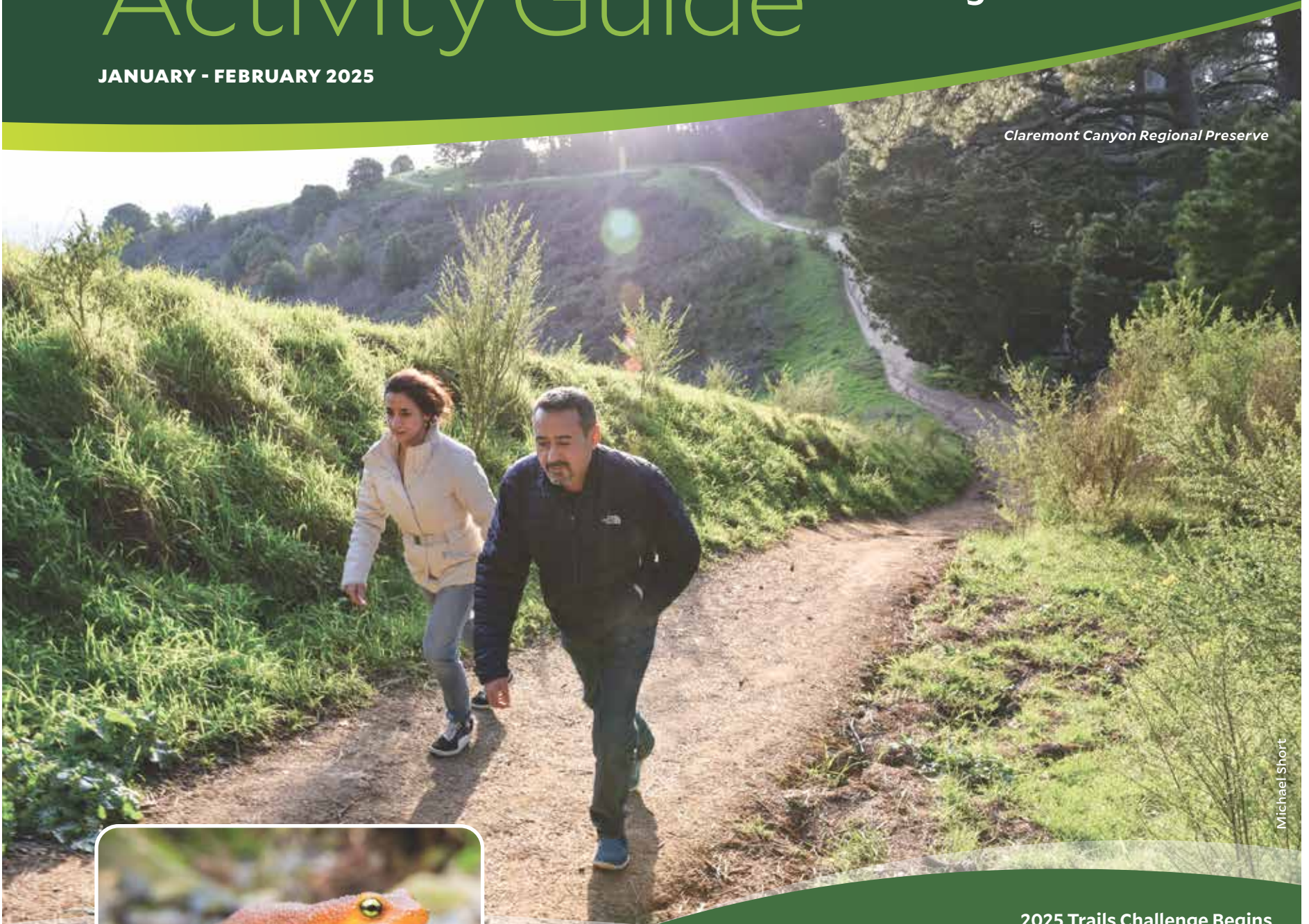


Regional in Nature Activity Guide

JANUARY - FEBRUARY 2025

East Bay 
Regional Parks

Claremont Canyon Regional Preserve



Michael Short



Davor Desancic

Amphibian Adventure See page 6

2025 Trails Challenge Begins
January 1!...See page 3

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Protecting the East Bay's Great Outdoors

A MESSAGE FROM GENERAL MANAGER SABRINA LANDRETH

This past year was a landmark year filled with East Bay Regional Park District celebrations and milestones – most notably our 90th Anniversary. For the past 90 years, the Park District has preserved and protected open space and provided safe and welcoming parks for recreation in Alameda and Contra Costa counties.

We celebrated our anniversary by hosting many events and activities throughout the year. From the ParkFest at Lake Chabot to the Redwood Reveal at Roberts Regional Recreation Area, to Ardenwood Farm's annual Sheep



Shearing Day, the rich and varied culture of East Bay Regional Parks was on display as our staff helped make these events a success. Thank you to those of you that celebrated with us throughout the year.

We also celebrated many key project milestones in 2024, including Roberts Pool Complex renovations, Alder and Leatherwood Creek restoration, and securing \$36 million for acquisition of property at Point Molate in Richmond for a new Regional Park (see below).

In 2025, we look to the future and preparing for the next 90 years and beyond. Join us in the new year as we celebrate groundbreakings, new park

openings, and plan for the future of the Park District through the District's Second Century District Plan, which will begin its public engagement phase in 2025.



New Regional Park Moving Forward at Point Molate

The East Bay Regional Park District has received a \$36 million grant from the California State Coastal Conservancy to acquire property at Point Molate in Richmond for a future park. In July 2024, after years of discussions, the City of Richmond, the Guidiville Rancheria, and the Park District reached an agreement allowing the District to purchase property from Guidiville Rancheria. State Senator Nancy Skinner secured the \$36 million in the 2022-23 California budget.

The \$36 million grant is an important step toward the creation of a new park at Point Molate, which has been a long-time priority of the Park District's. The future park at Point Molate was included in the District's 2013 Master Plan.

Combined with the extension of the San Francisco Bay Trail along the shoreline, which is slated for construction in 2025, the historic Point Molate land is on track to provide the type of open, outdoor space that the community has come to expect from the Park District.

Acquisition, planning, and development of park amenities are expected to take several years.

2025 Wall Calendar

The Park District's beautiful 2025 Wall Calendar is available starting January 1. Don't miss the scenic vistas of the East Bay Regional Parks, from shorelines to hillsides, throughout the seasons! Pick one up at any of the District's visitor centers during open hours, while supplies last. Check ebparks.org/parks/visitor-centers for open days and times. Or stop by the Regional Parks headquarters at 2950 Peralta Oaks Ct., Oakland, Monday through Friday from 8:30 a.m. to 5 p.m. Did you know? Regional Parks Foundation members receive a wall calendar in the mail as one of the many benefits of membership.



Shaping the Future of Regional Parks

SECOND CENTURY DISTRICT PLAN OUTREACH COMING IN 2025

In 2025, the Park District will embark on its ninth District plan, a long-term, systemwide visioning process typically undertaken every ten years. The process will include substantial public input and an assessment of the surrounding communities as the Park District strives to fulfill its mission to “forever provide the opportunity for a growing and diverse community to experience nature nearby.”

The intent is to gather extensive input from park users and stakeholders, develop a sense of shared ownership and

alignment with the goals of the plan, and gain commitment to the implementation and success of the plan.

The Park District will be reaching out to the public and various interested parties, including other local governments, organizations, East Bay native tribes, environmental education organizations, and community groups. The new plan will also emphasize equity, resiliency, sustainability, and a future that supports everyone enjoying East Bay Regional Parks.



Cali Godley

The 2025 Trails Challenge Begins January 1!

For the past 32 years, the Park District has encouraged the public to explore their Regional Parks through its annual Trails Challenge program. This free program connects people with nature and healthy recreation by providing 20 designated trails for hiking and biking, ranging from easy to moderate and challenging.

This year, some new and exciting features have been added to the program.

- Monthly Trails Challenge Pop-Ups
- Guided Trails Challenge Hikes
- Spanish version of Trails Challenge Guidebook (online and limited printed copies)

Special giveaways and awards for:

- Monthly Finisher Drawing
- Monthly First-Timers Drawing
- First to All 20
- All 20 Trails Club
- First 10 Finishers Kids (1-9)
- First 10 Finishers Tweens (10-12)
- First 10 Finishers Teens (13-18)
- First 10 Seniors (65+)



Download the 2025 Trails Challenge Guidebook.
For more info, visit ebparks.org/tc

Trails Challenge is made possible with the generosity of the Regional Parks Foundation, AllTrails, and Kaiser Permanente, who has sponsored Trails Challenge since 2005.

Opportunities for Youth at Upcoming Job Fair

The Park District's annual Youth Job Fair is designed to raise awareness of employment opportunities for youth in the East Bay. Whether you like spending time outdoors, working with the community, or lifeguarding, there are a wide variety of opportunities for youth, young adults, and students to find employment at the Park District. Visit ebparks.org for more info.

In-Person Youth Job Fair

Feb 22 (Sat), 10am-1pm, Trudeau Training Center, Oakland

Virtual Youth Job Fair

Mar 1 (Sat), 10:30am-noon



Carl La Rue

Featured Programs COYOTE HILLS

EXPLORING BLACK ENVIRONMENTALIST HISTORY

Celebrate Black History Month with a leisurely marsh walk and conversation to gain a deeper appreciation of the invaluable contributions of Black environmentalist leaders. Ages 7+yrs. Drop-in; no registration required.

Feb 8 (Sat) 11am-noon,
Coyote Hills Visitor Center

CLIMATE OPTIMISM

As a new year begins, let's start on an optimistic note and explore all the reasons to be hopeful about climate. Learn about inspiring examples of people making positive change all over the world and discover personal superpowers that can make an impact. Ages 7+yrs. Drop-in; no registration required.

Jan 4 (Sat) 10-11am,
Coyote Hills Visitor Center



Jerry Ting

PAINT IN COLOR

Foster your inner artist by creating water color paintings in the tranquil Nectar Garden. Spring is just around the corner! Supplies will be available, or participants may bring their own. All ages. Drop-in; no registration required.

Jan 12 & Feb 9 (Sun) 1-2:30pm,
Coyote Hills Nectar Garden

RIPARIAN RAMBLE

Garin

A riparian zone is a special place where water meets land. These areas harbor a fantastic amount of biodiversity. Meander along the creek and discover what living things call this place home. All Ages. Drop-in; no registration required.

Jan 19 (Sun) 10:30-11:30am, Garin Barn

Featured Programs ARDENWOOD

CITRUS IN SEASON

Come by the kitchen to learn about these wonderful winter fruits, find out the history of their cultivation, and sample the many varieties of citrus.

Jan 11 & 18 (Sat) 11:30am-12:30pm

WAX: IT'S THE BEE'S KNEES

What's the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Come make a candle and taste some Ardenwood honey.

Jan 5 (Sun) 1:30-2:30pm



CHINESE ZODIAC CRAFTS

What's your Chinese zodiac animal? Learn the story of the Chinese zodiac and what each animal symbolizes, then make a fun craft to take home.

Feb 2 & 9 (Sun) 11:30am-12:30pm

LUNAR NEW YEAR LANTERNS

Come celebrate the end of the Lunar New Year and learn about the history of Chinese immigrants who worked at Ardenwood by making a paper lantern to take home.

Jan 25 & Feb 1 (Sat) 11:30am-12:30pm



The Epic Journey of Salmon in the Sacramento-San Joaquin Delta

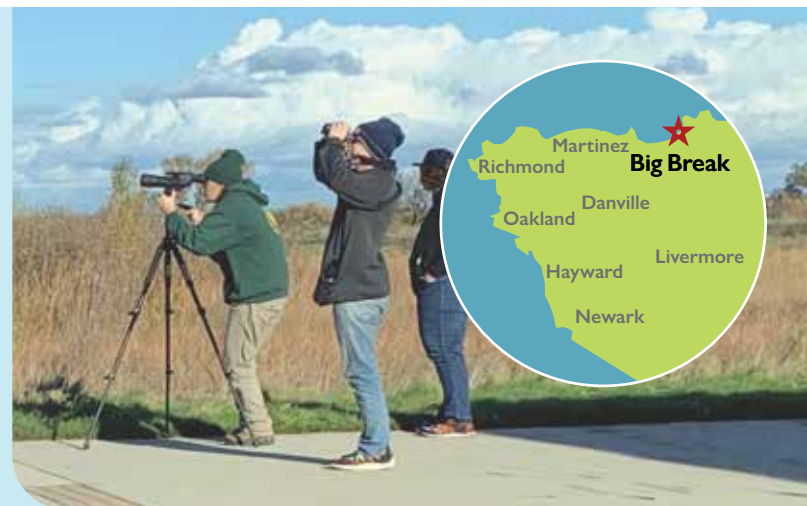
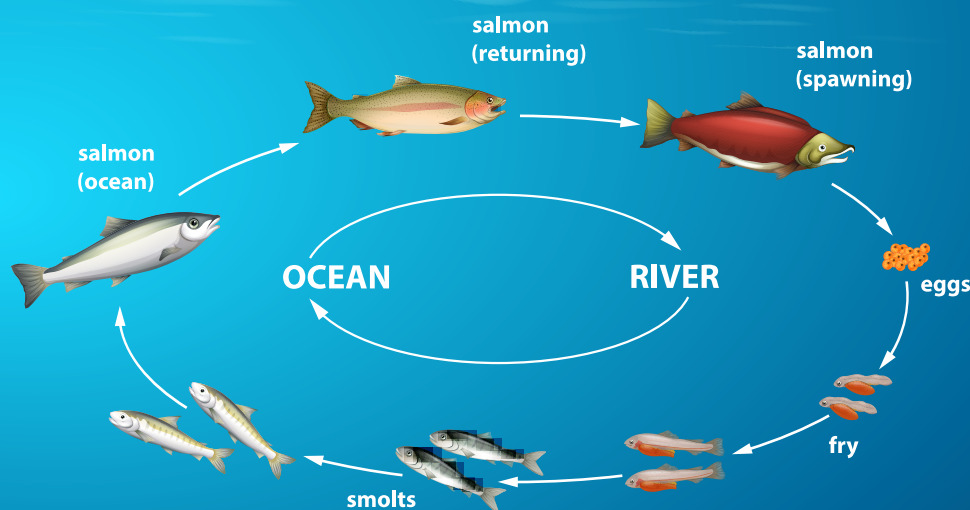
Every year, a natural marvel unfolds in the heart of California's landscape—the epic migration of salmon through the Sacramento-San Joaquin Delta. This incredible journey spans hundreds of miles, beginning in the Pacific Ocean and culminating in the freshwater rivers where these resilient fish were born.

Adult Sacramento River winter-run Chinook Salmon pass under the Golden Gate Bridge from November through May and into the Sacramento River from December through early August, navigating through a maze of waterways and channels. Their mission is to return to their spawning grounds, where they will lay the next generation of eggs. This migration is not just a spectacle of nature; it is a testament to the salmon's determination and the delicate balance of the ecosystem.

With its intricate network of marshes and tributaries, the Sacramento-San Joaquin Delta serves as a crucial pathway for these salmon. As they swim up-stream, salmon play a vital role in the ecosystem by transporting nutrients from the ocean to inland waters, enriching habitats.

However, this journey is not without challenges. Dams, pollution, and habitat loss threaten the salmon population, underscoring the critical importance of conservation efforts and sustainable practices. Organizations and communities across California work to protect and restore these habitats, ensuring that future generations can witness this awe-inspiring migration.

Seeing salmon navigate the waters of the Sacramento-San Joaquin Delta is a powerful reminder of the interconnectedness of the environment. It is a story of survival, adaptation, and the enduring beauty of California's natural heritage, and it underscores our shared responsibility to protect and preserve it.



Featured Programs BIG BREAK

GREAT BACKYARD BIRDCOUNT

Join the worldwide community of birders during this popular annual event. All levels welcome! Bring binoculars/spotting scope if possible; some will be available to loan. All Ages. Drop-in; no registration required.

Feb 15 (Sat) 2-3pm

Feb 16 (Sun) 2-3pm

ART IN THE PARK

Start the new year trying out a new art practice. The beautiful natural setting of Big Break will inspire paintings with watercolors, chalk, and nature itself as media. All Ages. Drop-in; no registration required.

Jan 2 (Thu) 11am-1pm

SALMON WATCH

Chinook salmon traverse great obstacles and distance to complete their life cycle. Help clean up Marsh Creek while walking along the trail to look for salmon. All Ages. Drop-in; no registration required. Meet at Marsh Creek Trail Cypress Rd. parking lot. Hiking level: Easy. Restroom access: available 1.5 miles out on hike.

Jan 3 (Fri) 10am-noon

Jan 20 (Mon) 10am-noon



See ebparks.org/activity-search for upcoming activities

Featured Programs DEL VALLE



COMMUNITY CAMPFIRE AND VISITOR CENTER OPEN HOUSE

Bundle up and gather 'round the fire to discover Del Valle at dusk. Naturalist staff will have interactive activities on local wildlife, the night sky, and other park happenings. The Visitor Center will be open to explore and learn as well. After enjoying s'mores, head out on a short night hike as the sun sets.

Feb 23 (Sun) 4-5:30pm,
Del Valle Visitor Center

BECOME A DEL VALLE DOCENT EDUCATOR!

If you enjoy working with children and teaching others about natural and cultural history, then this opportunity may be for you. The Del Valle naturalist staff is seeking people interested in joining the community of lifelong learners to assist with school programs at Del Valle Regional Park! Assisting at special events and other public programming at the park are also a part of being a docent. The upcoming training for new docents highlights school programs and Del Valle's ecology, along with basic interpretation and presentation skills. Last day to register is Tuesday, Feb. 11.

Feb 17 (Mon) **Feb 18** (Tues) **Feb 19** (Wed)
9:30am-2:30pm, Del Valle Visitor Center

THE GREAT NEWT SEARCH

Join the search for newts at Del Valle!
Registration required.

Jan 25 & Feb 15 (Sat)
10-11:30am, Del Valle campground store



Featured Programs SUNOL

MAGUIRE PEAKS TREK

Wander through the wilderness this winter to discover the mysteries of Maguire Peaks. From fossils to trees, discover clues from the past on this 4.5-mile trek through time.

Jan 4 (Sat) 9am-1pm,
Maguire Peaks Trailhead

RISING FROM THE ASHES HIKE

Reflect on 2024 and envision the possibilities for 2025! Traverse Sunol's recently burned terrain and take a moment to reflect on the

power of resilience and connection with nature's cycles on this three-mile moderate hike.

Jan 5 (Sun) 10am-1:30pm,
Sunol Visitor Center

FIRE FOLLOWERS

Fire has always been an important part of California ecology. Learn how this incredible force has shaped the landscape of the state we know and love.

Feb 15 (Sat) 1-3pm, Sunol Visitor Center

AMPHIBIAN ADVENTURE

Brushy Peak

When the rain comes, the slimiest creatures in the park come out. Let's venture through the park to try to find frogs, toads, and any other amphibians that may be out and about. Even some rare or endangered species may be found! Let's embrace our inner amphibian by maybe getting a little wet and muddy on this hippity hoppin' fun journey. Registration required.

Feb 22 (Sat) 10am-noon,
Laughlin Ranch Staging Area

CALIFORNIA NEWT PROGRAMMING

Las Trampas

Adventure into the canyon of Bollinger Creek to discover the amorous amphibians who live there! Four different programs are offered during this peak season for observing California newts. Meet at Bollinger Canyon Staging Area. Registration required.

Feb 1 (Sat) 2-4pm

Feb 2 & 9 (Sun) 10am-12:30pm

Feb 8 (Sat) 1-3pm





Sapna Reddy



Featured Programs WILDLIFE VOLUNTEERS

SHOREBIRD SANCTUARY

Martin Luther King Jr.

Join Park District staff on an exciting adventure over land and water to create nesting habitat for the threatened western snowy plover. Help move bulk sand and shells and pull weeds, thereby crafting ideal/idyllic courtship conditions for breeding plovers, avocets, and stilts. Participants can earn a “Habitat Helpers” patch. Registration required by Jan. 17.

Jan 25 (Sat) 9:30am-noon, King Fisher Picnic Area

CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole

During this hands-on activity, participants will create habitat (designated as a state threatened species) for the California black rail by removing non-native plants, picking up trash, and clearing debris from clogged channel to improve tidal water cycling, and planting wildlife friendly vegetation which restores nesting habitat. Participants can earn a “Black Rail Habitat Helper” patch. Registration required by Feb. 14.

Feb 22 (Sat) 9:30am-noon, Giant Road Staging Area



Did You Know?

Stevie Wonder was a key supporter of a national holiday in honor of Dr. Martin Luther King, Jr.! It took roughly 15 years for legislation to pass and establish the federal holiday dedicated to Dr. King’s birthday (Jan. 15), and Mr. Wonder assisted by urging listeners nationwide during this time how important this dedication was to the masses. Stevie Wonder even dedicated his version of Happy Birthday from the 1980 *Hotter than July* album to Dr. King’s vision and advocacy.



Martin Luther King Jr. Day is the only federal holiday designated as a National Day of Service! While federal legislation to create a holiday honoring Dr. King was signed in 1983, the first official holiday was observed in 1986. Since 1994, the third Monday in January has been federally recognized as a National Day of Service – “A day on, not a day off.” All over the nation, the Martin Luther King Jr. Day of Service inspires Americans to come together and serve their communities.

In 1987, East Oakland community leader Ira Jinkins planted a magnolia tree in Oakland’s then San Leandro Bay Regional Shoreline Park, honoring Dr. King. In the summer of 1992, after a few years of taking part, and hosting the annual Martin Luther King Jr. March and Rally, the Park District renamed the shoreline park as the Martin Luther King Jr. Regional Shoreline. Entrance signs were changed, and a formal dedication ceremony took place on the Dr. King holiday on Jan. 18, 1993. The Park District helped develop Jinkins’ memorial tree into a grove of trees and garden. The memorial grove dedication was held on Aug. 28, 1993 – on the 30th anniversary of King’s “I Have a Dream” speech. East Bay Regional Parks volunteer opportunities on Martin Luther King Jr. Day of Service this year include efforts to maintain this same memorial grove.

On Jan. 21, 2008, the Park District began its formal annual observance of “Day of Service” that continues today. Annually on the Martin Luther King Jr. Day holiday and Day of Service, volunteers assist staff in restoration work and invasive plant removal to support and care for wildlife and their natural habitat. The goal is to uphold Dr. King’s vision to improve lives, bridge social barriers, move the nation closer together, and remember and honor Dr. King. He recognized the power of service and famously said, “Everyone can be great because everybody can serve.”

Honoring Dr. King through service is an excellent way to begin each year with a commitment to becoming a steward of the natural land and urban areas around us. Every year, citizens have the opportunity to engage in service to empower and help strengthen surrounding communities and bring us closer to his vision of a beloved community.

Take action Monday, Jan. 20, 2025! Please check the website for further details about this event, ebparks.org/MLK-day-service.

Search for this and other opportunities at ebparks.org/volunteer, or scan the QR code.



See ebparks.org/activity-search for upcoming activities **7**



Fascinating Fungi

All it takes is a little precipitation and they magically appear. Fantastical forms and colors, some delicious and some deadly – yes, it is time for mushrooms! Mushrooms are the fruiting bodies of fungi, and at this time of year they show up, whether on a lawn or a woodland edge.

Fungi are neither plant nor animal. They cannot photosynthesize or hunt for food. Instead, they produce powerful enzymes that break down organic matter around them. Fungi can be parasitic but can also form symbiotic relationships with plants, especially trees and shrubs. In these relationships, the mycorrhizal networks of the fungus come in contact with a plant's root tips allowing water and nutrients unlocked from the soil by the digestive enzymes of the fungus to feed the plant. The plant in turn provides the fungus with sugars, a byproduct of its photosynthesis. We could learn a thing or two from such mutualistic cooperation!

Back above ground, mushrooms are found in a wide range of places – in the leaf litter on the forest floor, in rows of shelves on decaying wood, or conspicuously growing out of animal dung. Mushrooms are specialists at exploiting their surroundings and display an incredible diversity of forms, colors, and textures. Here in the Bay Area, there is a great variety of mushrooms to admire, from bright orange Chanterelles to lavender Blewits and slimy Slippery Jacks. Among the more bizarre are Dead Man's Foot, Earthstars, Morels and the otherworldly Red Basket Stinkhorn, an introduced species from the Mediterranean with a remarkable appearance.

Please note that collecting mushrooms in East Bay Regional Parks is not allowed. Two of the world's most toxic mushrooms can be found in East Bay Regional Parks, the Death Cap (*Amanita phalloides*) and the Western Destroying Angel (*Amanita ocreata*). These mushrooms can easily be mistaken for edible species, therefore it is best to leave wild mushrooms in place for all to admire.

Want to learn more about mushrooms? Drop by the Tilden Fungus Fair Feb. 1-2 – the event that puts the FUN in fungus! See hundreds of specimens! Hear fascinating lectures on fungi! Taste delicious mushroom-inspired dishes prepared at live cooking demonstrations!



8 See ebparks.org/activity-search for upcoming activities

Featured Programs TILDEN NATURE AREA



WINTER WATERCOLOR

Take some respite in nature, slow down, and use the natural settings around to inspire creativity through watercolor. Each Saturday, the group will meet at the Environmental Education Center and move to a different location nearby. Drop-in; no registration required.

Jan 4 & Feb 15 (Sat) 11am-12:30pm

NIGHTTIME NOISES

Sometimes sounds in the night are spooky! But they aren't as scary when it's known who's making them. Learn about noisy nocturnal animals and play with shadow puppets! Drop-in; no registration required.

Jan 4 & 18 (Sat) 3-4pm

MUSHROOMS!

All it takes is a little precipitation and they begin to appear as if by magic. Fantastical forms and colors, sometimes delicious and sometimes deadly. It is that time of year, folks. Let's go on the hunt for mushrooms! Meet in the Visitor Center main hall.

Jan 11 & 25 (Sat) 10-11am

Feb 4 (Tue) 2-3pm

Jan 24 & 31 (Fri) 2-3pm

TILDEN FUNGUS FAIR

Celebrate the fruits of winter! View hundreds of local mushroom specimens, mingle with the mycological community and enjoy presentations by guest speakers at this two-day special event. All ages welcome.

Feb 1 & 2 (Sat & Sun) 10am-4:30pm



CAFECITO IN NATURE – CON LOS PAJARITOS

Point Pinole

Atlas Staging Area – Come for a cafecito in the parks and connect with nature. Enjoy a charla about birds along the marsh. Expect a mid-impact walk of two miles on paved and dirt trails at a slow to moderate pace. ¡Te esperamos para disfrutar y compartir juntos! All programs are bilingual in Spanish and English. Please bring a reusable cup if possible. Drop-in; no registration required.

Jan 13 (Mon) 10am-noon



Michael Short

Featured Programs BOTANIC GARDEN

FREE WEEKEND AND HOLIDAY TOURS

Docent-led tours of the garden are available on non-rainy Saturdays and Sundays. Meet at the Visitor Center. Drop-in; no registration required. Tour capacity is limited.

Saturdays – 2pm
Sundays – 11am & 2pm

WAYNE RODERICK LECTURES

Free public lectures held at the Botanic Garden Visitor Center 10:30am every Saturday between Jan. 4 and Mar. 1. Check nativeplants.org for topics, schedules, and updates.

PLANT SALES

For information about weekly plants sales and inventory lists, please visit nativeplants.org.

VISITOR INFORMATION

The Regional Parks Botanic Garden is open from 8:30am to 5pm until the end of May. Closed Thanksgiving, Christmas, and New Year's Day.

Free garden entry and parking. Dogs and pets are not allowed in the garden. Please note that South Park Drive is closed through Apr. 1 as the newts migrate during the rainy season. Request free Botanic Garden monthly newsletter at bgarden@ebparks.org.

Who am I? Identify the birds and fill in the blanks!
Keep an eye out for these feathered friends while exploring your parks.



Mourning _____



California _____



Dark-eyed _____



_____ - _____



Hawk Great Blue _____



_____ Phoebe



_____ Vulture



_____ Woodpecker



_____ Crow



California Scrub _____



Anna's _____



Chestnut-backed _____



Answers: Mourning Dove, California Quail, Dark-eyed Junco, Red-tailed Hawk, Great Blue Heron, Black Phoebe, Turkey Vulture, Acorn Woodpecker, American Crow, California Scrub Jay, Anna's Hummingbird, Chestnut-backed Chickadee

See ebparks.org/activity-search for upcoming activities **9**

Featured Programs CROWN BEACH

SAND DUNE HABITAT RESTORATION

In 2020, a beautiful sand dune habitat was created at Encinal Beach, with unique California native plants. East Bay Regional Parks needs the help of weed warriors/good Samaritans to pull invasive weeds, preventing them from taking over, for the benefit of wildlife and humans. Help pick up trash washed in on the beach, too! Snacks and refreshments served; tools provided. Students can earn community service hours. 8+yrs. Heavy rain cancels.

Jan 18 & Feb 15 (Sat) 1-3:30pm, Encinal Beach

SEA SQUIRTS

Sea Squirts program returns! Once a month, share a morning of shoreline fun. Play games, explore nature, sing songs, and do a craft related to the theme of the day! Ages 3-5 years. Adult participation required. Registration required.

WILD AND WONDERFUL WEATHER

Feb 11 (Tue) 10:30-11:45am,
Crab Cove Visitor Center

Fee: \$5 (non-residents \$7)

MARVELOUS MARINE MAMMALS

Registration required.

Jan 14 (Tue) 10:30-11:45am,
Crab Cove Visitor Center

Fee: \$5 (non-residents \$7)

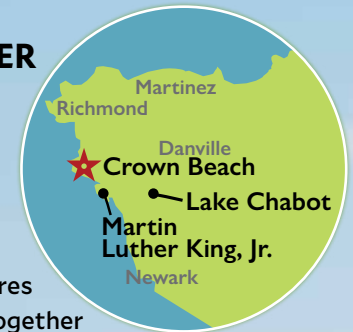
MARTIN LUTHER KING JR. DAY OF SERVICE

Martin Luther King, Jr.

The Martin Luther King, Jr. holiday inspires Americans to come together and serve their communities, bringing us closer to his vision of a beloved community. This Martin Luther King, Jr. Day, staff from Martin Luther King Jr., Regional Shoreline and Crab Cove Visitor Center will be assisting volunteer projects at the following locations.

Tidewater Boating Center (Shoreline Cleanup)
MLK Grove (Gardening and Maintenance)
Oakport Staging Area (Shoreline Cleanup)

Jan 20 (Mon) 9am-noon



Featured Programs MOBILE EDUCATION

GET TO KNOW BLACK CONSERVATIONISTS

Lake Chabot

In honor of Black History Month, celebrate Black contributions in science and beyond. Learn about local species and the Black trailblazers leading the way. The Mobile Fish Exhibit will also be on view; stop by and check out our 1,500-gallon aquarium

on wheels housing a diverse collection of California freshwater fish. Rain cancels. All ages. Parking fees apply where charged.

Feb 22 (Sat) 10am-2pm



10 See ebparks.org/activity-search for upcoming activities

Boating/Kayaking/ Paddling

BIRDING BY KAYAK

Big Break

What better way to bird than by kayaking on the welcoming and wondrous waters of the Delta? The group will start off with dry land instruction then paddle steady and stable craft on a group exploration of this lush and lovely shoreline. Registration required.

Jan 15, 22 & Feb 26 (Wed) 10am-12:30pm

Fee: \$30 (non-resident \$34)



KAYAKING BIG BREAK

Big Break

Come ply the welcoming and wondrous waters of the Delta on this beginner (& up) kayak excursion. The group will start off with dry land instruction then paddle steady and stable craft on a group exploration of this lovely, rich shoreline. Registration required.

Jan 30 & Feb 13 (Thu) 11am-2pm

Fee: \$35 (non-resident \$39)

Featured Programs OUTDOOR RECREATION

WINTER MORNING LEISURE PADDLE

Martin Luther King Jr.

Come explore the calm waters of San Leandro Bay by kayak on this winter morning leisure paddle. Kayaks, safety gear and guided instruction provided. Registration required.

Jan 18 & Feb 15 (Sat) 9am-12pm

Fee: \$35 (non-resident \$39)

Archery

ARCHERY INTRODUCTION

Roberts

Receive 90 minutes of archery coaching and practice at an outdoor range, with all equipment provided. Designed for the beginner, the class starts with 30 minutes of classroom instruction. Registration required.

Jan 18 & Feb 15 (Sat) 9:30-11:30am

Fee: \$50 (non-resident \$56)

Fitness/Wellness

HIKING POLES: SKILLS & TECHNIQUES + OPTIONAL PRACTICE HIKE

Black Diamond Mines

Hikers learn lifelong strategies for enhancing performance on varied terrain. Uphill: Improve power, endurance, posture, upper body strength, spine function. Downhill: Develop skills for feeling safer and preserving joints – save those knees! Expert training. Optional, beautiful, empowering, confidence-building practice hike for all level hikers. Registration required.

Jan 25 & Feb 22 (Sat) 9:15am-2:45pm

Fee: \$59 (non-resident \$65)

Fishing

TROUT FISHING BASICS

Various Locations

Trout Fishing Basics will teach essential rigging and lure strategies. With gear provided, just bring enthusiasm. Don't miss this chance to enhance those skills. Registration required.

Jan 4 (Sat) 9-11am, Temescal

Jan 10 (Fri) 9-11am, Contra Loma

Fee: Adult \$25 (non-resident \$29),
child \$21 (non-resident \$25)

TROUT FISHING INTERMEDIATE

Various Locations

Elevate those trout fishing skills with our intermediate course! Perfect for those with basic trout fishing experience. This class focuses exclusively on trout fishing techniques, rigging methods, and lures. All gear provided. Registration required.

Feb 1 (Sat) 9am-noon, Temescal

Feb 7 (Fri) 9am-noon, Contra Loma

Fee: Adult \$25 (non-resident \$29), child \$21
(non-resident \$25)



See ebparks.org/activity-search
for upcoming activities



