

Regional in Nature Activity Guide

MARCH – APRIL 2020

East Bay 
Regional Park District
Healthy Parks Healthy People



Above: New one-mile segment of the Bay Trail in progress near Golden Gate Fields.
See page 2.



Training the next generation of naturalists and park rangers. See page 2.

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General Information
1-888-EBPARKS or 1-888-327-2757

Camping and Picnic Reservations...
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Naturalist and Recreation
Programs..... 1-888-EBPARKS

TRS Relay Service..... 7-1-1

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



New Bay Trail Connection

Enhances Recreation, Green Transportation

**A MESSAGE FROM
GENERAL MANAGER
ROBERT E. DOYLE**



Thanks to your support of Measures WW and CC, a new one-mile segment of the San Francisco Bay Trail near Albany Beach is nearly

complete – creating a continuous 18-mile trail segment from Oakland to Richmond. The project also restores beach habitat and improves public access at Albany Beach, including additional parking, restrooms, and picnic tables.

When complete, the new trail will provide spectacular views of the Golden Gate Bridge, Bay

and San Francisco skyline, and significantly enhance the region's green transportation network – taking cars off the road and reducing greenhouse gas emissions.

Reclaiming the shoreline for public use has been an important part of our mission. First envisioned in 2000 with the adoption of the McLaughlin Eastshore State Park General Plan, the project overcame significant challenges, including right-of-way acquisition, permitting, engineering, and funding.

Funding included \$3 million from the Coastal Conservancy, \$1.6 million from the Alameda County

Transportation Commission (ACTC), \$1.5 million from Measure CC, \$1.3 million from the Cosco Busan Trustee Council, \$1 million from Measure WW, and \$750,000 from California Resources Agency Urban Greening funds.

We are proud to provide yet another public access improvement project for East Bay residents. We hope you enjoy the new Bay Trail, new facilities, and green transportation benefits. The grand opening is expected in Spring 2020.

See you in your Regional Parks and on your Regional Trails!



Training the Next Generation of Naturalists and Park Rangers

The Park District has partnered with Merritt College, a community college located in the Oakland hills, to launch a new Conservation and Resource Management certificate program. The new program is one of Merritt's three Natural History and Sustainability (NHS) certificates of achievement, which also include Natural History and Resources, and Urban Agroecology. The Conservation and Resource Management certificate is designed to prepare students for careers in nature and the environment, such as park rangers, naturalists, interpretive aides, and environmental educators. Some courses will be taught by Park District staff and use local Regional Parks for real-world, field-based experience.

The program hopes to enhance diversity and reach students who may not have enough experience or

education to apply for entry-level positions. The certificate will enable students to compete for jobs within the Park District and in other agencies and organizations. The program will provide employers with a resource of diverse, well-prepared, and highly qualified candidates from communities in the Bay Area.

To increase the diversity of students and overcome barriers for enrollment, internship opportunities are available. Dual enrollment in local high schools helps encourage early participation. Those who earn an NHS certificate may eventually transfer into environmental programs at four-year universities. Students who have a love of nature, a desire to keep our community environmentally healthy, and a curiosity to learn something new are encouraged to apply. For more information, visit merritt.edu/wp/nhs.

New Exhibit Highlights Black Diamond Mines' Coal Mining Past

Black Diamond Mines Regional Preserve will soon see an upgrade with the introduction of a new immersive underground coal mine exhibit. Black Diamond was once California's largest coal mining operation, but due to safety concerns, tours are only available in the sand mine.

The new Black Diamond Coal Mine exhibit, built into the existing Hazel-Atlas silica sand mine, will provide visitors with an immersive experience as they enter a replica 1870s coal mine, complete with the sights and sounds of miners at work. The new exhibit allows for greater understanding and appreciation of the area's coal mining history.

From the 1860s through the turn of the last century, five coal mining towns thrived in the Black Diamond area. However, by the early 1900s, all coal mining operations had ceased due to rising production costs and the introduction of new energy sources, such as oil. The area had a revival in 1922 as a silica sand mine

for glass making by the Hazel-Atlas Glass Company in Oakland, and sand molds for metal casting for the Columbia Steel Works in Pittsburg. However, that too ended by 1949.

Today, Black Diamond Mines pays homage to the area's mining past with informational exhibits, naturalist-led mine tours, and two visitor centers. One of the visitor centers is located underground in the mine and open seasonally. Over 38,000 people visit Black Diamond for mine tours and programs each year.

"The exhibit will provide visitors with a unique world-class learning experience," says

Anne Kassebaum, who has led Interpretive and Recreation Services for the Park District since 2013. "There are not many places where one can tour an old underground mine and see and hear what it was like back when it was operating."

Major funding for the project was provided by the Regional Parks Foundation, the Wayne and Gladys Valley Foundation, and Marathon Petroleum. A grand opening is scheduled for Spring 2020.



Living with Cattle in Parks

Grazing animals have been part of the ecosystem of the East Bay for many tens of thousands of years. Grazing animals, as well as common occurrences such as wildfire and drought, kept vegetation in check. However, since the arrival of Europeans, grasslands in the East Bay have largely become dominated by invasive, non-native, annual grasses.

Today, managed grazing is an important vegetation management tool utilized by the Park District to reduce fire fuels and maintain or improve habitat conditions for resident plants and wildlife. While in parks, visitors may often encounter cattle, sheep, or goats grazing, especially in the winter and early spring months. Over 60% of the District's parkland is grazed throughout the year.

Benefits of Grazing

- Reduces fire hazards by controlling grasses and other potential fuel.
- Gives native grasses and wildflowers, including rare species, a chance to compete with non-native grasses.

- Increases the diversity of habitats for wildlife, including several endangered species. It also promotes healthy ground squirrel populations, a necessary food source for prey species like bobcats and golden eagles, among others.

Animals grazing in the parks can come with some trade-offs. In the rainy season, cattle can impact sections of trail, making the ground muddy and unpleasant to walk through. Like all animals, cows also produce manure, so visitors must watch their step.

Cattle are large animals but are not aggressive by nature. However, if aggravated or threatened, they can respond, especially to off-leash dogs. To protect cattle in the important role of managing vegetation, the Park District requires that all dogs be on-leash when grazing animals are present.

For tips on hiking near grazing animals, visit www.ebparks.org/about/stewardship/grazing/safety.htm



Health Matters

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

Spring – A Great Time to Get Outdoors

Spending time in nature improves health and wellbeing, and lowers stress levels. Spring's great weather provides abundant opportunity to enjoy and experience the outdoors. Bring sunscreen and wear layered clothing.

Get Healthy, Get Outside TODAY!

Healthy Parks Healthy People Healthy Parks Healthy People Healthy

SUMMER PROGRAMS FOR YOUTH

SWIM LESSONS

Swim lessons are a great start to a safe, fun summer around the water. We offer a wide range of American Red Cross swim levels for ages 6 months through teens (Adult lessons offered at Roberts). Swim lessons meet Mon-Thu for two weeks. Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons. No onsite registration.

JUNIOR LIFEGUARD AIDE

Learn leadership, communication, and team building skills in the Junior Lifeguard Aide program. Participants assist instructors and act as role models to young Junior Lifeguard participants by demonstrating and teaching skills as well as setting up and leading activities as directed by the lead instructor. This is a great opportunity to get a foot in the door if you would like to

JUNIOR LIFEGUARD



Eight fun-packed, one-week sessions are offered at five locations.



Ready for fun and adventure? Our eight one-week sessions pack in loads of lifeguarding skills and engaging activities. Each session has a different theme but will always cover CPR, first aid, and water rescue skills. The program, which is geared toward 8-12 year olds, is offered at five facilities and meets Mon-Fri from 9am-4pm. For info on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorklifeguards. No onsite registration. Scholarships available for those who live in Alameda and Contra Costa County.

be a lifeguard. 13-15yrs. Applications are required for this program and are due May 1. For more info and to receive an application, contact Aaron Roth at aroth@ebparks.org or (510) 690-6624. Scholarships available for those who live in Alameda and Contra Costa Counties.

JUNIOR CADET

This program will mentally and physically challenge teens 14-18 years. Develop skills in teamwork, professionalism, communication and other qualities employers look for when hiring. Cadets 15+ will earn a lifeguarding certificate. Cadets should expect daily physical fitness activities, swimming and rescue skill training, first aid lectures, emergency procedure drills and insider knowledge of how to become a lifeguard. Applications due April 29. For info and an application, contact Tyler Waespi at twaespi@ebparks.org or call (510) 690-6625.



Day Camp activities include hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors.

LEADERS IN TRAINING

Mon-Fri, 8:30am-4pm
 Jun 8-12, Temescal
 Jun 15-19, Temescal
 Jun 22-26, Don Castro
 Jul 13-17, Various
 Jul 6-10, Contra Loma
 Aug 3-7, Coyote Hills
 Jul 20-24, Miller Knox
 Jul 27-31, Ardenwood
 Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! LITs must first apply and interview for positions. They will receive a tee shirt, training, 35 community service hours, and job-skills development from staff. LITs are encouraged to work for more than one camp session. **LITs must first apply and interview for positions.** Download an application at www.ebparks.org or contact Morgan Evans, Recreation Coordinator, at mevans@ebparks.org / (510) 544-2566 for a paper copy. 13-17yrs. Fee: \$50.

PARK'N IT DAY CAMP

Mon-Fri, 9am-4pm
 Jun 8-12, Temescal #28491
 Jun 15-19, Temescal #28490
 Jun 22-26, Don Castro #28489
 Jul 6-10, Contra Loma #28494
 Aug 3-7, Coyote Hills #28495
 Jul 20-24, Miller Knox #28496
 Jul 27-31, Ardenwood #28493
 Spend a whole week exploring and playing in the Regional Parks! Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors. Get 10% family discount for registration of second child of same family (only applies when both children register and pay in one transaction, either by phone or online). 5-12yrs. Fee: \$200 (non-res. \$220). Registration is required.



Leaders In Training, seen here hiking, help run the day camp.

RECREATION

Registration is required.

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
 10am-noon, Sat, Mar 7 #28408
 1:30-3:30pm, Sat, Mar 7 #28407
 1:30-3:30pm, Sat, Apr 18 #28409
 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 8-13yrs). Fee: \$50 (non-res. \$56)

LLAMAS – MYSTICS OF THE ANDES

Reinhardt Redwood LAMAS Outfitters
 1-4:30pm, Sat, Mar 14 #28371; 28 #28373;
 Apr 11 #28375; 25 #28377;
 10am-1:30pm, Sun, Mar 15 #28372; Mar 29 #28374; Apr 26 #28376
 The Quechua Andeans refer to llamas as "Speechless Brothers." Learn how to groom, feed, lead, and interact positively with these specially trained llamas, under the guidance of Geo, a "Llama Michie," with over 25 years' experience. Up to two people can share one llama or reserve your own. Adult participation required for ages 8-17yrs. Fee: \$90 per llama - 6 llamas max. per class (non-res. \$100)

FIRST AID FOR DOGS

Crab Cove Peter Pay
10:30am-2:30pm, Sat, Apr 25 #28352
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. Additional \$5 material fee for book "First Aid for Dogs," required at time of class. 12+yrs.

Fee: \$50 (non-res. \$56) plus \$5 materials

FLY-FISHING INTRODUCTION

Tilden Fish First!
7am-1pm, Sun, Mar 15 #28365;
7am-1pm, Sun, Apr 12 #28366

This exciting and informative day is geared toward the beginning angler. Spend three

hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two and one-half hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 12+yrs. Fee: \$60 (non-res. \$66)

FISHING – TROUT BASICS

Temescal Recreation staff
8-11am, Sat, Mar 14 #28509

Join us for this peak season of Trout! Learn specialized gear and bait selection to catch Rainbow trout, one of the most plentiful freshwater species in our lakes and reservoirs. Ages 16+yrs require a valid California fishing license. Gear provided. Ages 8+yrs. Adult registration/participation required with registered children (8-16yrs). Fee: \$25 (non-res. \$29)

KAYAKING / BOATING



Learn paddling techniques, equipment selection, and safety guidelines at a pace that is right for you, then practice what you have learned.

Registration is required.

BROOKS ISLAND ADVENTURE

Brooks Island Naturalist/
Recreation Staff

9:30am-3:30pm, Sun, Mar 22 #28410
This trip is a short paddle in stable, two-person kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island shoreline, then come ashore to enjoy a naturalist guided two-mile hike around the island which is normally closed to visitors. Adult registration/participation required with registered children ages 16-17yrs. Fee: \$85 (non-res. \$95)

KAYAKING FOR FOLKS 50+

Various Parks Recreation Staff
MLK, Jr. Shoreline, 11am-3pm, Wed,
Mar 25 #28416;
Big Break, 10am-2pm, Wed, Apr 29
#28508

Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines for paddling. Then practice on the water. Fee: \$52 (non-res. \$58).

DISCOVER KAYAKING

Big Break Recreation Staff
11am-3pm, Sat, Apr 11 #28421
Curious about kayaking, but don't know how? Come learn the basics through this hands-on course that includes an on-land introduction to water safety, trip planning, and paddle instructions. In the second half of the course you will practice those skills on the water as we tour around Big Break Regional Shoreline. 14+yrs. Fee: \$52 (non-res. \$58)

Registration information – Register beginning February 4
www.ebparke.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers and hikers improve endurance, posture, balance, confidence and strength, and enhances your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve desired performance while learning how to avoid joint stress or strain. Carefully select the class that suits your physical ability and inclination. **A variety of top quality poles are provided at all seminars.**
Registration is required.

HIKING SKILLS & TECHNIQUES PLUS SHORT HIKE

Black Diamond Jayah Faye Paley
9am-3pm, Sat, Mar 21 #28334
Comprehensive training helps hikers improve performance and confidence. Uphill: Improve performance, confidence, endurance, and spine function. Downhill: Develop skills for feeling safer and preserving joints. Save your knees! "Test Drive" poles on a short scenic hike. Learn which poles fit you best. Fee: \$55 (non-res. \$61)

SKILLS & TECHNIQUES + PRACTICE HIKE

Sunol Jayah Faye Paley
9am-3pm, Sat, Apr 18 #28342
Imagine visiting Ireland without having to deal with air travel – that's bucolic Sunol in springtime! Poles training plus a flower-filled hike, approximately 4 miles, on varied terrain. Learn individualized, anatomically optimal strategies for improving performance and confidence. Fee: \$65 (non-res. \$73)

USING POLES FOR WALKING & MAINTAINING MOBILITY

Coyote Hills Jayah Faye Paley
11am-3pm, Thu Apr 23 #28351
Butterfly garden! Birding marsh walk! People with mobility challenges maintain independence and navigate everyday obstacles by learning skills that reduce falls, improve balance, stamina, and gait. Pole walking can strengthen muscles that support joints and spine. You'll feel taller! Easy to learn, gentle pace. Fee: \$48 (non-res. \$54)

BOTANIC GARDEN PRACTICE POLES HIKE

Tilden Jayah Faye Paley
8-11am, Thurs, Apr 30 #28359
Experience California's botany as you explore this beautiful native garden. Refine, enhance, and learn new skills on gentle, varied terrain. Easy practice hike connecting with nature while improving confidence, pole performance, and body awareness. Previous EBRPD pole hiking instruction **required**. Test drive poles. Hike approximately 2 miles. Fee: \$28 (non-res. \$32)

SENIOR ANGLERS PIER FISHING

Miller/Knox Recreation Staff
10am-noon, Thu, Apr 9 #21019

Learn the basics of pier fishing - rigs, terminal tackle overview, and relaxing by the water. A great place for catching jack smelt, leopard sharks, and other species. Gear and bait provided as well as expert instruction. Note: Ferry Point Pier is approx. 1/8 mile walk from parking lot. Fee: \$19 (non-res. \$21)

MY FIRST FISH!

Shadow Cliffs Recreation Staff
5-7pm, Wed, Apr 22 #28737

Come out to the lake and participate in this fun 'derby style' class where youth will have a chance to catch their first fish! Class participants will learn basic techniques of fishing, include casting, bait selection, and knot tying. 5-12yrs. Participants must be accompanied by an adult. Fee: \$15 (non-res. \$17)

FREE!

FREE OUTDOOR MOVIE NIGHT!

Art & Music
Lake Chabot Recreation Staff
8-9:45pm, Sat, Apr 25
Join us for a FREE family movie, featuring the 2007 smash hit Ratatouille, rated G, 110 minutes. Movie begins shortly after sunset (8pm) and is a great way to spend the evening with your loved ones. Arrive early to secure a good seat and enjoy your surroundings. Bring a flashlight, warm clothes, and a blanket or chair for sitting. Snacks and hot drinks will be available for purchase. No pets. Rain cancels. Info: (510) 544-2567.

A program in partnership with . . .

KAISER
PERMANENTE **thrive**



TRAILS CHALLENGE **FREE**

The Trails Challenge motivates you to complete 5 featured trails by December 1!

The Trails Challenge guidebook features trails for all fitness levels as well as tips for new trail users. Free printed booklets and 50/50 cotton/polyester T-shirts are available at participating Visitor Centers (while supplies last).

Go “green” by downloading the booklet – print only what you need. See www.ebparks.org/TC for information on how to download the guidebook and other program materials including the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log.

Kaiser Permanente is a major sponsor of this program.



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

ARDENWOOD

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

SHEEP SHEARING DAY **♿**

Ardenwood Interpretive Staff
11am-3pm, Sat, Mar 21

Spring has sprung and it is time for our sheep's annual “haircut.” Watch as the farm's sheep get sheared; then, try your



TARTAN DAY SCOTTISH FAIR 2020 **♿ Art & Music**

Ardenwood East Bay Scottish Association & Interpretive Staff
10am-5pm, Sat, Apr 4

Throw on your kilt and celebrate Tartan Day with music, Scottish dancing, bagpipes, handmade crafts, historical re-enactments, and Highland athletics. Local Scottish clans and societies will share their rich culture and colorful heritage. Children can find magic and fantasy in the Children's Glen and might just see a fairy or dragon. Enjoy a meat pie or other Scottish treats.

Fee: \$12/adults, \$8/seniors (62+), \$6/children (4-17yrs.), 3 yrs. & under free. Free Parking.

All activities included with admission. Tickets are sold in advance at (888) 327-2757, option 2, or can be purchased at park entrance.

hand at wool carding and see the transformation from fiber to yarn at the spinning wheel. You can even make your own wooly lamb to take home. Fee: \$7/adults. \$6/seniors (62+), \$5/children (4-17yrs.), 3 yrs. & under free. Free Parking.

ANIMAL FEEDING **♿**

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

RIDE THE RAILS - TRAIN RIDES **♿**

Ardenwood S.P.C.R.R.
Thu, Fri & Sun (beginning Apr 2)
Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. Check the daily schedule and meet the train at Arden Station or Deer Park.

PATTERSON HOUSE TOURS **♿**

Ardenwood Patterson House Docents
Various times, every Thu-Sun in April
Tour the beautifully restored Patterson House Museum. Discover the history of this 19-room Queen Anne Victorian farm house listed on the National Register of Historic Places which operates as a

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

TODDLER TIME **♿**

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Mar 4, 18, 25, Apr 1, 15, 22

Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

WAKE UP THE FARM **♿**

Ardenwood Interpretive Staff
10:30-11am, Sun, Mar 1, 15, 29; Sat, Mar 7
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
11:30am-noon, Sun, Mar 1; 10:30-11am, Sat, Apr 11 & Sun, Apr 12
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how

BREWING ON THE FARM: HOMEBREWING WORKSHOP **♿**

Ardenwood Ira Bletz
1-3pm, Sat, Mar 7, 14, 28 #28573
Discover the ancient art of homebrewing in this three-part, hands-on workshop. You'll boil wort, pitch yeast, and explore the science of fermentation. Learn beer's incredible history and fascinating lore. We'll brew and bottle a special batch of Ardenwood ale for you to take home (adults). Fee: \$40 (non-res. \$45)
Registration is required.

they use their long ears to sense danger.

CLOTHESPIN DOLLS **♿ Art & Music**

Ardenwood Interpretive Staff
1-2:30pm, Sun, Mar 1, 22; 1:30-2:30pm, Sat, Apr 11

Create and dress up your own darling doll. We'll make them out of clothespins just the way they did more than 100 years ago. Meet at the Granary.

WILD FOOD

Ardenwood Christina Garcia
1:30-2:30pm, Sat, Mar 7
Before farms we ate wild foods foraged from the land, and we still can. Explore the farm for edible native California plants as well as weeds that make a tasty snack.

HENS LAY EGGS **♿**

Ardenwood Interpretive Staff
10:30-11am, Sun, Mar 8, 22; Sat, Mar 14, 28, Apr 25; 1:30-2pm, Sun, Apr 12
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.

ROPE MAKING & HAY HOISTING

Ardenwood Interpretive Staff
11:30am-noon, Sun, Mar 8, 22
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.

BIRDS OF THE FARM

Ardenwood Christina Garcia
8-9:30am, Sat, Mar 7
Let's explore the gardens, forests and fields for anything with feathers. No admission fee.

BIRDS AND THEIR BEAKS

Ardenwood Manon Legendre
11:30am-12:30pm, Sat, Mar 7, 28, Apr 18
Flap your wings and shake your tail feathers while we learn how birds use their beaks to find food!

FUN WITH FELTING

Ardenwood Interpretive Staff
1:30-2:30pm, Sun, Mar 8

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.

PRESERVING PLANTS

Ardenwood Maraena Spencer-Yochelson
11:30am-12:30pm, Sat, Mar 14, Apr 11, 25

Have you ever wondered how to keep your roses for years? Or maybe how people carried plants on long voyages? Come spend some "thyme" with us and find out!

STILT WALKERS

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Mar 14, 28

Want to be taller? Improve your balance? Give stilts a try. It's fun. Guess why farmers used these fun tools in the past.

GOURMET POPCORN

Ardenwood Interpretive Staff
11:30am-12:30pm, Sun, Mar 15, 29

We'll spice up our farm-grown popcorn with fresh herbs, spices, and maybe even sugar. Which flavor will be the best? You can decide.

PICTURES OF THE PAST

Ardenwood Taylor Smith
1:30-2:30pm, Sun, Mar 15, 29, Sat, Apr 25

REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm, Oct-May; 8:30am-5:30pm, Jun-Sep.
Info: (510) 544-3169. See www.nativeplants.org for information about docent training, special events and classes, and to sign up for our e-newsletter.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Meet at the Botanic Garden Visitor Center. Rain cancels!



Mule ears (*Wyethia helenioides*) Leaves have matted woolly hairs that resemble the ears of a mule.



CORN MOSAICS

Ardenwood Interpretive Staff
2-3pm, Sun, Apr 19

Learn how to turn our freshly-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

Discover the meaning and value of family portraits 160 years ago by putting yourself in the Victorian's shoes and discovering the wonderful world of early photography!

FARMYARD STORY TIME

Ardenwood Interpretive Staff
10:30-11am, Sun, Apr 5, 19

The Little Red Hen, the Billy Goats Gruff, and other farm friends are waiting to meet you! Join the story circle for some classic barnyard tales before visiting the main characters.

COOKING IN THE COUNTRY KITCHEN

Ardenwood Interpretive Staff
11am-1pm, Sun, Apr 5, 12, 19, 26

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

FARMYARD GAMES

Ardenwood Interpretive Staff
2-3pm, Sun, Apr 5, 12

Life on a farm wasn't all work and no play. Join us for some old-fashioned fun! Try your hand at classic American pastimes including stilts, sack races, and the potato-spoon race.

FIXIN' FEED

Ardenwood Interpretive Staff
10:30-11am, Sat, Apr 18, Sun, Apr 26

Expend some elbow grease shelling and grinding a tasty treat for the sheep, goats and chickens using antique equipment. Make a new friend when you feed them by hand.

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
1:30-2:30pm, Sat, Apr 18

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.

VICTORIAN TABLE TOP GAMES

Ardenwood Interpretive Staff
2:30-3pm, Sat, Apr 18, 25

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.

GORGEOUS GOATS

Ardenwood Interpretive Staff
2-2:30pm, Sun, Apr 26

Discover why goats are a farmyard mainstay. Lend a hand grooming our nannies and give them a snack as you learn all about these gentle farm friends.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510) 544-3050, or BigBreakVisit@ebparks.org

DELTA DISCOVERIES

Big Break Interpretive Staff
11am-2pm, every Sat & Sun

Discover the wonders of the Delta through hands on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER

Big Break Interpretive Staff
9-10am, every Sat & Sun

Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists, and water managers.

PLANT PARADISE

Big Break Interpretive Staff
2-3pm, Sun, Mar 1

Join us for a leafy spring foliage scavenger hunt!

BIG BREAK LITTLES

Big Break Interpretive Staff
10-11am, Mon, Mar 2, Apr 6 Tue, Mar 3,

Apr 7
Bring the little ones out to the park to explore nature. Same program both days per month - come to one or the other! Dress to get dirty!

ARACHNID ADVENTURES

Big Break Interpretive Staff
2-3pm, Sun, Mar 15

Our eight-legged residents are prowling the park for food! Drop by to learn about spi-

ders and join us in fun arachnid activities.

WONDERFUL WEATHER

Big Break Interpretive Staff
2-3pm, Sat, Mar 21

From rainbows to tule fog, join us as we learn about different weather phenomena around the Delta!

CRITTER CLUES

Big Break Interpretive Staff
2-3pm, Sun, Mar 29

Come discover which 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.

MEANDERING MINK **HPHP**

Big Break Interpretive Staff
2-3pm, Sat, Apr 4

Come meander through the wetland as we learn about these solo mustelids!

REDUCE, REUSE, AND RECYCLE

Big Break Interpretive Staff
2-3pm, Sun, Apr 12

Love your planet by recycling! Come find fun ways to reuse common household items, as well as some hints for recycling and reducing waste.

ART AND NATURE IN THE

PARK

Big Break Interpretive Staff
2-3pm, Sat, Apr 18

Nature has always been a great inspiration for many art forms. Come express yourself through art in the park!

BOUNTIFUL BIRDS

Big Break Interpretive Staff
2-3pm, Sun, Apr 26

Fly on in for some winged-wonder. Soar through some fun facts about frantic feathers, big beaks, tough talons, whistling wings, and exquisite eggs.

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Michael Moran
Marsh Creek: Cypress Staging Area,

9-11:30am, Thu, Mar 26 #28695

Morgan Territory, Apr 30 #28696

The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help us document their variety and numbers in this fun, social, community science research project. No experience necessary. We'll teach you how to identify these birds. Join in for one or all. Registration is required.

Healthy Parks Healthy People: Bay Area

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



March 2020

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: Animal Feeding, Clothespin Dolls, Rabbit Rendezvous, Wake Up The Farm
Big Break: Plant Paradise
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding Time, Nature Party
Sibley: Sunday Stroll
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Bird Census, Talk With The Animals, Ticks and Friends
- 2**
Big Break: Big Break Littles
Tilden Nature Area: Monday Birding: Tilden Nature Area
- 3**
Big Break: Big Break Littles
Lake Chabot: Hikes for Tykes
Miller/Knox: The Over-The-Hills Gang
- 4**
Anthony Chabot: Wednesday Walks: Anthony Chabot
Ardenwood: Toddler Time
- 5**
Ardenwood: Animal Feeding
- 6**
Ardenwood: Animal Feeding
- 7**
Ardenwood: Animal Feeding, Birds And Their Beaks, Birds Of The Farm, Brewing On The Farm: A Homebrewing Workshop, Wake Up The Farm, Wild Food
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Coyote Hills: Cart of Curiosities, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time, Nature Party
Quarry Lakes: Bird Walk
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Wooly Soap Scrubber
- 8**
Ardenwood: Animal Feeding, Fun With Felting, Hens Lay Eggs, Rope Making & Hay Hoisting
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours, Spring Wildflower Walks

Regional in Nature

Activity Calendar

- Coyote Hills:** Discovery Days, "Ssnakes, Sstories and Sspirals"
Crab Cove: Family Nature Fun, Fish Feeding Time, Sunset Moonrise Spring Minus Tide
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Bird Census, Talk With The Animals, The Newt in Winter

- 9**
Briones: Monday Birding
Sunol: Outdoor Discoveries
- 10**
Garin: Weekday Bird Walk
- 12**
Ardenwood: Animal Feeding
- 13**
Ardenwood: Animal Feeding
- 14**
Ardenwood: Animal Feeding, Hens Lay Eggs, Preserving Plants, Stilt Walkers
Coyote Hills: Discovery Days, Ohlone Village Site Tour, Phlower Photography
Crab Cove: Family Nature Fun, Fish Feeding Time

- Leona Canyon:** Native Plant Restoration

- Reinhardt Redwood:** Llamas - Mystics of Andes

- Sunol:** Nature Crafts, Pi Day Hike!, Wild Wonders

- Temescal:** Fishing - Trout Basics

- Tilden Nature Area:** Farm Chores For Littles, "Newts, Salamanders, and Frogs Oh My!"

- 15**
Ardenwood: Animal Feeding, Gourmet Popcorn, Pictures Of The Past, Wake Up The Farm

- Big Break:** Arachnid Adventures
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours

- Coyote Hills:** Amazing Amphibians, Discovery Days

- Crab Cove:** Family Nature Fun, Fish Feeding Time, Nature Party-Bay Critters, Nature Party-Reptiles, Shore Bird Walk

- Reinhardt Redwood:** Llamas - Mystics of Andes

- Sunol:** Animal Feeding Time, Froggy Friends, Nature Crafts, Wild Wonders

- Tilden Nature Area:** Bird Census, Fly-Fishing Introduction, Nature Photography, Talk With The Animals

- 16**
Fernandez Ranch: Monday Birding

- Shadow Cliffs:** Lakeside Littles

- 17**
Anthony Chabot: Hikes for Tykes

- 18**
Ardenwood: Toddler Time
Tilden Nature Area: Wednesday Walks

- 19**
Ardenwood: Animal Feeding
Crab Cove: Third Thursdays in the Garden

- 20**
Ardenwood: Animal Feeding

- 21**
Ardenwood: Sheep Shearing Day
Big Break: Wonderful Weather
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours, Hiking Poles: Skills & Techniques Plus Short Hike, Springtime Cemetery Hike

- Brushy Peak:** Vasco Caves Regional Preserve Tour

- Coyote Hills:** Discovery Days, Nectar Garden Fun Day

- Crab Cove:** Family Nature Fun, Fish

- Feeding Time, Nature Party
Garin: Canine Capers Walk
Sibley: Saturday Stroll: Old Tunnel Road
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Water, Water, Everywhere Or Is There?

22

- Ardenwood:** Animal Feeding, Clothespin Dolls, Hens Lay Eggs, Rope Making & Hay Hoisting

- Black Diamond:** Coal Mine Experience Tour, Hazel Atlas Mine Tours

- Brooks Island:** Kayaking
Coyote Hills: Cordage & Pine Nut Bead Making, Discovery Days

- Crab Cove:** Family Nature Fun: Duck, Duck, Goose, Fish Feeding Time, Tales Of Whales

- Del Valle:** Park 'n Play, Sunset Saunter
Round Valley: Vasco Caves Regional Preserve Tour

- Sunol:** Animal Feeding Time, Nature Crafts, Wild Wonders

- Tilden Nature Area:** Bird Census, Story Time, Talk With The Animals

- 23**
Sunol: Outdoor Discoveries
Tilden Nature Area: Monday Birding

24

- Crab Cove:** Sea Squirts: Life (Cycle) Lessons
Leona Canyon: The Over-The-Hills Gang
Vargas Plateau: Weekday Bird Walk

25

- Ardenwood:** Toddler Time
Dublin Hills: Wednesday Walks
MLKing Jr: Kayaking for Folks 50+

26

- Ardenwood:** Animal Feeding
Marsh Creek Trail: Thursday Birding

27

- Ardenwood:** Animal Feeding

28

- Ardenwood:** Animal Feeding, Birds And Their Beaks, Hens Lay Eggs, Stilt Walkers
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours

- Coyote Hills:** Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time

- Reinhardt Redwood:** Llamas - Mystics of Andes

- Sunol:** Valley Stroll, Wildflowers of the Wilderness, Wonderful Wildflower Crafts

- Tilden Nature Area:** Farm Chores For Littles

29

- Ardenwood:** Animal Feeding, Gourmet Popcorn, Pictures Of The Past, Wake Up The Farm

- Big Break:** Critter Clues
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours

- Coyote Hills:** Discovery Days, Wondrous World of Animal Senses

- Crab Cove:** Family Nature Fun, Fish Feeding Time

- Leona Canyon:** Birding By Ear

- Reinhardt Redwood:** Llamas - Mystics of Andes

- Round Valley:** Vasco Caves Regional Preserve Tour

- Sunol:** Animal Feeding Time, Sunol to Mission Peak Hike, Valley Stroll, Wonderful Wildflower Crafts

- Tilden Nature Area:** Bird Census, Talk With The Animals, The Insects of Early Spring

30

- Coyote Hills:** Coyote Cubs

31

- Reinhardt Redwood:** Hikes for Tykes

1

- Ardenwood:** Toddler Time

2

- Ardenwood:** Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides

3

- Ardenwood:** Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides



Making friends at Shadow Cliffs.

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		

4
Ardenwood: Tartan Day Scottish Fair 2020
Big Break: Meandering Mink
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, "Ssnakes, Sstories and Sspirals"
Crab Cove: Family Nature Fun, Fish Feeding Time, Splash into Spring & Egg Scramble
Round Valley: Vasco Caves Tour
Sunol: Valley Stroll, Wildflowers of the Wilderness, Wonderful Wildflower Crafts
Tilden Nature Area: Farm Chores For Littles, Woolly Lambs

5
Ardenwood: Animal Feeding, Cooking In The Country Kitchen, Farmyard Games, Farmyard Story Time, Patterson House Tours, Ride The Rails-Train Rides
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Brushy Peak: Vasco Caves Regional Preserve Tour
Coyote Hills: Discovery Days
Crab Cove: Dyeing Eggs With Nature, Family Nature Fun, Fish Feeding Time
Morgan Territory: Spring Wildflower Walks
Sunol: Animal Feeding Time, Valley Stroll, Wildflowers of the Wilderness, Wonderful Wildflower Crafts
Tilden Nature Area: Dip Into Ponds, Talk With The Animals, Wildflower Crawls

6
Big Break: Big Break Littles
Crockett Hills: Monday Birding
7
Big Break: Big Break Littles
Hayward Shoreline: Weekday Bird Walk
Leona Canyon: Hikes for Tykes

9
Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides
Miller/Knox: Senior Anglers Pier Fishing

10
Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides

11
Ardenwood: Animal Feeding, Clothespin Dolls, Patterson House Tours, Preserving Plants, Rabbit Rendezvous
Big Break: Discover Kayaking
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding Time
Encal Beach: Beach Cleanup
Las Trampas: Wildflower Walk
Reinhardt Redwood: Llamas - Mystics of Andes

Sunol: Valley Stroll, Wonderful Wildflower Crafts
Tilden Nature Area: Farm Chores For Littles, We All Scream for Ice Cream!

12
Ardenwood: Animal Feeding, Cooking In The Country Kitchen, Farmyard Games, Hens Lay Eggs, Patterson House Tours, Rabbit Rendezvous, Ride The Rails
Big Break: "Reduce, Reuse and Recycle"
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours, Spring Wildflower Walks
Coyote Hills: Discovery Days, Edible Nests and Eggs, Ohlone People & Culture
Crab Cove: Family Nature Fun, Fish Feeding Time
Sibley: Poetry in the Park
Sunol: Animal Feeding Time, Easter at Suno!, Valley Stroll, Wonderful Wildflower Crafts
Tilden Nature Area: Birding for Hipsters, Partiers, and Lazy Folks, Fly-Fishing Introduction, Talk With The Animals, Wildflower Crawls

13
Sunol: Outdoor Discoveries
Wildcat Canyon: Monday Birding

14
Alameda Creek Trail: Weekday Bird Walk
Contra Loma: The Over-The-Hills Gang
Crab Cove: Sea Squirts

15
Ardenwood: Toddler Time
Tilden Nature Area: Wednesday Walks

16
Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides
Crab Cove: Third Thursdays in the Garden

17
Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides

18
Ardenwood: Animal Feeding, Beginning Embroidery, Birds And Their Beaks, Fixin' Feed, Patterson House Tours, Victorian Table Top Games

Big Break: Art and Nature in the Park
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, "Earth Day: Reduce, Reuse, Recycle"
Crab Cove: Alameda Earth Day Event,

Family Nature Fun, Fish Feeding Time
MLKing Jr: Earth Day Volunteers 2020
Point Pinole: Earth Day Volunteers 2020
Roberts: Archery Introduction
Round Valley: Vasco Caves Regional Preserve Tour

Sibley: Earth Day Volunteers 2020
Sunol: Hiking Poles: Skills & Techniques Plus Practice Hike, Valley Stroll, Wonderful Wildflower Crafts
Tilden Nature Area: Farm Chores For Littles, Woolly Lambs

19
Ardenwood: Animal Feeding, Cooking In The Country Kitchen, Corn Mosaics, Farmyard Story Time, Patterson House Tours, Ride The Rails-Train Rides
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Briones: Wildflower Crawls: Briones, Bear Creek
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun,

Fish Feeding Time, Nature Party
Reinhardt Redwood: Sunday Stroll
Sunol: Animal Feeding Time, Valley Stroll, Wonderful Wildflower Crafts
Tilden Nature Area: Birding for Hipsters, Partiers, and Lazy Folks, Talk With The Animals



Talking to the Animals at Tilden Nature Area.

20
Shadow Cliffs: Lakeside Littles
Tilden Nature Area: Monday Birding

21
Temescal: Hikes for Tykes

22
Ardenwood: Toddler Time
Shadow Cliffs: My First Fish!
Sunol: Wednesday Walks

23
Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides
Coyote Hills: Using Poles for Walking & Maintaining Mobility

24
Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides

25
Ardenwood: Animal Feeding, Hens Lay Eggs, Patterson House Tours, Pictures Of The

Past, Preserving Plants, Victorian Table Top Games

Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, First Aid for Dogs, Fish Feeding Time, Nature Party
Del Valle: Springtime Stargazing
Lake Chabot: Free Outdoor Movie Night!
Reinhardt Redwood: Llamas - Mystics of Andes, Serpentine Prairie Walk
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Valley Stroll, Wonderful Wildflower Crafts
Tilden Nature Area: Farm Chores For Littles

26
Ardenwood: Animal Feeding, Cooking In The Country Kitchen, Fixin' Feed, Gorgeous Goats, Patterson House Tours, Ride The Rails-Train Rides

Big Break: Bountiful Birds
Black Diamond: Coal Mine Experience Tour, Hazel Atlas Mine Tours
Brushy Peak: Vasco Caves Regional Preserve Tour
Coyote Hills: Discovery Days, Native California Plant Uses
Crab Cove: City Nature Challenge Bioblitz, Family Nature Fun, Fish Feeding Time
Reinhardt Redwood: Llamas - Mystics of Andes

Sunol: Animal Feeding Time, Valley Stroll, Wildflowers of the Wilderness, Wonderful Wildflower Crafts
Tilden Nature Area: Talk With The Animals

27
Coyote Hills: Coyote Cubs - Water is Life
Sunol: Outdoor Discoveries: Flower Power

28
Crab Cove: Sea Squirts: Flowers that Bloom in the Spring
Tilden Nature Area: The Over-The-Hills Gang: Tilden Steam Train

29
Big Break: Kayaking for Folks 50+ 30

Ardenwood: Animal Feeding, Patterson House Tours, Ride The Rails-Train Rides
Tilden: Botanic Garden Practice Pole Hike

BLACK DIAMOND

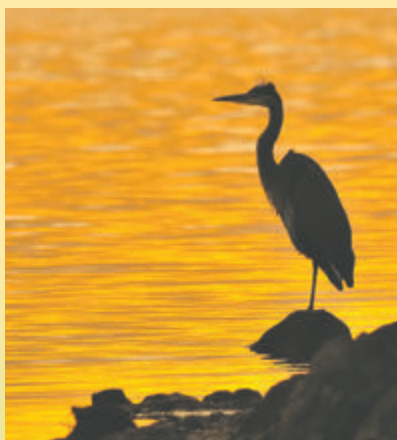
Greathouse Visitor Center is open 10am-4:30pm, weekends March through November. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Weekend parking fee: \$5.

HAZEL-ATLAS SILICA-SAND MINE TOUR ^{SP}

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Explore a restored sand mine before descending the great staircase to the new coal mine exhibit on this 75-minute, small-group tour. Reservations offered at 10am (only for groups of 10-15), 11am, and 2pm. First-come, first-served tours may be offered when demand is high and staffing permits. Reserve in advance online or by phone. Day-of ticket sales available at Greathouse Visitor Center.
7+yrs. Fee: \$5

COAL MINE EXPERIENCE TOUR ^{SP}

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Delve deeper into coal mining history on this 30 minute, small-group coal mine



BIRD WALKS

Bird Census, Tilden Nature Area, Mar 1, 8, 15, 22 & 29, page 11
Shore Birdwalk for Beginners, Elsie Roemer Bird Sanctuary, Crown Beach, Mar 15, page 11
Monday Birding, Various Parks, Mar 2, 9, 16 & 23, Apr 6, 13 & 20, page 12
Birding For Hipsters, Partiers, and Lazy Folks, Tilden Nature Area, Apr 12 & 19, page 12
Weekday Bird Walk, Various Parks, Mar 10, 24, Apr 7, 14, page 13
Bird Walk, Quarry Lakes, Mar 7, page 13
Birding by Ear, Leona Canyon, Mar 29, page 13

SPRING WILDFLOWER WALKS ^{SP} **HPHP**

Various Parks Kevin Dixon
Black Diamond: Chaparral Loop
9:30-11:30am, Sun, Mar 8
Morgan Territory: Coyote Trail
9:30am-12:30pm, Sun, Apr 5
Black Diamond: Nortonville Side
9:30am-1pm, Sun, Apr 12
Enjoy spring wildflowers in beautiful settings with friends. All of these trails can be steep and slippery.

experience tour. Discover the sights and sounds of the Mt. Diablo Coal Field. Reservations at 10am. Reserve in advance online or by phone. First-come, first-served tours offered as staffing and demand allow.
7+yrs. Fee: \$3

SPRINGTIME CEMETERY HIKE ^{SP} **HPHP**

Black Diamond Interpretive Staff
10am-12:30pm, Sat, Mar 21
Upper Parking Lot - Long ago, miners left their mark on these hills. Take a hike to historic Rose Hill Cemetery to learn their tales of spirit, heroism, tragedy, and endurance.

COYOTE HILLS

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

DISCOVERY DAYS ^{SP} [♿]

Coyote Hills Interpretive Staff
11am-3:30pm, every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 11am for an introduction to the topic of the week or participate at your own pace.

OHLONE VILLAGE SITE TOUR ^{SP} [♿]

Coyote Hills Interpretive Staff
10am-noon and 1:30-3:30pm, Sun, Mar 1
1:30-3:30pm Sat, Mar 14
10am-noon and 1:30-3:30pm, Sat, Apr 11, 25, Sun, Apr 19
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.

CART OF CURIOSITIES ^{SP} [♿]

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Mar 7
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!

SSNAKES, SSTORIES & SSPIRALS ^{SP} [♿]

Coyote Hills Dino Labiste
10am-noon and 1-2:30pm, Sun, Mar 8, Sat, Apr 4

Meet a snake that makes Coyote Hills its home. Learn about unique snake adaptations and how these slithering reptiles have become part of our folklore. Create a snake spiral craft to take home.

PHLOWER PHOTOGRAPHY [♿] ^{Art} ^{Music}

Coyote Hills Kristina Parkison
9:30-11am, Sat, Mar 14 #28116
Photographer Don Jedlovec teaches tips and tricks needed to get professional images of floral jewels in the Butterfly Garden. In addition, learn how to attract avian and insect pollinators to your garden.
12+yrs. Registration is required.

AMAZING AMPHIBIANS ^{SP} [♿]

Coyote Hills Dino Labiste
10am-noon and 1-3pm, Sun, Mar 15
Salamanders, frogs, and newts, oh my! Learn all about these fascinating creatures that live in water and on land. Join us on a walk to the marsh as we hear stories of adaptations and metamorphosis. Enjoy the chance to make your own frog craft.

NECTAR GARDEN FUN DAY ^{SP} [♿]

Coyote Hills Interpretive Staff
1-3pm, Sat, Mar 21
Come face-to-face with a caterpillar, chrysalis, or butterfly during this drop-in program. Make a butterfly-themed gift, and learn how to garden with plants that attract butterflies.

CORDAGE & PINE NUT BEAD

MAKING ^{SP} [♿] ^{Art} ^{Music}

Coyote Hills Dino Labiste
10am-noon and 1:30-3:30pm, Sun, Mar 22
The ability to twist, twine or braid fibers into cordage allowed indigenous cultures to tie their world together. Learn the techniques of gathering, extracting and plying fibers to create cordage. Practice the efficient method of leg rolling dogbane fibers and string some pine nut beads. 9+yrs.

WONDROUS WORLD OF ANIMAL

SENSES ^{SP} [♿]

Coyote Hills Dino Labiste
10am-noon & 1:30-3:30pm, Sun, Mar 29
Imagine sticking your tongue out to smell the air or tasting your dinner by walking on it. Sound strange? These are all part of how some animals sense their environment. Join us for activities and experiments as we learn about animal super senses.

EDIBLE NESTS AND EGGS ^{SP} [♿]

Coyote Hills Francis Mendoza
11am-noon, Sun, Apr 12
Make nests out of shredded wheat, melted chocolate, and marshmallows, then eat them! We'll explore birds that make their nests out of sticks, mud, and spiderwebs. Be mindful of food allergies. 2+yrs.

OHLONE PEOPLE & CULTURE ^{SP} [♿]

Coyote Hills Francis Mendoza
1:30-2:30pm, Sun, Apr 12
Learn about Ohlone people and their intimate relationship with nature, family, and their ancestors. We'll discuss the important values of generosity and fairness that continue to resonate with Ohlone people today. 8+yrs

EARTH DAY: REDUCE, REUSE, RECYCLE ^{SP} [♿] ^{Art} ^{Music}

Coyote Hills Dino Labiste
9:30-noon and 1:30-4pm, Sat, Apr 18
Make changes that will conserve, protect, and sustain our planet. Learn about the care of our precious Earth. Enjoy family fun while creating your own litter bug craft, view an environmental puppet show (starts 11:40am & 3:40pm) and play recycling games. Make a difference!

NATIVE CALIFORNIA PLANT USES ^{SP}

Coyote Hills Francis Mendoza
10-11:30am, Sun, Apr 26
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 ^{SP} [♿]

Coyote Hills Interpretive Staff
10:30-11:30am, Mondays
Mar 30: Sprung on Spring
Apr 27: Water is Life
Get your preschooler out and into nature! We'll play games, explore the park, and do a craft related to the theme of the day. Parent/Caregiver participation required.
3-5yrs

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-5pm. Info: (510) 544-3187 or ccove@ebparks.org.

FAMILY NATURE FUN HOUR [♿] ^{Art} ^{Music}

Crab Cove Interpretive Staff
2-3pm, every Sat & Sun, Mar & Apr
Spend an afternoon at the Bay, make new discoveries, and enjoy a new activity each week with games, crafts, and special surprises.

FISH FEEDING TIME [♿]

Crab Cove Interpretive Staff
3-3:30pm, every Sat & Sun, Mar & Apr
Meet our crabs and fish while they eat! Learn how the Seafood Watch app helps their friends in the wild!

SUNSET MOONRISE SPRING MINUS TIDE

Crab Cove Susan Ramos
6-7:30pm, Sun Mar 8
Watch the sunset and the moonrise during this exploration of a minus tide! Learn how the moon effects the tide cycle, which animals come out at dusk along the rocky



ALAMEDA EARTH DAY EVENT & ♻️

Crown Beach/Washington Park
10am-3pm, Sat, Apr 18 #28361

Interpretive Staff

Celebrate the earth and its amazing natural habitats, including our beautiful Bay. Learn how to live more sustainably with fun activities and free giveaways at the City of Alameda's Washington Park (next to Crown Beach). Food/beverages available for purchase. Crab Cove will host a volunteer beach and pond cleanup before the main festival, from 8:30-10am. #28360. Advance registration required. Sponsored by the City of Alameda & EBRPD.

shore, and much more. Wear old warm clothes and boots that can get muddy.

SHORE BIRDWALK FOR BEGINNERS **HPHP**

Elsie Roemer Bird Sanctuary, Crown Beach
Susan Ramos

8:30-10am, Sun Mar 15 # 28171

Feast your eyes on a shorebird buffet! "Peep" at everything from long and short bills to bay gulls. Beginners welcomed and encouraged. Binoculars available for loan. Meet at the observation platform near the end of Broadway.

TALES OF WHALES

Crab Cove Susan Ramos
11am-12:30pm, Sun Mar 22

These magnificent marine mammals have lots of stories to tell! Learn a bit of history, play a game, and make a candle to take home!

SEA SQUIRTS & ♻️

Crab Cove Interpretive Staff
10:30-11:45am, Tue, Mar 24, Apr 14 & 28

Share a morning of shoreline fun with your child. Play games, explore nature, sing songs, and do a craft related to the theme of the day! Ages 3-5 years.

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

Mar 24: Life (Cycle) Lessons # 28156

Apr 14: Low Tide Exploration #28159

Apr 28: Flowers that Bloom in the Spring #28161

Registration is required.

"SPLASH INTO SPRING" EGG SCRAMBLE & Art Music

Crab Cove Interpretive Staff
10am-4pm, Sat, Apr 4

Celebrate spring! Enjoy all-day family activities including the annual egg hunt around the visitor center lawn.

10-11:30am: Visit activity stations including crafts, games, the Bunny, and music.

11:30am: Egg Scramble; 2-3pm: Family Nature Fun; 3-3:30pm: Fish Feeding. Sponsored by EBRPD, Alameda Recreation & Parks, and Alameda Rotary Club. Rain-out date: Apr 11

DYEING EGGS WITH NATURE ♻️

Crab Cove Morgan Guenther
10-11:30am, Sun, Apr 5 #28193

Skip the kit and color eggs naturally with traditional homemade dyes using common kitchen finds. We'll provide the gear and a dozen eggs. Wear clothes you don't mind getting colorful! 18+yrs. Fee: \$10 (non-res. \$12). Registration is required.

CITY NATURE CHALLENGE BIOBLITZ ♻️

Crab Cove Morgan Guenther
8-11am, Sun, Apr 26 #28348

Become a citizen scientist for the day! Document biodiversity at low tide using a seine net and exploring the rocky shore. Rain boots recommended. Camera or smartphone required. 18+yrs. No fee.

Registration is required.

DEL VALLE

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

PARK 'N PLAY **SP** **HPHP**

Del Valle Ashley Grenier
10am-noon, Sun, Mar 22

Let's play in the park! Bring your family and friends out for some fresh air, nature games, and wildlife exploration. Rain or shine.

SUNSET SAUNTER **HPHP**

Del Valle Alex Collins
5:30-8pm, Sun, Mar 22

Arroyo Road staging area - Celebrate spring and enjoy a sunset on this 2.5-mile evening hike. Search for animals that love to come out at dusk. Bring a flashlight and wear layers for the hike down. 8+yrs.

SPRINGTIME STARGAZING

Del Valle Interpretive Staff
8-9:30pm, Sat, Apr 25

Arroyo Road staging area - Be dazzled by the constellations of the spring sky and see star clusters, nebulae, and planets! Tri-Valley Stargazers will be there with telescopes. Bring blankets, flashlights, and dress in layers.

SUNOL

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

ANIMAL FEEDING TIME **SP** ♻️

Sunol Interpretive Staff
10:30-11am, every Sun, Mar 1 to Apr 26

Step inside our visitor center and meet the resident animals. Find out what and how they eat as you watch us feed our not so furry friends!

NATURE CRAFTS **SP** ♻️ Art Music

Sunol Interpretive Staff
10am-noon, every Sat and Sun, Mar 1 to 22

Discover the natural world through your artistic side. We will explore the wild side of Sunol with a different craft each week.

WILD WONDERS **SP**

Sunol Interpretive Staff
2-3pm, every Sat and Sun, Mar 1 to 22

Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

OUTDOOR DISCOVERIES! **SP** ♻️

Sunol Alex Collins
10:30am-noon, Mon, Mar 9, 23, Apr 13, 27

Explore the world around you in this hands-on preschool and home school nature series! Join us as we discover, adventure, and create in the outdoor classroom of Sunol. 4-8yrs. Registration is required.

Mar 9: Tracks on the Trail #28010; Mar 23: Puddle Jumpers #28015; Apr 13: Seeds

of Sunol #28019; Apr 27: Flower Power #28023

PI DAY HIKE **SP** ♻️ **HPHP**

Sunol Ashley Adams
10:30am-1:30pm, Sat, Mar 14 #28042

March 14th is known as the day to celebrate the mathematical constant 3.14, or Pi. It's also a day to eat a lot of pie! Hike to high valley barn for a delicious celebration. 7+yrs. Fee: \$3.14. Registration is required.

FROGGY FRIENDS **SP** **HPHP**

Sunol Alex Collins
1-3pm, Sun, Mar 15

Jump into some fun, family friendly frog activities and a hiking adventure to celebrate amazing amphibians!

WILDFLOWER WILDERNESS **SP** **HPHP**

Sunol Interpretive Staff
8:30-11:30am, Sat, Mar 28, Apr 4; Sun,

Apr 5, 26

Join us for a walk through Sunol as we discover the changing blooms of the season. The length and route will change based upon each week's blooms.

WONDERFUL WILDFLOWER CRAFTS **SP** ♻️ Art Music

Sunol Interpretive Staff
10am-3pm, every Sat and Sun, Mar 28 to Apr 26

Drop in and get crafty as we learn more about the beautiful blooms of these hills.

VALLEY STROLL **SP** **HPHP**

Sunol Interpretive Staff
2:30-3:30pm, every Sat and Sun, Mar 28 to Apr 26

Meander through the meadow and discover what is blooming on this family-friendly wildflower stroll.

SUNOL TO MISSION PEAK – EARLY BLOOMERS **SP** ♻️

Sunol Alex Collins
8am-4pm, Sun, Mar 29 #28081

Hike the Beast from the East! Discover the beauty of early blooming wildflowers as we trek to Mission Peak from Sunol on this 10-mile adventure along the Ohlone Trail. 10+yrs. Fee: \$2. Registration is required.

EASTER AT SUNOL **SP** Art Music

Sunol Interpretive Staff
11am-3pm, Sun, Apr 12

Celebrate Spring at Sunol! Hop on over to the park for a day of Easter family fun!

Ongoing Nature Crafts 11am-3pm

Lawn Games 11am

Wildflower Stroll Noon-1pm, & 2-3pm

TILDEN NATURE AREA

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

BIRD CENSUS

Tilden Nature Area Anthony Fisher

9-11am, Sundays in March

We will count and record all species by sight or sound. Come to one or all and improve as a birder. Meet in front of the visitor center.



Getting to know the animals from up close.

TALK WITH THE ANIMALS

Tilden Nature Area Interpretive Staff
11-11:30am, every Sun in Mar & Apr
Get up close and personal to the animals that call the Little Farm and Nature Area home. Learn how they move, how they find their food, and how they keep safe from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

TICKS AND FRIENDS

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Mar 1
Oh, the much-maligned tick! Nobody loves you! Search the park for these despised denizens and others. View them under the microscope! Meet in the visitor center.

FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, every Sat in Mar & Apr
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.

WOOLY SOAP SCRUBBER

Tilden Nature Area Trail Gail
2-3:30pm, Sat, Mar 7
Make a unique gift and gentle exfoliate, with a built-in washcloth, using undyed wool. You will need the entire time to finish your creation. 8+ yrs

THE NEWT IN WINTER

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Mar 8
Newts are the best extremely toxic ambassadors in Tilden! See them in their habitat! Enjoy their slippery dispositions! Learn why you shouldn't eat them!

NEWTS, SALAMANDERS, AND FROGS OH MY!

Tilden Nature Area Trail Gail
2-3pm, Sat, Mar 14
We'll search our ponds, for the wet wildlife of the Nature Area. Come dressed for the outdoors.

NATURE PHOTOGRAPHY

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Mar 15
With camera or mobile, tell the story of your adventures with photography. Tips for strong images. Tips for subject matter. How to see.

WATER, WATER, EVERYWHERE OR IS THERE?

Tilden Nature Area Trail Gail
2:30-3:30pm, Sat, Mar 21
Explore the watershed with a naturalist. Come dressed for the outdoors.

STORY TIME

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Mar 22
Enjoy some children's stories in the ol' visitor center! All stories will be read with verve.

THE INSECTS OF EARLY SPRING

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Mar 29
After we figure out why insects are neat, we'll grab some nets and sample the fields. Gasp in amazement when we view them under the 'scope!

WOOLY LAMBS

Tilden Nature Area Jenna Collins
2-3pm, Sat, Apr 4 & 18
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.

HIKES FOR TYKES

Various Parks Interpretive Staff
10:30-11:45am, Tue, Mar 3, 17, 31, Apr 7, 21
Enjoy some nature before naptime with your young child! Join a naturalist as they take you over hill and dell to explore the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes. Parking fees apply. Rain cancels.
Info: (510) 544-3187.

Mar 3: Lake Chabot (Marina) Waddle, waddle, quack, quack – let's explore lakeside life!

Mar 17: Anthony Chabot (Bort Meadow Staging Area) Surrounded by green, we'll search for rainbows!

Mar 31: Redwood (Trudeau) Explore the beginnings of spring amongst the green prairie hills.

Apr 7: Leona Canyon (Canyon Oaks parking area) Bird songs and forest play make for a great day.

Apr 21: Lake Temescal (N. Entrance/Broadway) What animal life will we discover around the water?

CAMP OF THE WILD

Tilden Nature Area Trail Gail & Anthony
10am-4pm, Mon-Fri, Jul 6-10 #28323;
Jul 13-17 #28324
Get in touch with your wild side! Practice and learn ancient and useful skills. We'll build shelters, make cordage and containers, cook over an open fire, and discover edible and useful plants. Make things! Explore! Have fun! 9-12 yrs.
Fee: \$270 (non-res. \$290)
Scholarship applications available upon request. Registration is required.

TILDEN LITTLE FARM CAMP

Tilden Nature Area Jenna Collins & Trent Pearce
10am-4pm, Mon-Fri, Aug 3-7 #28327;
Aug 10-14 #28328
Experience the old-time country farm lifestyle during a week of farm camp fun! We'll learn about caring for farm animals, harvest, cook, get dirty, and have fun! Register early for this popular camp. 8-11 yrs.
Fee: \$270 (non-res. \$290)
Limit one week of registration per child.
Scholarship applications available upon request. Registration is required.

DIP INTO PONDS

Tilden Nature Area Trent Pearce
10-11am, Sun, Apr 5
Wrigglers, squigglers, and larvae abound in our ponds! Interactive and fun for all ages. We'll get acquainted with our pond residents. Rain or shine.

WE ALL SCREAM FOR ICE CREAM!

Tilden Nature Area Jenna Collins
2-3pm, Sat, Apr 11
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream.

BIRDING FOR HIPSTERS, PARTIERS, AND LAZY FOLKS

Tilden Nature Area Trent Pearce
10-11:30am, Sun, Apr 12 & 19
Want to learn about birds but can't stand to get up before sunrise? Come on these walks for birders who don't enjoy mornings. May or may not see birds.

OTHER PARKS

MONDAY BIRDING

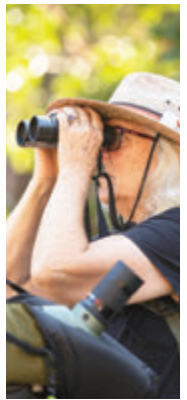
Various Parks Anthony Fisher
9am-noon, Mon, Mar 2, 9, 16 & 23, Apr 6, 13 & 20
"I believe I can fly!" said the fledgling at the

edge of her nest.

Mar 2: Tilden Nature Area, meet at visitor center, hills. **Mar 9:** Briones, Bear Creek Staging Area, hills. **Mar 16:** Fernandez Ranch, Christie Rd. off of Hwy 4, muddy hills. **Mar 23:** Nimitz Way, Inspiration Point Lot, flat-ish. **Apr 6:** Crockett Hills, Crockett Ranch staging area. **Apr 13:** Wildcat Canyon, Alvarado Park, Belgium Sanitarium, meet at the Alvarado Staging Area parking lot, hills. **Apr 20:** Tilden Nature Area, meet at the EEC, hills. Info: (510) 544-2233.

THE OVER-THE-HILLS GANG

Various Parks Trail Gail
10am-12:30pm, Tue, Mar 3 & 24, Apr 14 & 28
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. **Mar 3:** Miller Knox – If it's hot, the walk will be flat, if not, we'll go up the hills. Meet at the first parking lot on your right



WEDNESDAY WALKS

Various Parks Interpretive Staff
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. Heavy rain cancels. Hikes begin at 9:30am.

Mar 4: Anthony Chabot – Bort Meadow. Enjoy Spring! Take about a 4-mile hike through a meadow, up and down hills, and along city streets. Some parts strenuous. Restroom facilities about 1/4 of a mile from the trailhead. For information, call (510) 544-3187.

Mar 18: Tilden Park, Lone Oak – Up the hill for inspiration, then to the creek to flow home. Led by Trail Gail.

Mar 25: Dublin Hills – A moderate 5-mile out and back hike on the Calaveras Ridge Trail. Led by Christina Garcia Info (510) 544-3282.

Apr 15: Tilden Park, Steam Train Overflow parking lot – Search for flowers. Info: (510) 544-2233. Led by Trail Gail.

Apr 22: Sunol – Moderately strenuous 4 miles with wildflowers. Led by Christina Garcia Info (510) 544-3282.



Enjoying a walk at Lake Chabot.

after the tunnel. **Mar 24:** Leona Canyon – Native plants abound on this hilly walk. **Apr 14:** Contra Loma, Main Parking Lot – “mostly” flat. **Apr 28:** Tilden Park, Steam Train Overflow parking lot – Search for flowers. Info: (510) 544-2233.

SATURDAY & SUNDAY STROLLS ^{SP}

Various Parks Interpretive Staff
10am-noon

Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from three to four miles. Great for families. Info: (510) 544-3187.

Various Parks Interpretive Staff
10am-noon

Mar 1: Sibley (Wilcox Station Staging Area): Hike a 3-mile loop in one of the newest and least known areas of Sibley, before it is closed for creek restoration. Directions: Best access is from Canyon Road in Moraga, then turn right on Pinehurst Road. Sorry, no dogs.

Mar 21: Sibley (Old Tunnel Road) Experience great views, early wildflowers, raptors and amphibians on a moderate 3-mile loop through varying landscapes. Dogs on leash okay. **Apr 19:** Reinhardt Redwood (Trudeau Center) Search for wildflowers from prairie to redwoods to hillside and back on this 3-mile loop. Dogs on leash okay.

BIRD WALK ^{SP} **HPHP**

Quarry Lakes Kristina Parkison
8-10am, Sat, Mar 7
Isherwood Staging Area - 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. Info: (510) 544-3220.

WEEKDAY BIRD WALK ^{SP}

Various Parks Kristina Parkison
7:30-9:30am, Tue, Garin, (Visitor Center) Mar 10; Vargas Plateau, Hayward Shoreline (Interpretive Center), Mar 24; Apr 7; Alameda Creek (Niles Staging Area), Tue, Apr 14
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. 12+yrs. Info: (510) 544-3220.

LAKESIDE LITTLES ^{SP} **HPHP**

Shadow Cliffs Ashley Grenier
10-11am, 11:30am-12:30pm, Mon, Mar 16, Apr 20
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! Caregiver participation required. 1-5yrs. Info: 510-544-3249.

CANINE CAPERS WALK ^{SP} **HPHP**

Garin Kristina Parkison
9-11am, Sat, Mar 21 #28306
Red Barn Visitor Center - The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us as we hike park trails. 8+yrs. Registration is required.

BIRDING BY EAR

Leona Canyon Michael Charnofsky
9:30-11:30am, Sun, Mar 29
Yes, it does count when you identify a bird by its song. Let's practice in this beautiful, diverse canyon with many bird habitats. Constant rain cancels. Directions: From HWY 580, take the Keller Ave exit and drive towards the hills on Keller for around 1 mile. Turn left on Campus Drive. Make the first right onto Canyon Oaks Drive towards the condos, then make an immediate left to the end of the driveway to the trailhead parking area. 10+yrs. Info: (510) 544-3187.

VASCO CAVES TOUR [♿]

Vasco Caves Interpretive Staff
9am-2pm
Sat, Apr 4 #28298; 18 #28303;
Sun, Mar 22 #28280; 29 #28285; Apr 5 #28301; 26 #28307
Various Locations - 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 (Mar 22, 29, Apr 4, 18) or Brushy Peak (Apr 5 & 26). 10+yrs. Info: (510) 544-2750.
Fee: \$35 (non-res. \$40)
Registration is required.

WILDFLOWER CRAWLS **HPHP**

Various Parks Trent Pearce
2-4:30pm, Sun, Apr 5, 12 & 19
Ever been on a wildflower walk with a crowd of wildflower lovers? We don't go very fast. Explore the East Bay's floral abundance on these walks/crawls. Bring water and patience. **Apr 5:** Tilden Nature Area. Meet at Environmental Education Center. **Apr 12:** Tilden Regional Park. Meet at Steam Trains Overflow Lot. **Apr 19:** Briones, Bear Creek Trail. Meet at EBRPD Briones Bear Creek Staging Area. Info: (510) 544-2233.

WILDFLOWER WALK [♿] **HPHP**

Las Trampas Ashley Adams
9am-12:30pm, Sat, Apr 11 #28097
Hike the hills to discover the dazzling beauty of local wildflowers. Discover what makes these hills an ideal place for bountiful blooms. Info: (510) -544-3249. Registration is required.

POETRY IN THE PARK **HPHP ^{Art} ^{Music}**
Sibley Morgan Guenther
10am-noon, Sun, Apr 12
Morning on the trail. National Poetry Month. Bring poems to share. Mary Oliver to Wendell Berry, the poems we read can vary. A 3-mile stroll with words for the soul. Info: (510) 544-3187.

SERPENTINE PRAIRIE WALK **HPHP**

Reinhardt Redwood Susan Ramos
10-11:30am, Sat, Apr 25
Trudeau Staging Area: Take a stroll through this special area as we search for wildflowers, native grasses, and an endangered flower. Discover what makes this habitat unique and find out what is being done to restore it. Info: (510) 544-3187.

VOLUNTEER



Cub scout pulling French broom.

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Reinhardt Redwood Staff
9am-1pm, 1st Sat of the month
9:30am-1:30pm, 2nd Sun of the month
Help remove invasive French Broom at various locations in the park. Tools, protective equipment and snacks will be provided (please bring a reusable water bottle to fill). Call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley Staff
9:30am, 3rd Sun of the month – Huckleberry
9:30am, 2nd Sat of the month – Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Water and snacks are provided but please bring your reusable water bottle. 16+yrs for Huckleberry. For groups of three or more, please contact Park staff at least three weeks in advance. Info: (510) 544-3112. sibley@ebparks.org.

LEONA CANYON NATIVE PLANT RESTORATION

Merritt College Michael Charnofsky
10am-2pm, Sat, Mar 14 #28343
Parking Lot E: Volunteers are needed to help protect featured native plants by pulling non-native invasive grasses and shrubs, focusing around the stations of the self-guided "Local Indian Uses of Plants" trail. Lunch, tools, and gloves provided. Community service hours available for students. Rain or shine. 10+ yrs. Registration is required.

BEACH CLEANUP AT ENCINAL

Encinal Beach Susan Ramos
1-2:30pm, Sat, Apr 11
This unique place is home to harbor seals, fish, and birds. Help clean up their beach! Bring your own gloves & bucket or borrow ours. An adult must accompany children 12 and under. Unaccompanied minors 12-17 must bring waiver signed by an adult. Call (510) 544-3187 for more info and the form.

3RD THURSDAYS AT THE GARDEN

Crab Cove Interpretive Staff
10am-noon & 1-3pm, Thu Mar 19 & Apr 16
Volunteers are needed in our Demonstration Garden to help with maintenance-weeding, pruning, mulching, and other projects. One-time or on-going help welcome. Attend one or both sessions. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toed shoes, hat, and bring a water bottle. An adult must accompany children under the age of 12. Unaccompanied minors 12-17 must bring waiver signed by an adult. Call (510) 544-3187 for the form.

ALAMEDA EARTH DAY: COASTAL CLEAN-UP



Crab Cove Susan Ramos
8:30-10am, Sat, Apr 18 # 28360
Happy Earth Day! What better way to celebrate than to give the Earth a spring cleaning?! Help wildlife and make our environment more beautiful. In addition to litter pick-up, we may also work on invasive weed removal. Students can earn community service hours. Stick around to enjoy the Alameda Earth Day event afterwards! 4+.
Registration is required.

WILDLIFE VOLUNTEERS

with Dave "Doc Quack" Riensche, Wildlife Biologist

What to Bring: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen.

Physical labor is involved with many of our projects. Parent participation is required. Registration is required.



Volunteers helping create courtship conditions for plovers.

SHOREBIRD SANCTUARY

9:30-noon, Sat, Mar 7 #28740
ML King Jr. Shoreline, Oakland
Create nesting habitat for the threatened Western Snowy Plover. 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 "Shorebird Sanctuary" patch.
Deadline to sign-up is Feb 28.
Directions: In Oakland, take Hwy 880 north or south to Hegenberger Road, go west to Pardee Drive, right on Pardee Drive to Swan Way, left on Swan Way to park entrance. Meet at the King Fisher Picnic Area parking lot.

COLONY CARETAKERS
Hayward Shoreline, Hayward
1:30pm-4pm, Sat, Mar 7, #28741

Help create nesting habitat for the endangered California Least Tern, and Western Snowy Plover. You will pull weeds, place nesting materials, install tern decoys, build a chick fence, and set up the sound system in anticipation of another exciting tern and plover breeding season.

Earn your "Colony Caretakers" patch. Deadline to sign-up is Feb 28. Park in the Hayward Shoreline service yard, at 3050 West Winton Ave.

RAIL RESCUE RANGERS
Elsie Roemer Bird Sanctuary/ Crown Memorial State Beach
1:30pm to 4pm, Sat, Apr 18 #28743
During this hands-on adventure you'll

help create habitat for the federally and state endangered Ridgway's Rail. We will remove non-native plants, pick-up trash, and plant wildlife friendly vegetation which will restore the upland areas of the Roemer Bird

Sanctuary for rails.

By participating, you'll earn your "Rail Rescue Ranger" patch.

Deadline to sign-up is Apr 10.

Meet at the Marsh Overlook.



Wildlife volunteers planting Marsh Grindelia.

BIRD-A-THON – FUND RAISING EVENT

Location: TBA

Fri, Apr 24

We typically start a half hour before sunrise and finish a half hour after sunset.

Join an exciting, and rewarding birding adventure while helping to generate funds to support the Wildlife Volunteer Program. During



this "Quest for more than 150 Birds in a Day", you will get "nose to beak" with birds, while visiting several active bird research and restorations sites. Our dawn to dusk adventure, supported by local Audubon Society Chapters, will take us through numerous locations, recording the "Feathered Jewels" they contain, while generating tax-deductible donations to meet the mission of protecting and enhancing California Least Tern and Western Snowy Plover nesting habitat in the District. Space is limited. Register by Friday, April 10. Contact Doc Quack at docquack@ebparks.org, (510) 544-2319.

What to Bring: Binoculars, water, lunch and trail snacks, outdoors clothing (long pants), hiking shoes/boots (Water-

proof footwear), gloves, hat, windbreaker, sweater, jacket, sunglasses, insect repellent, and sunscreen.

CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole, Richmond
9:30am-noon, Sat, Apr 18 #28742

Create habitat for the State threatened California black rail. We will remove non-native plants, pick-up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife friendly vegeta-

tion which restores nesting habitat. By participating, you'll earn your "Black Rail Habitat Helper" patch.

Deadline to sign-up is April 10.



Black Rail Habitat Helpers.

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA
(510) 544-2797

BIG BREAK

69 Big Break Road
Oakley, CA
(510) 544-3050

BLACK DIAMOND MINES

5175 Somersville Road
Antioch, CA
(510) 544-2750

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA
(510) 544-3169

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA
(510) 544-3220

CRAB COVE

1252 McKay Avenue
Alameda, CA
(510) 544-3187

DEL VALLE

7000 Del Valle Road
Livermore, CA
(510) 544-3146 summer weekends
only; 544-3249

GARIN

1320 Garin Avenue
Hayward, CA
(510) 544-3220

SUNOL-OHLONE

P.O. Box 82 (on Geary Road)
Sunol, CA
(510) 544-3249

TILDEN NATURE AREA

Environmental Education
Center (EEC) at Tilden
Regional Park
Berkeley, CA
(510) 544-2233

SWIM FACILITIES

1-888-327-2757, option 3

LAKE ANZA

Tilden Regional Park
Berkeley, CA | ext. 4563

CASTLE ROCK

1700 Castle Rock Road
Walnut Creek, CA | ext. 4515

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA | ext. 4518

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA | ext. 4523

DEL VALLE

7000 Del Valle Road
Livermore, CA | ext. 4524

DON CASTRO

22400 Woodroe Ave.
Hayward, CA | ext. 4527

QUARRY LAKES

2100 Isherwood Way
Fremont, CA | ext. 4552

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA | ext. 4555

SHADOW CLIFFS


2500 Stanley Blvd.
Pleasanton, CA | ext. 4557

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA | ext. 4561

Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed for further information.

For programs that indicate "Registration is required," register by calling 1-888-EBPARKS (1-888-327-2757), option 2, or by calling the number listed.



ONLINE registration is available if the program title displays this symbol:  Go to www.ebparksonline.org. When registering online, use the course code printed next to the program date(s).

WALK-IN: Come to the District Headquarters between 8:30am and 5pm Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next to the Dunsmuir House and south of the Oakland Zoo off I-580. See map below.

BY PHONE: Phone registration requires a VISA or Mastercard. The Reservations Office is open between 8:30am-4pm Mondays through Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.

FEE PAYMENT: Fees must be paid in full at the time of registration. Fees may be paid by money order, VISA, Mastercard, cash, or pre-

printed check for walk-in registration. Make checks payable to **EBRPD**. Programs registered in the parks may be paid for by check up until the day of the program if space is available. Returned checks will be charged a \$25 Returned Check charge. **Non-resident fees** apply to anyone living outside Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program.

CREDIT CARDS:   VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY: REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. **CANCELLATION POLICY:** At least five business days advance notice is necessary for a full refund. Failure to notify the Reservations Office at least five business days in advance of your cancellation will result in forfeiture of the program fee. The Reservations Office is open Monday through Friday. The last day to cancel a Saturday or Sunday program is the prior Monday.



Want to Work in Nature?

NEW Natural History and Sustainability Certificate of Achievement programs at Merritt College.

Courses taught by East Bay Regional Park District Staff and Merritt College Faculty

Certificate of Achievement programs:

- Conservation and Resource Management
- Natural History and Resources
- Urban Agroecology

Learn more: merritt.edu/wp/nhs



East Bay 
Regional Park District

Healthy Parks Healthy People

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

Make a Difference on Earth Day

HELP CLEAN UP BEACHES AND RESTORE NATURAL HABITAT

Saturday, April 18
8:30 a.m. to Noon

VOLUNTEER IN A REGIONAL PARK:

- Crown Memorial State Beach, Alameda
- MLK Jr. Regional Shoreline, Oakland
- Point Pinole Regional Shoreline, Richmond
- Sibley Volcanic Regional Preserve, Oakland

REGISTRATION REQUIRED:

ebparks.org/activities/volunteer
or call 1-888-327-2757, option 2



BRING GLOVES AND A REFILLABLE WATER BOTTLE. SNACKS, WATER, AND TOOLS PROVIDED.

Sunol Wilderness Regional Preserve

Spring Wildflower Season

FORMERLY KNOWN AS THE SPRING WILDFLOWER FESTIVAL

ENJOY SIX WEEKENDS OF WILDFLOWER DISCOVERY

Special themed activities and programs • Wildflower hikes
• Arts and crafts • Live entertainment • Nature activities

- March 28-29 Early Bloomers
- April 4-5 April Showers — a Discovery of Water and Wildflowers
- April 11-12 Easter at Sunol
- April 18-19 Flowers Afield — Two Days Full of Wildflower Hike
- April 25-26 Pollinator Weekend
- May 2-3 The Art of Spring Arts and Crafts



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Sunol Visitor Center open 8:30 a.m. to 4 p.m.

Visit ebparks.org or call (510) 544-3249 for a full list of activities.

Give Back to Your East Bay Regional Parks!

Purchase a **Regional Parks Foundation** membership, and the funds will support educational programs and stewardship projects in the East Bay Regional Parks. As a thank you, you'll receive: *Free Parking, Free Swimming, Annual Dog Pass (up to 3 dogs), Camping Discounts and more...*

Memberships are available at select **Regional Parks and Bay Area REI stores** – and you can use your REI membership dividend to purchase! Or visit RegionalParksFoundation.org/Join to purchase online.


**REGIONAL PARKS
Foundation**
Supporting East Bay Regional Parks