISITOR CENTER

### STORYTIME AT COYOTE HILLS

#### Coyote Hills Visitor Center

– Jul 3, 10, 17, 24, 31 (Wed)  
2:30-3pm

– Aug 7, 14 (Wed) 2:30-3pm

Spend some afternoon quiet time with us in the Coyote Hills Visitor Center as we share our favorite stories of nature exploration with puppets, songs, movement and simple crafts.



### TULE HARVESTING AT JORDAN POND

#### Garin Red Barn Visitor Center

– July 17 (Wed) 10am-12pm

Help us harvest tule from the shores of Jordan Pond for cultural education programs. Learn about the natural history of tule and its importance in Ohlone culture since time immemorial to today. Gloves and cutting tools will be provided.



Mary Mallick

DLittle



# A Golden State of Mind

## The Golden State



**O**ur beautiful state is often referred to as “The Golden State.” State nicknames often reflect the state’s local resources and what they have pride in. California has lots of beautiful resources to be proud of. Many states have official state flowers, birds, mammals, minerals, etc. Some of the iconic ones that represent California are the California golden poppy, California valley quail, and the California grizzly bear, the latter being on our state flag. “The Golden State” became the official state nickname in 1968. Many believe that our nickname comes from the association of the Gold Rush, but that was not the only thing that inspired it. California’s beautiful golden hills, breathtaking sunsets, and who can forget the Golden Gate Bridge all pay homage to “The Golden State” nickname.

Do you have a group project you would like to organize in the East Bay Regional Parks?

It’s easy! Just fill out a Service Project proposal form and our team will work with you to find a good project and location.

- Scouts
- Company Events
- Non Profits



Go to [ebparks.org](http://ebparks.org) and search for “Submit a Service Project” for a step-by-step guide to apply and to start your online service project request.

**Park District volunteers make a difference every day!**

## Volunteer PROGRAM

EBRPD Volunteer Services  
[volunteers@ebparks.org](mailto:volunteers@ebparks.org)  
510-544-2229  
[ebparks.org/volunteer](http://ebparks.org/volunteer)



## Did you know?

Did you know that California has a state bat! On October 8, 2023, Governor Newsom approved Senate Bill No. 732 which designates the pallid bat as our state bat. It’s golden fur and diverse range of habitats, as well as its positive effects on the environment, fit in well with the rest of our golden state symbols. The contributions of ecologist Dr. Dave Johnston and Naomi D’Alessio, a 12-year-old advocate and co-author of the bill that Senator Caroline Menjivar (D-San Fernando Valley) introduced, was a six-year effort. You can find these **golden-haired pallid bats** as well as other bat species at Sunol!







## FEATURED Weekend Program DEL VALLE

### Celebrate the Fourth of July Week at the Del Valle Campground!

Families that are camping or visiting for the day, join us at the campground for the following programs:

#### DISCOVERY CLUB

– **Jul 2** (Tue) through **Jul 6** (Sat), 9-11am

#### STROLL TO THE LAKE

– **Jul 3** (Wed) and **Jul 5** (Fri), 11:30am-12:30pm

#### MOVIE NIGHT

– **Jul 3** (Wed), 8-10pm

#### LET'S TALK TRASH SERIES

*Del Valle Regional Park, various locations*

Let's talk trash and explore different concepts related to the waste cycle, and how you can make a positive difference. Then do a family-friendly litter pick-up where you can earn volunteer service hours. Register by going to [ebparks.org/calendar](http://ebparks.org/calendar) and searching for "Let's Talk Trash".

– **Jul 8** (Mon), 9:30-11:30am, Arroyo Mocho Picnic Area

– **Jul 14** (Sun), 9:30-11:30am, Visitor Center

– **Aug 14** (Mon), 9:30-11:30am, Marina

#### PASTIMES OF THE PAST – CAMPFIRE PROGRAM

– **Jul 5** (Fri), 6:30-9pm

#### NIGHT WITH A NATURALIST CAMPFIRE: THE MUSIC OF THE NIGHT

– **Jul 6** (Sat), 8:30-9:30pm

#### NIGHT OF THE BATS SERIES

*Del Valle Regional Park,  
East Swim Beach*

Bats are some of the most thrilling animals to see at Del Valle, and dusk is the perfect time to see them in action. Let's watch them emerge from their sleep and start to feast on insects! This will be a short and easy stroll along a paved trail, but will go onto some dirt and gravel at the bat viewing area. All ages. Registration required.

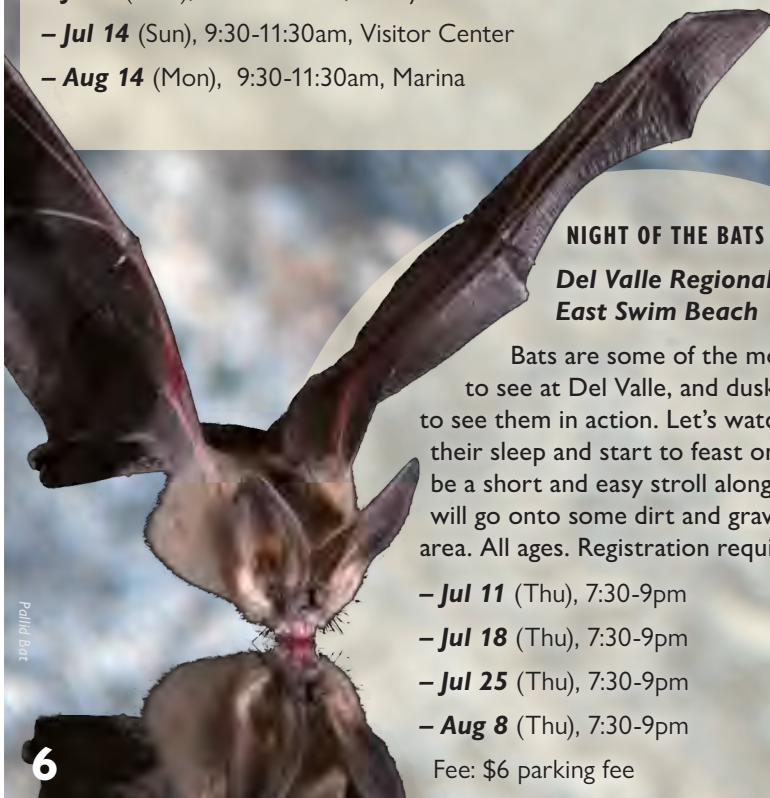
– **Jul 11** (Thu), 7:30-9pm

– **Jul 18** (Thu), 7:30-9pm

– **Jul 25** (Thu), 7:30-9pm

– **Aug 8** (Thu), 7:30-9pm

Fee: \$6 parking fee





## FEATURED Weekend Programs SUNOL



### NOCTURNAL JOURNAL HIKE

– Aug 17 (Sat) 8-10pm

Explore the park after dark as you learn techniques for nature journaling at night! Join a naturalist for this guided stroll along the Camp Ohlone Road as the sun sets. Make nighttime discoveries as you record your sightings along the way.

### A NIGHT WITH BATS

– July 14, 28 (Sun) 7:30-9pm

– Aug 11, 25 (Sun) 7:30-9pm

Discover the whimsical winged mammals that call Sunol home. We'll debunk the myths about bats and find out the truth about our flying friends as we watch them fly the roost and begin their nightly hunt. Bring a picnic dinner to enjoy in the park before the watch begins!

Follow us on Facebook at

**Sunol Wilderness  
Regional Preserve!**



We  bats!

Townsend's Bat



## FEATURED Naturalist Programs TILDEN NATURE AREA

### TWILIGHT HIKE

#### *Tilden Regional Park*

– Aug 7 (Wed) 7-8:30pm #52452

Let's take a twilight hike on the Seaview Trail! It will be amazing to be out on the ridge of the hills on a summer evening, watching the sun dip below the horizon and perhaps watching the fog roll in. Wear layers and sturdy shoes. Bring water and a snack. A flashlight or headlamp is a great idea too. All ages.

### HIKE AND STORYTIME

#### *Various Parks*

– Jul 25 (Thu) 11am-12:30pm Point Pinole, Atlas Staging Area.

– Aug 29 (Thu) 11am-12:30pm Alvarado Park #52449

Join Naturalist Melissa and Librarians Deborah & Sheila in nature exploration activities, and a themed storytime. All ages.



### HIKE WITH PRIDE WITH "FAT PEOPLE HIKING BAY AREA"

#### *Various Parks*

Curious about exploring your local parks? Give it a try and enjoy the outdoors with Fat People Hiking Bay Area! Together we will meet like-minded people, build community, and create a safe space for all bodies in the great outdoors. We encourage people from all identities and backgrounds to join us. Hikes will focus on outdoor education, natural and cultural history, joyful movement, accessibility, and safety. All ages. No registration, drop-in, for info call (510) 544-2233

– Jul 14 (Sun) 10am-Noon #52445

Tilden Regional Park. Lake Anza. Expect a mid-impact walk of two-to-three miles at a slow to moderate pace on gravel and dirt trails.

– Aug 24 (Sat) 10am-Noon #52445

Point Pinole. Atlas Road Staging Area. Expect a mid-impact walk of approximately three miles at a slow to moderate pace on paved and dirt trails.



Mexican Free-Tailed Bat



See [ebparks.org/activity-search](https://ebparks.org/activity-search) for upcoming activities





# Black Diamond Mines

REGIONAL PRESERVE

## BEAT THE HEAT HIKE

### Black Diamond Mines

Let's go for a stroll up the shaded Chaparral Loop before it gets too **HOT!** We'll enjoy the early morning and learn about how the chaparral gets through these warm summers each year. Wear sturdy shoes and bring plenty of water. Meet at the upper parking lot. Best for ages 8+.

– July 7 (Sun), 8-10am

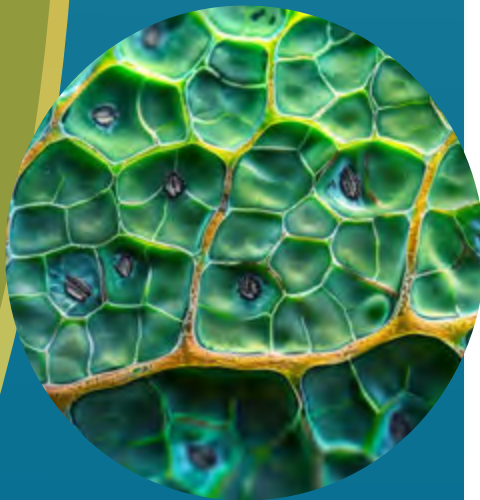


## ADAPTATIONS FOR ALL

### Black Diamond Mines

Adaptions are qualities that help wildlife survive in their habitat, including the heat! Stop by our table to learn about amazing adaptations here at Black Diamond and how they may relate to our own human adaptations!

– July 6 (Sat), 9:30-11am



## LOOKING UNDER THE LENS

### Black Diamond Mines

Cool off and meet us in the underground Visitor Center to discover the wonders of our natural world using various tools that scientists use, like microscopes and magnifying lenses. All ages welcome. Meet inside the Greathouse Visitor Center, 1/4 mile from the upper parking lot.

– Aug 25 (Sun), 2-3:30pm



## PHOTOGRAPHY EXHIBIT HOSTED BY BIG BREAK: CELEBRATING 90 YEARS OF YOUR REGIONAL PARKS

**Big Break Visitor Center** invites you to share your experiences within East Bay Regional Parks through our “Celebrating 90 Years of Your Regional Parks” photography exhibit. Here, you can contribute to the discussion of how parklands shape your life.

– Exhibit open **Oct 25** through **Nov 9**, 10am-4pm



## BEE THEMED CHALK THE PATIO

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 Visitor Center. Drop-in.

– Aug 17 (Sat), 10am-Noon



## COMMUNITY CAMPFIRE

### Big Break

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.

Campfire topic: Marvelous Mammals

– July 14 (Sun) 6:30-8pm

Campfire topic: Incredible Insects

– Aug 10 (Sat) 6:30-8pm



# Big Break

REGIONAL SHORELINE





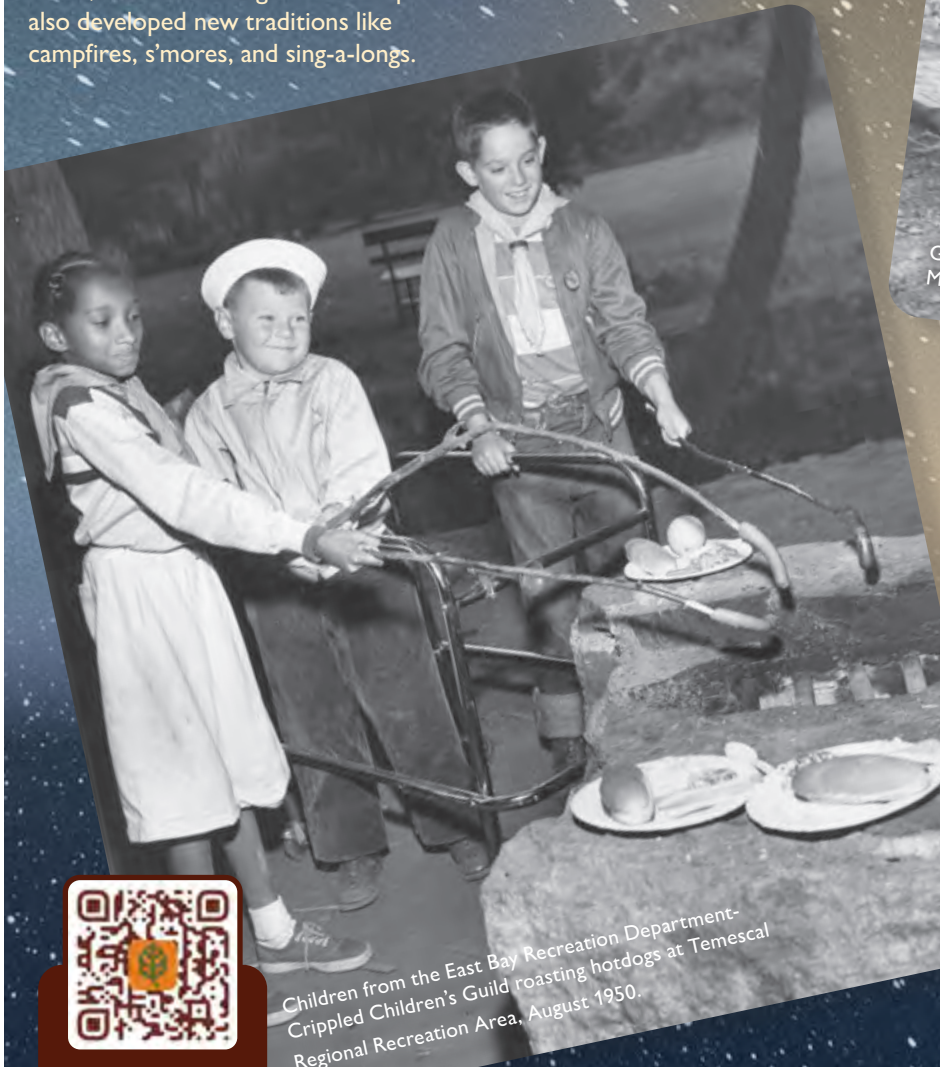
# Stars, Stories, and S'mores - Campfire Programs

In the United States, the tradition of campfire programs became popular around the 1890s and 1900s, with growth in the National Park system. At this time, there was an incentive to get more children out of urban cities and into the nature of these new National Parks. From this, summer camps and campfire programs emerged. In 1900, there were fewer than one hundred summer camps in the U.S. By 1918, there were more than 1,000. Many camps offered outdoor activities such as canoeing, archery, hiking, arts and crafts, and fire-making. These camps also developed new traditions like campfires, s'mores, and sing-a-longs.

Today, we continue this tradition throughout the East Bay Regional Park District. You can join us and experience unforgettable evenings under the stars with our captivating campfire programs at Del Valle Regional Park, Dumbarton Quarry Campground on the Bay, and Anthony Chabot Campground. These family-friendly events offer nature education, storytelling, and stargazing, and foster a deep appreciation for the outdoors. Engage in hands-on activities, learn about local wildlife, and connect with the community around the warmth of the fire.



Girl Scouts from the Berkeley area camping at Mineral Springs Picnic Area in 1965.



Children from the East Bay Recreation Department-Crippled Children's Guild roasting hotdogs at Temescal Regional Recreation Area, August 1950.



Children in a day camp program at Anthony Chabot's Campground (circa late 1970s)

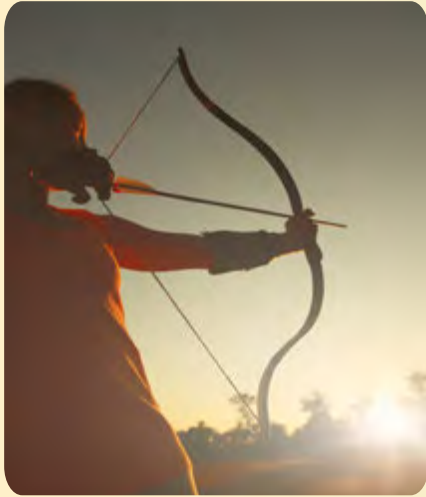


<https://www.ebparks.org/calendar>





## FEATURED Outdoor Recreation PROGRAMS



### ARCHERY

#### ARCHERY INTRODUCTION

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 20** (Sat) 9:30-11:30am #52074
- **July 20** (Sat) 1-3pm #52075
- **Aug 17** (Sat) 9:30-11:30am #52076
- **Aug 17** (Sat) 1-3pm #52077

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

### BOATING/KAYAKING/PADDLING

#### SUNSET PADDLE

Come ply the welcoming and wondrous waters of the Delta on this beginner-and-up kayak excursion. We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline.

- **July 26** (Fri) 6-8:30pm #52080
- **Aug 2** (Fri) 6-8:30pm #52081

Fee \$30 (non-res \$34)  
Registration required.

#### BROOKS ISLAND ADVENTURE

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 17** (Sat) 9:30am-3:30pm #52078
- **Aug 18** (Sun) 9:30am-3:30pm #52079

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

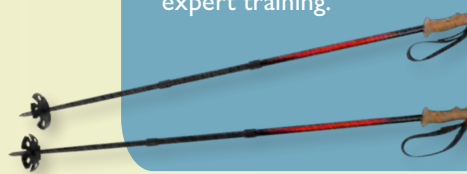


**10** See [ebparks.org/activity-search](http://ebparks.org/activity-search) for upcoming activities



### FITNESS/WELLNESS

Learn skills to improve balance, posture, endurance, strength, spine function & whole-body exercise. Top quality poles provided (upon request), expert training.



#### Hiking Poles: Skills & Techniques + Practice Hike

- **July 27** (Sat) Reinhardt Redwood #52121
- **Aug 31** (Sat) Tilden Regional Park #52124

#### Hiking Poles Training: Skills & Techniques

- **Aug 14** (Wed) Roberts #52122

#### Pole Walking for Balance, Exercise & Maintaining Mobility

- **Aug 30** (Fri) Kennedy Grove #52123

### SPECIAL EVENTS

#### ARDENWOOD HISTORIC FARM MOVIE NIGHT



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 *Wish!*

Rated PG with a run time of 92 minutes. Movie begins shortly after sunset (8:20pm).

- **Aug 17** (Sat) 8:30-10:30pm #52453

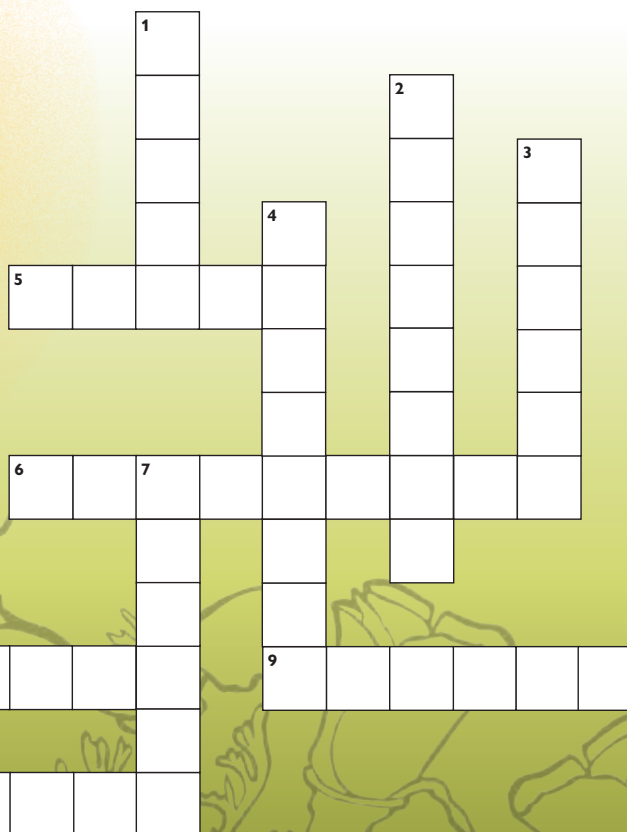
Drop-in, no registration required.







# SUMMER FUN IN THE PARKS



### Down:

1. Kids favorite nature toy
2. Hill hikers quest\*
3. Good way to see lake\*
4. Take a deep breath of...\*
7. Often seen in mud

### Across:

5. Common park user
6. Camping chore\*
8. Lunch in a park
9. Hops to it
10. Soar above or perch

\*two words

Answers:  
 1. Stick 2. Good view 3. By boat 4. Fresh air 5. Hiker  
 6. Pitch tent 7. Tracks 8. Picnic 9. Rabbit 10. Birds



## Lakeside Laps

Lace up your running shoes and hit the trails at the Regional Park Foundation's Lakeside Laps on **July 20 at Lake Chabot Regional Park**. Register for the Trout Trot 5K, 10K, or half marathon – all fitness levels are welcome! Lakeside Laps is a running event, in partnership with Brazen Racing, to celebrate the Park District's 90th anniversary and support the Regional Parks Foundation. The Finish Line Festival will feature entertainment, refreshments, and a Drake's Brewing Company beer garden.

Learn more at [www.ebparcs.org/Lakeside-Laps](http://www.ebparcs.org/Lakeside-Laps).



## Thank You for Celebrating Our 90th Anniversary at ParkFest

**A**round 6,000 people attended East Bay Regional Park District's 90th Anniversary ParkFest celebration on May 11, a fun event filled with music, performances, food, and more. What a great way to celebrate nearly a century of preserving open space and providing access to nature in the East Bay. Thanks to all the visitors from the community who joined us at this special event.

Join us for more fun events celebrating 90 years of East Bay Regional Parks, including "Explore Your Parks" programs, festivals, story sessions, picnics, and much more, at [www.ebparcs.org/celebrating-90-years](http://www.ebparcs.org/celebrating-90-years).





# East Bay Regional Park District

2950 Peralta Oaks Court  
Oakland, CA 94605-0381



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

**General Information**..... 1-888-EBPARKS (1-888-327-2757)  
 Activities, Events, Maps, and More..... **ebparks.org**  
 Camping and Picnic Reservations..... 1-888-EBPARKS  
 Naturalist and Recreation Programs..... 1-888-EBPARKS  
 TRS Relay Service..... 7-1-1  
 Social Media..... YouTube

## EBRPD Board of Directors

Elizabeth Echols..... Ward 1	Olivia Sanwong..... Ward 5
Dee Rosario..... Ward 2	John Mercurio..... Ward 6
Dennis Waespi..... Ward 3	Colin Coffey..... Ward 7
Ellen Corbett..... Ward 4	



**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, tnairea@ebparks.org

