

Regional in Nature

Activity Guide



January – February 2019



Pinole Shores Bridge and Bay Trail Extension Completed. See "Reclaiming the Shoreline for Public Use" on page 2.

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East Bay
Regional Park District

Healthy Parks Healthy People

ebparks.org

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

.....	1-888-EBPARKS
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Naturalist & Recreation
Programs..... 1-888-EBPARKS
TRS Relay Service..... 7-1-1

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downloads, activity and event
information, and much more!



A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

Reclaiming the Shoreline for Public Use



Years ago the Bay Shoreline was pristine with abundant wildlife and beauty. Then came industrialization and the mobilization of resources around World War II when much of the shoreline was converted to industrial and commercial use in support of those efforts. Now, the East Bay Regional Park District manages 55 miles of shoreline and is working to restore even more shoreline to public use and natural habitat while adapting to climate impacts.

Since its inception in 1934, the East Bay Regional Park District has been working to preserve land for future generations. First in the East Bay hills with parks like Tilden, Redwood, and Wildcat – and now on the shoreline to reclaim it for public use. In the past few years the Park District has made an especially strong push to reclaim the shoreline with many acquisitions, public access improvements, and habitat restoration projects to once

again create serene environments suitable for public use and wildlife.

Completed/Current Projects Include:

- Coyote Hills expansion
- Oyster Bay improvement project
- Crab Cove expansion
- Gateway Shoreline Park development
- Eastshore Brickyard Phase I
- Albany Beach and Bay Trail project
- Miller Knox land use plan
- Point Molate Trail development
- Dotson Family Marsh restoration
- Pinole Shores Bay Trail expansion

A lot has been accomplished, but more needs to be done. The East Bay Regional Park District is committed to continuing our work. Restoring the shoreline for public use is an important part of our mission, just as creating parks in the East Bay hills was the calling of those who came before us. See you in your Regional Parks.



Oyster Bay



Crown Beach



Point Pinole

Where Do They Go?

WHAT WILDLIFE IS UP TO DURING THE WINTER

Not every creature hibernates. Believe it or not, some East Bay wildlife become even more active and visible when the winter chill settles in. That is usually because their seasonal mating and reproductive cycles occur only in the winter and fall.

In the winter, salamanders and newts start their yearly reproductive trek for suitable ponds and suitable mates. Western toads and tree frogs can also be seen in the winter on their quest to find breeding pools and a safe place to lay their eggs.

Thousands of ducks, geese, and shorebirds can be seen while making pit stops on their way south, eating their way through the East Bay's smorgasbord of invertebrates, fish, and seasonal seeds and sprouting plants.

But land isn't the only place you can see wildlife in the colder months. Steelhead and salmon swim high up local creeks to gravel beds that provide the ideal spot for eggs to hatch and grow during the winter rainy season.

Some local wildlife do hibernate. Some lizards and snakes, for instance, find a secure place to winter, and ground squirrels sleep away much of the winter in burrows.

Truth is most local wildlife are still active in winter, even raccoons, coyotes, and mountain lions.

It's mostly us humans that are less active in the winter, and less likely to see them.



Ridgeway's rail

Park District and Regional Parks Foundation Celebrate Major Anniversaries in 2019

This year both the East Bay Regional Park District and Regional Parks Foundation reach key milestones with the Park District turning 85 years old and the Regional Parks Foundation hitting the half century mark at 50 years old. Both organizations have a storied tradition of preserving open space and recreational opportunities for East Bay Residents.

East Bay Regional Park District:

First established in 1934 with three regional parks, during the height of the Great Depression, the East Bay Regional Park District now comprises 73 regional parks on over 121,000 acres, including over 1,250 miles of trails for hiking, biking, horseback riding and nature learning. The Park District now receives 25 million visits per year, more than Disneyland, and more than the East Bay's A's, Giants, Warriors, 49ers, and Raiders combined.

Known for its beautiful parks, lakes, and open spaces, the Park District is also an economic stimulator for the region. A 2017 independent study showed the benefits to residents, businesses, and visitors total \$500 million annually, including health, recreation, property value, and ecosystem services.



Regional Parks Foundation:

Established in 1969 to facilitate a land donation from Kaiser Sand and Gravel (now Shadow Cliffs Regional Recreation Area), the foundation is now focused on fundraising to support broader park access, acquisition of parkland, habitat protection, and education and recreational

programs. Today the Regional Parks Foundation is 11,000 members strong with over \$2 million raised annually. Significant recent donations include a \$1 million contribution in 2017 for renovation of multiple visitor centers and a 296-acre land donation in 2014 from the Patterson Family to expand Coyote Hills Regional Park in Fremont.

Connecting young people to nature has been one of the Foundation's main missions over the years with a campership program that sends children to camps for free each year, and fishing derbies for children with special needs. The Foundation also supports Park Express, a bus program providing youth, seniors, and the disabled access to parks.

Interpretive Pavilion Coming Soon to Shadow Cliffs

Plans have been approved and finalized for a new 1,000 square foot open-air, outdoor interpretive pavilion at Shadow Cliffs Regional Recreation Area – complete with educational exhibits highlighting the natural and cultural history of the park, as well as the recreational opportunities available in the park's wilderness area.

During peak months, Shadow Cliffs Regional Recreation Area receives 35,000-45,000 visitors per month, many for hiking, biking, swimming,

boating, and fishing. The Shadow Cliffs Interpretive Pavilion will help connect visitors to the park's wilderness area and its miles of trails along the Arroyo Mocho creek.

Shadow Cliffs wilderness area includes an oak-lined creek that runs year-round and vast wildlife. Shadow Cliffs wilderness area also hosts school field trips year round for naturalist-led nature walks. The pavilion will serve as a shaded and weather-protected gathering spot for the school groups.

The Interpretive Pavilion is made possible by state and non-profit grants and individual donations, including a lead gift of \$200,000 from Nancy and Gary Harrington of Pleasanton, funding from a California State Parks Grant, and a generous grant from the Wayne and Gladys Valley Foundation. The remainder is being funded by the Park District with a total project cost of \$900,000.

The Pavilion groundbreaking is scheduled for April 2019.



Health Matters

East Bay
Regional Park District
AND
KAISER PERMANENTE® thrive

ARE PROUD PARTNERS
IN 2019 WITH THE MUTUAL GOAL
OF PROMOTING HEALTH AND FITNESS.

KAISER PERMANENTE HEALTH TIPS:

Keeping Your Resolutions

Having trouble keeping your New Year's resolutions? You are not alone. A 2014 study by the University of Scranton found that 45 percent of Americans make resolutions each year, but of these only 8 percent are successful. People often know what they need to do, but without a strategy, they can't change their behavior.

- **Start with goals that you can achieve.** Start with a goal of walking briskly for 15 minutes, Monday, Wednesday, and Friday, for two weeks. You can increase your time later.
- **Monitor your progress.** Tracking behavior can change behavior.
- **Arrange your environment to be successful.** Don't buy unhealthy food, don't have it in your office, and don't keep it in the freezer.
- **Have a support person** who is encouraging you and holding you accountable. You need a high-five when you achieve your goal.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S 2019 TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT WWW.KP.ORG (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).

Healthy Parks Healthy People

KAYAKING / BOATING

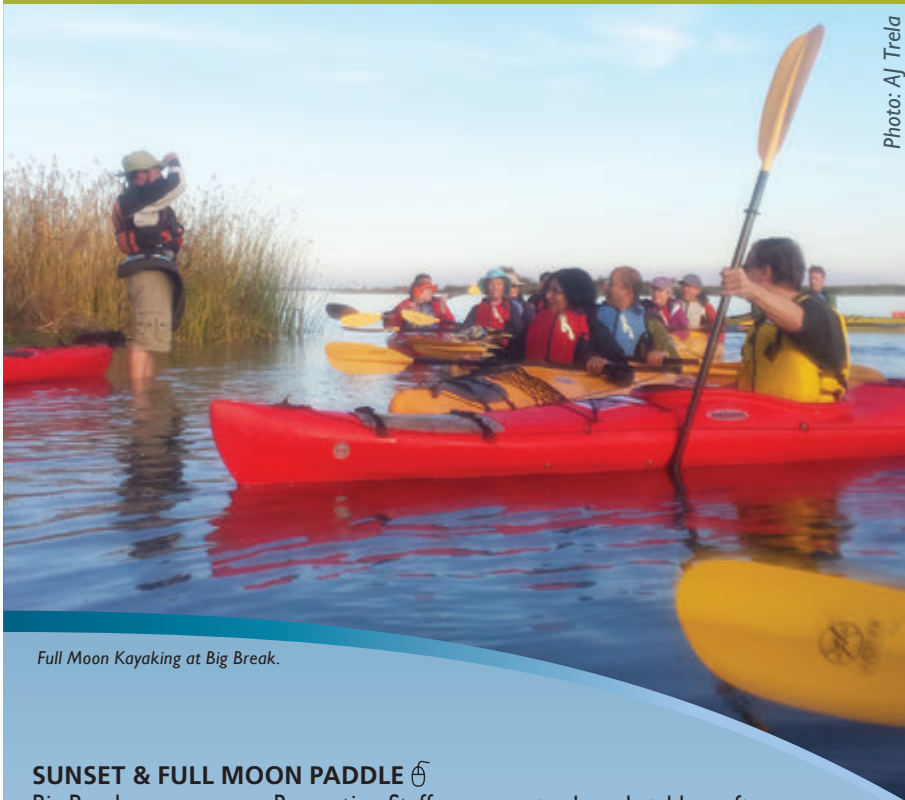


Photo: AJ Trela

Full Moon Kayaking at Big Break.

SUNSET & FULL MOON PADDLE

Big Break Recreation Staff
3:30-6pm, Sun, Jan 20 #23745

4-6:30pm, Mon, Feb 18 #23746

Paddle as the light of the setting sun and the rising moon sparkles on the waves. After dry-land instruction, we will wend our way in our steady and stable tandem kayaks. Adult registration/participation required with registered children (ages 8-16yrs.)

Registration is required.

Fee: \$30 (non-res. \$34)

KAYAKING BIG BREAK

Big Break Recreation Staff
1-3:30pm, Sun, Feb 3 #23705

Come ply the welcoming and wondrous waters of the Delta on this beginner (& up) kayak excursion. We will start off with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. 8+yrs. Adult registration/participation required with registered children (ages 8-16yrs.)

Registration is required.

Fee: \$30 (non-res. \$34)

BIRDING BY KAYAK – LONGER PADDLE

Big Break Naturalist/Recreation Staff
9am-12:30pm, Sun, Jan 13 #23758

Come ply the welcoming and wondrous waters of the Pacific Flyway on this longer kayak excursion. We will start off with dry land instruction then paddle

our steady and stable craft on a group exploration of this lovely, rich shoreline from end-to-end. 8+yrs. Adult registration/participation required with registered child (ages 8-16yrs.)

Registration is required.

Fee: \$40 (non-res. \$44)

WINTER MORNING LEISURE PADDLE

MLK Shoreline Recreation staff
8:30-11:30am, Wed, Jan 9 #23759; Feb 13 #23760

Come explore the calm waters of San Leandro Bay by kayak on this winter morning leisure paddle. Kayaks, instruction and all associated safety gear provided. 11+yrs. Adult participation and registration required with registered child (11-16yrs.)

Registration is required.

Fee: \$35 (non-res. \$39)

KAYAKING IS FOR THE BIRDS!

Big Break Naturalist/Recreation staff
9-11:30am, Sun, Feb 3 #23702

What better way to see birds than by kayaking? We will begin with dry land instruction then paddle our steady and stable kayaks on a group exploration of resident and winter migrant birds. 8+yrs. Adult registration/participation required with registered child (ages 8-16yrs.)

Registration is required.

Fee: \$30 (non-res. \$34)

RECREATION

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen

10am-noon, Sat, Jan 19 #23494;

Feb 23 #23501

1:30-3:30pm, Sat, Jan 19 #23497;

Feb 23 #23504

Gain 90 minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30 minutes of classroom instruction. 8+yrs. (adult supervision required for children ages 8-13yrs.)

Registration is required.

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

PET FIRST AID/CPR

MLK Shoreline Peter Pay

9am-1pm, Sat, Feb 23 #23510

Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate included in fee. 12+yrs.

Registration is required.

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

FISHING – TROUT BASICS

Various Parks Recreation Staff

8-10am, Contra Loma, Sat, Jan 26 #23761;

Sat, Feb 16 #23762

8-10am, Temescal, Sat, Jan 12 #23763;

Sat, Feb 2 #23764

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 (ages 8-16yrs.)

Registration is required.

Fee: \$19 (non-res. \$21)

ARDENWOOD

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

ANIMAL FEEDING

Ardenwood Interpretive Staff

3pm, Thu through Sun

Check for eggs and bring hay to the livestock. Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

NEW YEAR'S DAY BUTTERFLY DISCOVERY

Ardenwood Pia Loft & Interpretive Staff
11:30am & 1:30pm, Tues, Jan 1

Start the year off right with an inspiring visit to our monarch butterfly clusters. Discover the amazing life cycle of these tiny creatures and how they survive the long cold season in the Bay Area.

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers and hikers improve endurance, posture, balance, confidence and strength and enhances enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve your 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.**

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Black Diamond Jayah Faye Paley

9am-3pm, Sat, Feb 23 #23609

Experience everything in the Basic Skills & Techniques class plus a lovely, practice hike. Learn individualized strategies for improving your trail performance and confidence. "Test drive" quality pole models; learn which poles fit you to help you achieve your goals. All experience levels welcome.

Registration is required.

Fee: \$65 (non-res. \$73)

FITNESS FOR THE TRAIL AND FOR LIFE!

Temescal Jayah Faye Paley

8:30am-3:30pm, Sat, Jan 19 #23538

Full day fitness training session designed to enhance your ability to maintain physical health, quality of life, and experience happy 2019 adventures. Individualized movements and programming focus on improving your foundation, longevity, joint health, spine function, balance, posture, endurance, strength, and flexibility. All levels welcome.

Registration is required.

Fee: \$135 (non-res. \$149)



Photo: Dave Miller

Migrating monarch butterflies arrive in large numbers and cluster together every year in late fall at Ardenwood Historic Farm.

MONARCHS FOR KIDS

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Jan 5, 12, 19, 26
Young children will enjoy an interactive program all about monarch eggs, caterpillars, chrysalides and butterflies. Then they'll take a short hike to see these amazing insects' life cycle in action. Meet at the Granary. (3-6 yrs.)

MONARCHS: POLLINATOR ROYALTY

Ardenwood Interpretive Staff
12:30-1:30pm, Sat, Jan 5, 12, 19, 26;
Sun, Jan 6, 13, 20, 27
Bees get all the buzz but did you know that butterflies are pollinators too? Discover how these fluttery creatures affect our surroundings while we admire their clusters and learn how to protect them. Meet at the Greenhouse.

MONARCH SPOTTING

Ardenwood Interpretive Staff
2-2:30pm, Sat, Jan 5, 12, 19, 26, Feb 2;
Sun, Jan 6, 13, 20, 27; 11-11:30am, Sun,
Jan 13, 20
With brilliant orange-and-black wings, monarchs are some of the most easily recognizable butterflies, but that does not mean their clusters are easy to find! Join our staff as we point out our winter visitors and use a spotting scope to take a closer peek. Meet at the Greenhouse.

MARVELOUS MONARCHS

Ardenwood Interpretive Staff
10:30am, Sun, Jan 6, 27; Sat, Feb 2
Explore the amazing phenomena of migrating monarch butterflies through a slide presentation, and then visit their winter home in the eucalyptus grove. Find out how you can participate in monarch conservation! Meet at the Granary.

FAREWELL TO THE MONARCHS

Ardenwood Mindy Castle & Interpretive Staff
1-3pm, Sun, Feb 3
Discover what life is like for monarch butterflies as they begin their journey home. Meet at the granary for a slide presentation, learn what you can do to help protect them, and make your own monarch butterfly craft.

MILKWEED FOR MONARCHS

Ardenwood
Marianne Beacham
11am-noon, Sun, Feb 10; 1:30-2:30pm,
Sun, Feb 17
Meet at the greenhouse to plant some milkweed seeds to bring home to grow in your own garden and learn about the cool relationship between milkweed and monarchs.

PUPPET SHOW

Ardenwood Max Cade
10:30-11am, Sun, Jan 13, 20
Come see the story of The Very Hungry Caterpillar performed by our farmyard puppets. Two shows will be given.

GOT MILKWEED?

Ardenwood Christina Garcia
1:30-2pm, Sat, Feb 2
Many gardeners want to help monarchs by planting milkweed. But did you know some types may do more harm than good? Drop by the greenhouse for some tips on planting a monarch-friendly garden.

Registration information – register beginning November 27
www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2

RABBIT RENDEZVOUS

Ardenwood Interpretive Staff
10:30-11am, Sun, Feb 3
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
11am-noon, Sun, Feb 3; 11:30am-12:30pm,
Sun, Feb 24
Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Feb 6, 20, 27
Bring the tots out for an exciting morning at the farm. Read a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine! (1-4 yrs.)

HENS LAY EGGS

Ardenwood Interpretive Staff
10:30-11am, Sat, Feb 9, 23
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.

VICTORIAN TABLE TOP GAMES

Ardenwood Interpretive Staff
11:30am-12:30pm, Sat, Feb 9
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.

A FUNGUS AMONG US

Ardenwood Christina Garcia
1:30-2:30pm, Sat, Feb 9, 23
From truffles and yeast to ringworm and toadstools, fungus is all around us. Explore the farm looking for examples of these life forms and learn more about their importance in our world.

GOOD MORNING FARM

Ardenwood Interpretive Staff
10:30-11am, Sun, Feb 10
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.

FUN WITH FELTING

Ardenwood Mindy Castle
1-2pm, Sun, Feb 10
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.

GORGEOUS GOATS

Ardenwood Interpretive Staff
2-2:30pm, Sun, Feb 10
Let the little ones lend a hand giving our goats some much needed exercise and grooming attention. See if your kids like working with our kids.

WAKE UP THE FARM

Ardenwood Interpretive Staff
10:30-11am, Sat, Feb 16
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.

DIRT MADE MY LUNCH

Ardenwood Pia Loft
11:30am-12:30pm, Sat, Feb 16
Meet our farmer as we explore the wonders of dirt: we will learn how healthy soils provide nourishing food while we experiment and have fun with mud in our vegetable garden.

GARDEN BUG SAFARI

Ardenwood Pia Loft
1:30-2:30pm, Sat, Feb 16
Discover the mysterious world of bugs as we explore our vegetable garden. We will observe these tiny farmers at work and tell their stories through arts and crafts.

WONDERFUL WOOL

Ardenwood Mindy Castle
10:30-11:30am, Sun, Feb 17
We'll start with a yarn about wool before visiting our fleeciestic friends. Along the way we'll learn how we can transform their special fur into woolly wonders.

FARMYARD ANIMALS

Ardenwood Marlene Gallegos
11:30am-12:30pm, Sun, Feb 17
Join us for a story about all our farm animal buddies! After, craft your very own mask of your favorite farm animal.

BIRDING THE FARM

Ardenwood Christina Garcia
7:30-9am, Sat, Feb 23
Let's look for winter residents in the orchards and gardens of this urban refuge. Bring binoculars or borrow a pair from us. Beginners welcome! No admission fee.

CORN MOSAICS ♿

Ardenwood Interpretive Staff
11:30am-12:30pm, Sat, Feb 23
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.

A program in partnership with ...

KAISER
PERMANENTE **thrive**



TRAILS CHALLENGE ♿ **FREE**

Start your New Year with a new challenge! Beginning January 2, 2019, you can join thousands of hikers who will take the Trails Challenge, which 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

FARMYARD STORY TIME ♿

Ardenwood Interpretive Staff
10:30-11:30am, Sun, Feb 24
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.

WE ALL SCREAM FOR ICE CREAM! ♿

Ardenwood Mindy Castle
1:30-2:30pm, Sun, Feb 24
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream.

BIG BREAK

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

DELTA DISCOVERIES ♿

Big Break Interpretive Staff
11am-2pm, Every Sat & Sun
Discover the wonders of the Delta through hands on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER ♿

Big Break Interpretive Staff
9-10am, Every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

PARK PUPS

Big Break Rachel Pulizzi
9:30-11am, Thu, Jan 3
Bring your pup out on a nature walk! Let's learn about all the different tails that share the trails. Bring water & treats for you and your companion. 2 miles. Dogs on leash.

FAMILY GAME NIGHT & CAMPFIRE

Big Break Rachel Pulizzi
5:30-7:30pm, Sat, Jan 5 #23830
Early winter nightfall is the perfect opportunity for a warming campfire! Bring your favorite card or board game, skit ideas, cozy blanket and flashlight. Hot chocolate & s'mores provided.

THE GREATNESS IN GROSS

Big Break Interpretive Staff
2-3pm, Sun, Jan 6
Nature can be a little gross... but that's great! Come join us to learn more about the yucky side of nature and why it's so fascinating!

BIG BREAK LITTLES **HPHP**

Big Break Cat Taylor
10-11am, Mon, Jan 7, Feb 4;
Tue, Jan 8, Feb 5
Bring the little ones out to the park to

explore nature. Jan - Discover the magic of rain. Feb - Mammals of Big Break.

REDUCE, REUSE, RECYCLE

Big Break Interpretive Staff
2-3pm, Sat, Jan 12
Love your planet! Come find fun ways to reuse common household items, as well as some hints for recycling and reducing waste.

KING TIDES AND WETLAND SPONGES

Big Break Rachel Pulizzi
12:30-2pm, Sat, Jan 19
Wetlands absorb the rising waters of a King Tide. Discover what causes King Tides and watch the wetlands change during one of the highest tides of the year!

SOARING HIGH LIKE A KITE

Big Break Interpretive Staff
2-3pm, Sun, Jan 20
It's a bird! It's a plane! It's a white-tailed Kite! These hawks hover just like paper kites. Explore the bird kind while making your own paper kind!

OUTSTANDING OTTERS

Big Break Interpretive Staff
2-3pm, Sat, Jan 26
Discover how river otters differ from sea otters. Come along to find river otter clues in our park.

WORLD WETLAND DAY ♿ **HPHP**

Marsh Creek Rachel Pulizzi
9-11am, Sat, Feb 2 #23827
Join the international celebration of wetlands! We'll walk down Marsh Creek Trail

to see the wetland restoration project at Dutch Slough. 2.2 Miles round trip. Bring water & snack.

Registration is required.

VISITORS FROM AFAR

Big Break Interpretive Staff
2-3pm, Sun, Feb 3
Plants and animals from around the globe have settled in at Big Break. Let's take a look at what this means to our Delta ecosystem.

CRITTER CLUES

Big Break Interpretive Staff
2-3pm, Sat, Feb 9
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.

PUPPET SHOW - HUMPHREY

Big Break Rachel Pulizzi
10-11am, Sat, Feb 16
Did a whale get lost in the Delta? This puppet show will reveal the true story of Humphrey the Whale and his adventure away from home.

THE GREAT BACKYARD BIRD COUNT

Big Break Cat Taylor
2-4pm, Sun, Feb 17
Join the worldwide community of birders during this popular annual event. All levels welcome! Bring binoculars/spotting scope if you have them; we have some to loan.

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.



Five-fingered fern (*Adiantum aleuticum*).

2018-2019 WAYNE RODERICK LECTURE SERIES

Every Sat in Jan & Feb
All lectures start at 10:30am and run for a minimum of one hour, at Regional Parks Botanic Garden Auditorium. Free. Seating is limited! For a full listing of speakers and topics, please visit our Friends' website: www.nativeplants.org

FAMILY FRIENDLY TOUR

2pm, Sun, Feb 10
Please join us for a special, family-friendly, docent-led 'Sensory Tour'. Ex-

plore the garden with your hands, nose, ears, and eyes. Smell the sages, feel soft hazel leaves, look for crayfish in Wildcat Creek and newts in the pond. Meet in front of the East Bay Regional Park District's Botanic Garden Visitor Center. Rain cancels.

DOCENT-LED GARDEN TOURS

2pm on Saturdays; 11am & 2pm on Sundays.
Docent-led tours start in front of the Visitor Center. Rain cancels!

HOOT OWLS FAMILY EXPLORATION!

Big Break Cat Taylor
5:30-7:30pm, Sun, Feb 17
Hoooo goes there? Families will delve into the nocturnal world of owls tonight as we trek o-er darkening trails listening for screeches, hoots, and clicks in the night. Bring flashlights.

LOVE YOU, EARTH!

Big Break Interpretive Staff
2-3pm, Sun, Feb 17
Express your artistic love for the Earth, as we take a stroll through our little corner of the planet. Supplies for painting and writing will be provided.

SSSSSSNAKE!

Big Break Rachel Pulizzi
8-11am, Sat, Feb 23
A special visitor is coming! Drop in any-time between 8am and 11am to meet a snake and learn about its life and habitat.

PLANKTON PLUNGE

Big Break Interpretive Staff
2-3pm, Sat, Feb 23
Collect and identify some of the smallest creatures of the Delta: plankton. Examine their habits and learn the vital role they play in our ecosystem.

NATURE PHOTOGRAPHY A LA IPHONE 📱

Big Break Cat Taylor
8:30-noon, Sun, Feb 24 #23659
Do you love taking nature photos with your iPhone? Discover simple tricks for better results, in-phone editing and then share in a group critique. Bring charged iPhone and back up charger. Registration is required.

BLACK DIAMOND

Sidney Flat Visitor Center is open 10am-4:30pm, weekends, beginning in December. Info: (510) 544-2750.

Greathouse Visitor Center will reopen in March. Info: bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Parking fee: \$5.

NATURE DISCOVERIES 📄

Black Diamond Interpretive Staff
10-11am, every Sat
Learn what's flying, crawling, or blooming in the park this season as we examine a different nature subject each week.

HISTORIC SOMERSVILLE 📄 HPHP

Black Diamond Interpretive Staff
1-2pm, Every Sun
Find local history in these hills, get to know miners' tools, or go on a short walk to learn about life in a 19th-century mining town. Topics change weekly.

SNAKE FEEDING 📄

Black Diamond Interpretive Staff
1:30-2pm, Every Sat
Our resident snakes are ready for a mouse-y meal. Learn how snakes and other reptiles support our communities.

FUNGUS FAR AND WIDE 📄

Black Diamond Virginia Delgado
10-11:30am, Sat, Jan 19
Explore the vast and mysterious world of fungus and go on wild mushroom search! (5+yrs).

GROUND SQUIRREL DAY 📄

Black Diamond Virginia Delgado
11am-12:30pm, Sat, Feb 2
Dig deep into the underground world of our local ground squirrels! Ground squirrels can do more than predict winter, they provide homes and habitat for many creatures. (5+yrs).

HAZEL-ATLAS HISTORY HIKE 📄

Black Diamond Eddie Willis
10am-noon, Sun, Jan 27
Steer clear of winter mud and discover the ancient and modern history of these sandy hills along two steep miles of Chaparral Loop. (8+yrs).

SUPERB OWL SUNDAY 📄

Black Diamond Kevin Dixon
4:45-6:45pm, Sun, Feb 3
Owls are true all-around MVPs (Most Valuable Predators) of the animal world. Piercing eyes, terrible talons and death-dealing beak, with stats to back it up. Come walk and learn more. (8+yrs).

WINTER BLOOMS 📄

Black Diamond Eddie Willis
10am-noon, Sun, Feb 10
Look for some of the season's first wildflowers as we venture into the heart of chaparral habitat. Trails are steep and rocky. Views are fantastic! (8+yrs).

COYOTE HILLS

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

DISCOVERY DAYS 📄 ♿

Coyote Hills Interpretive Staff
10:30am-3:30pm, Every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 11am for an introduction to the topic of the week, or, participate at your own pace.

Healthy Parks Healthy People: Bay Area

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



HEALTHY
PARKS
HEALTHY
PEOPLE
BAY AREA



Photo: Davor Desancic

The breaking of dawn paints the sky's perfect reflection on still water at Coyote Hills.

SUNRISE PHOTOGRAPHY 📄 📱

Coyote Hills Kristina Parkison & Don Jedlovec
12+yrs.
6:30-8am, Sat, Jan 19 # 23515
Here's your chance to observe and photograph the beauty and diversity of Coyote Hills at sunrise! 8+yrs.
Registration is required.

ALAMEDA CREEK WALK & TALK 📄

Coyote Hills Francis Mendoza
9am-noon, Sun, Jan 6
Hike a relatively flat 3 miles to the creek as we discuss the importance of water in the park and in our lives. Bring sturdy shoes, water, and a snack. Heavy rain cancels. 15+yrs. Meet in front of Visitor Center.

OHLONE PEOPLE & CULTURE 📄

Coyote Hills Francis Mendoza
1:30-3pm, Sun, Jan 6 & Feb 10
Learn about Ohlone people and their intimate relationship with nature, family, and ancestors. We'll discuss the important values of generosity, balance, and resilience that continue to resonate with Ohlone people today. 8+yrs

DUSK DISCOVERY 📄 📱

Coyote Hills Kristina Parkison
4:30-6pm, Sat, Jan 19
Take advantage of this rare opportunity to see the beauty and diversity of Coyote Hills at sunrise! Watch the wildlife as one "shift" clocks out and the other begins! 8+yrs.

HOTSHOT HUMMINGBIRDS 📄 📱

Coyote Hills Kristina Parkison & Don Jedlovec
9:30-11am, Sat, Jan 12 #23495
Come meet the flying jewels – hummingbirds – and discover their unique adaptations! Photographer Don Jedlovec will share new photos, stop motion video, and techniques for capturing amazing images of these birds. 12+yrs.
Registration is required.

OHLONE VILLAGE SITE TOUR 📄 ♿

Coyote Hills Kristina Parkison
1:30-3:30pm Sat, Jan 5 (meet at Visitor Center)
10am-noon & 1:30-3:30pm Sun, Jan 20, Feb 17 (meet in front of Visitor Center)
1:30-3:30pm Sat, Feb 2 (meet at Visitor Center)
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.

January 2019

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27	28	29	30	31		

Celebrating 85 Years of Regional Parks



- 1**
Ardenwood: New Year's Day Butterfly Discovery
- 3**
Ardenwood: Animal Feeding
Big Break: Park Pups
Crab Cove: Songs and Stories by the Shore
- 4**
Ardenwood: Animal Feeding
- 5**
Ardenwood: Monarchs For Kids, Monarchs: Pollinatory Royalty, Monarch Spotting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Family Game Night & Campfire
Black Diamond: Nature Discoveries, Snake Feeding
Coyote Hills: Bird Walk, Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun- Mammals, Fish Feeding Time
Tilden Nature Area: Farm Chores For Littles, Closing the Farm
- 6**
Antioch City Marina: Birding Dow Wetlands
Ardenwood: Marvelous Monarchs, Monarchs: Pollinatory Royalty, Monarch Spotting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, The Greatness in Gross
Black Diamond: Historic Somersville
Briones: "New Year, Nature You"
Coyote Hills: Alameda Creek Walk And Talk, Discovery Days, Ohlone People & Culture
Crab Cove: Storytime, Family Nature Fun- Mammals, Fish Feeding Time
Del Valle: "A New Year, A New View"
Morgan Territory: Discover Morgan's Damp-dwellers
Oyster Bay: Sunday Stroll
Sunol: Birding for Beginners
Tilden Nature Area: Fireside Stories, Nature Ramble
- 7**
Big Break: Big Break Littles
- 8**
Big Break: Big Break Littles
Carquinez Strait: The Over-The-Hills Gang
Crab Cove: Sea Squirts: Everything Needs a Home

- Dry Creek/Pioneer:** Weekday Bird Walk
- 9**
MLK Jr. Shoreline: Winter Morning Leisure Paddle
- 10**
Ardenwood: Animal Feeding
- 11**
Ardenwood: Animal Feeding
- 12**
Ardenwood: Monarchs For Kids, Monarchs: Pollinatory Royalty, Monarch Spotting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, "Reduce, Reuse, Recycle"
Black Diamond: Nature Discoveries, Snake Feeding
Contra Loma: Early Birds
Coyote Hills: Hotshot Hummingbirds, Discovery Days, Dusk Discovery
Crab Cove: Family Nature Fun- Wonderful Watershed, Fish Feeding Time
Redwood: Lovely Ladybugs
Shadow Cliffs: Beginner's Guide to Winter Migration
Temescal: Fishing - Trout Basics
Tilden Nature Area: Farm Chores For Littles, Closing the Farm
- 13**
Ardenwood: Puppet Show, Monarch Spotting, Monarchs: Pollinatory Royalty, Animal Feeding
Big Break: Birding by Kayak - Longer Paddle, Testing The Water, Delta Discoveries
Black Diamond: Historic Somersville
Briones: Fungus Among Us
Coyote Hills: Discovery Days
Dumbarton Quarry: Bayside Campground Hike
Crab Cove: Storytime, Family Nature Fun- Wonderful Watershed, Fish Feeding Time
Del Valle: Park 'n Play
Hayward Shoreline: Restorative Hike
Tilden: "New Year, Nature You", Fireside Stories, Nature Ramble
- 14**
Sunol: "Outdoor Discoveries: Water, Water Everywhere"
- 15**
Alameda Creek: Weekday Bird Walk
Temescal: Hikes for Tykes: Lake Temescal
- 16**
Carquinez Strait: Wednesday Walks: Carquinez Shoreline
- 17**
Ardenwood: Animal Feeding
Crown Beach: Third Thursdays in the Garden
- 18**
Ardenwood: Animal Feeding

- 19**
Ardenwood: Monarchs For Kids, Monarchs: Pollinatory Royalty, Monarch Spotting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, King Tides & Wetland Sponges
Black Diamond: Fungus Far and Wide, Nature Discoveries, Snake Feeding
Coyote Hills: Sunrise Photography, Discovery Days, Stories Under an Oak
Crab Cove: Family Nature Fun- Crab Cove Campfire, Fish Feeding Time
Del Valle: A-Vulturing We'll Go
Garin: Canine Capers - Dog Walk
Roberts: Archery Introduction
Sibley: Saturday Stroll
Temescal: Fitness for the Trail & For Life!
Tilden Nature Area: Farm Chores For Littles, "California Ecology, Creatures of the Bay", Closing the Farm
- 20**
Ardenwood: Puppet Show, Monarch Spotting, Monarchs: Pollinatory Royalty, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Soaring High Like a Kite, Sunset and Full Moon Paddle
Black Diamond: Historic Somersville
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Storytime, Family Nature Fun- Crab Cove Campfire, Fish Feeding Time, Sunset Low Tide Walk
Radke Martinez: Winter Shoreline Birds
Sobrante Ridge: "New Year, Nature You"

- Sunol:** First Full Moon Hike
Tilden Nature Area: Fireside Stories, Nature Ramble
- 21**
MLK Jr. Shoreline: Dr. Martin Luther King Jr Day of Service, Wildlife Volunteers - Shorebird Sanctuary
Shadow Cliffs: Lakeside Littles
- 22**
Crab Cove: "Sea Squirts: Water, Water, Everywhere"
Redwood: The Over-The-Hills Gang
- 24**
Ardenwood: Animal Feeding
- 25**
Ardenwood: Animal Feeding
Crab Cove: Docent Training
- 26**
Ardenwood: Monarchs For Kids, Monarchs: Pollinatory Royalty, Monarch Spotting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Nature Discoveries, Snake Feeding
Carquinez: Walk the George Miller Trail
Contra Loma: Fishing - Trout Basics
Coyote Hills: Discovery Days
Crab Cove: Fish Feeding Time
Garin: For the Birds - Volunteer Project
Tilden Nature Area: Farm Chores For Littles
- 27**
Ardenwood: Marvelous Monarchs, Monarchs: Pollinatory Royalty, Monarch Spotting, Animal Feeding
Big Break: Dunes Day Restoration!, Testing The Water, Delta Discoveries
Black Diamond: Hazel-Atlas History Hike, Historic Somersville
Briones: "New Year, Nature You"
Coyote Hills: Native California Plant Uses, Discovery Days, Sleep In And Take A Hike
Crab Cove: Storytime, Family Nature Fun- Move it!, Fish Feeding Time
Pleasanton Ridge: Pleasanton History Hike
Shadow Cliffs: Winter Water Birding
Sibley: Salamander Bowl
Tilden Nature Area: Fireside Stories, Nature Ramble
- 28**
Coyote Hills: Coyote Cubs - Healthy Habits
Sunol: Outdoor Discoveries: Neat Newts
- 29**
Leona Canyon: Hikes for Tykes
- 30**
Ardenwood: Wednesday Walks
- 31**
Ardenwood: Animal Feeding

LITTLE PARK NATURALIST



Maddie June Mires, First Place Winner in Infant to 4 years category, as an East Bay Regional Park District Naturalist, at Livermore Downtown Halloween Kidtown Hay Day 2018.

Regional in Nature



February 2019

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		

1
Ardenwood: Animal Feeding

2
Ardenwood: Marvelous Monarchs, Got Milkweed?, Monarch Spotting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Nature Discoveries, Ground Squirrel Day, Snake Feeding
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun- Low Tide Exploration, Fish Feeding Time
Garin: Bird Walk
Marsh Creek Trail: World Wetland Day
Point Pinole: Wildlife Volunteers - CA Black Rail Habitat Helper
Temescal: Fishing - Trout Basics
Tilden Nature Area: Farm Chores For Littles, Woolly Lambs

3
Ardenwood: Rabbit Rendezvous, Beginning Embroidery, Farewell To The Monarchs, Animal Feeding
Big Break: Kayaking is for the Birds!, Testing The Water, Delta Discoveries, Kayaking Big Break
Black Diamond: Historic Somersville, Superb Owl Sunday
Brushy Peak: Vasco Caves Regional Preserve
Coyote Hills: Discovery Days
Crab Cove: Alameda Wildlife, Storytime, Family Nature Fun- Low Tide Exploration, Fish Feeding Time
Del Valle: Winter Water Birding
Las Trampas: Valley of the Newts Walk
Tilden Nature Area: Fungal Fair, Fireside Stories

4
Big Break: Big Break Littles
Miller/Knox: Monday Birding

5
Alameda: Hikes for Tykes
Big Break: Big Break Littles
Coyote Hills: Weekday Bird Walk
Sibley: The Over-The-Hills Gang

6
Ardenwood: Toddler Time
Coyote Hills: Wednesday Walks

7
Ardenwood: Animal Feeding

8
Ardenwood: Animal Feeding

9
Ardenwood: Hens Lay Eggs, A Fungus Among Us, Victorian Table Top Games, Animal Feeding
Big Break: Testing The Water, Delta

Discoveries, Critter Clues
Black Diamond: Nature Discoveries, Snake Feeding
Coyote Hills: Animal Tracking, Discovery Days, Cart of Curiosities
Crab Cove: Love the Bay Beach Clean-Up, Family Nature Fun, Fish Feeding Time
Round Valley: Vasco Caves Regional Preserve
Sunol: Nature Journaling: Lovely Fungus
Tilden Nature Area: Farm Chores For Littles, Darwin-Evolution Explorer, Hot Apple Cider

10
Ardenwood: Good Morning Farm, Milkweed For Monarchs, Fun With Felting, Gorgeous Goats, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Winter Blooms, Historic Somersville
Brushy Peak: Vasco Caves Regional Preserve
Coyote Hills: Discovery Days, Ohlone People & Culture
Crab Cove: Storytime, Family Nature Fun, Fish Feeding Time
Del Valle: Park 'n Play
Garin: Salamandering
Lafayette/Moraga Trail: Sunday Stroll
Sunol: Love Is In The Air Hike
Tilden Nature Area: "Good Morning, Nature!", Fireside Stories, Nature in Black and White, Watershed Wonders

11
Sunol: Outdoor Discoveries: Nature Hearts

12
Crab Cove: "Sea Squirts: Frogs, Toads, and Salamanders"

13
MLK Jr. Shoreline: Winter Morning Leisure Paddle

14
Ardenwood: Animal Feeding

15
Ardenwood: Animal Feeding

16
Alameda Creek: Canine Capers - Dog Walk
Ardenwood: Wake Up The Farm, Garden Bug Safari, Animal Feeding
Big Break: Testing The Water, Puppet Show - Humphrey, Delta Discoveries
Black Diamond: Nature Discoveries, Snake Feeding
Contra Loma: Fishing - Trout Basics
Coyote Hills: Discovery Days, Native Knowledge Nature Walk
Crab Cove: Songs and Stories by the Shore, Seine Net Survey, Family Nature Fun- Nature Sounds

MLK Jr. Shoreline: Wildlife Volunteers - Shorebird Sanctuary
Point Pinole: Wildlife Volunteers - CA Black Rail Habitat Helper
Sunol: Amphibian Ramble
Tilden Nature Area: Farm Chores For Littles, Meet the Rabbits, Woolly Lambs

17
Ardenwood: Wonderful Wool, Farmyard Animal Mask, Milkweed For Monarchs, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, "Love you, Earth!", Hoot Owls Family Exploration!
Black Diamond: Historic Somersville
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Storytime, Family Nature Fun- Nature Sounds, Fish Feeding Time
Round Valley: Vasco Caves Regional Preserve
Shadow Cliffs: The Great Backyard Bird Count
Sibley: "Volcanos, Labyrinths, Quarries and Newts"
Sunol: The Secret Lives of Newts
Tilden Nature Area: "Good Morning, Nature!", Fireside Stories, Nature in Black and White

18
Big Break: Sunset and Full Moon Paddle
Shadow Cliffs: Lakeside Littles

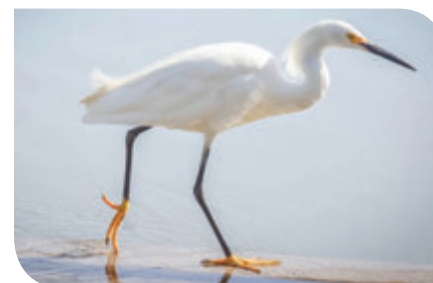
19
Briones: The Over-The-Hills Gang
Cull Canyon: Weekday Bird Walk
Sibley: Hikes for Tykes

20
Ardenwood: Toddler Time
Sibley: Wednesday Walks

21
Ardenwood: Animal Feeding
Crown Beach: Third Thursdays in the Garden

22
Ardenwood: Animal Feeding

23
Ardenwood: Hens Lay Eggs, A Fungus



Snowy Egret.

Among Us, Birding The Farm, Corn Mosaics, Animal Feeding
Big Break: Ssssssnake!, Testing The Water, Delta Discoveries
Black Diamond: Hiking Poles: Skills & Techniques Plus Hike, Nature Discoveries, Snake Feeding
Briones: Amazing Amphibians
Brushy Peak: Night Hike at Brushy Peak
Coyote Hills: Discovery Days
Crab Cove: Family Nature Fun- Squid Dissection, Fish Feeding Time
Garin: Nifty Newts
MLK Jr. Shoreline: Pet First Aid & CPR, Saturday Stroll
Roberts: Archery Introduction
Tilden Nature Area: Farm Chores For Littles

24
Ardenwood: Farmyard Story Time, Beginning Embroidery, We All Scream For Ice Cream!, Animal Feeding
Big Break: Nature Photography a la iPhone, Testing The Water, Delta Discoveries
Black Diamond: Historic Somersville
Coyote Hills: Native California Plant Uses, Discovery Days
Crab Cove: Storytime, Native Plant and Butterfly Gardening, Family Nature Fun- Squid Dissection, Fish Feeding Time
Del Valle: Mad About Mud!
Sunol: Amphibian Adventure
Tilden Nature Area: "Good Morning, Nature!", Fireside Stories, Nature in Black and White
Vasco Caves: Vasco Caves Regional Preserve

25
Coyote Hills: Coyote Cubs - Froggy February
Point Pinole: Monday Birding-Atlas Rd
Sunol: Outdoor Discoveries: Frog and Toad

26
Crab Cove: Sea Squirts: Avast Ye Pirates!

27
Ardenwood: Toddler Time
Sobrante Ridge: Wednesday Walks

28
Ardenwood: Animal Feeding
Round Valley: Thursday Birding: Raptor Baseline

DUMBARTON QUARRY BAYSIDE CAMPGROUND HIKE **SP** **HPHP**

Coyote Hills Francis Mendoza
1:30-4pm, Sun, Jan 13

The Dumbarton Quarry Bayside Campground (say that five times fast!) is scheduled to open this year. Learn the history of the quarry site and campground on this easy 2.5-mile, out-and-back hike. Meet at Quarry Lot. 12+yrs.

STORIES UNDER AN OAK **SP** **♿**

Coyote Hills Interpretive Staff
1-2pm, Sat, Jan 19
Settle in for story time under the canopy of a majestic oak.

NATIVE CALIFORNIA PLANT USES **SP**

Coyote Hills Francis Mendoza
10-11:30am, Sun, Jan 27 & Feb 24
Go on a short walk to learn how Native Californians use plants for food, medicine, shelter, and tools. Visit our native plant gardens and walk out to the freshwater marsh. 15+yrs.



Photo: Becky Matsubara

A dizzying array of birds large and small, like this Nuttall's Woodpecker, can be found throughout the Regional Parks.

BIRD WALKS

- The Great Backyard Bird Count**, Big Break, Feb 17, page 6
- Hotshot Hummingbirds**, Coyote Hills, Jan 12, page 7
- A-Vulturing We'll Go**, Del Valle, Jan 19, page 11
- Winter Water Birding**, Del Valle, Feb 3, page 11
- Birding For Beginners**, Sunol, Jan 6, page 11
- Bird Walk**, Coyote Hills, Jan 5; Garin, Feb 2; page 12
- Birding Dow Wetlands**, Antioch City Marina, Jan 6, page 12
- Thursday Birding**, Raptor Baseline, Various Parks, Jan 31, page 13
- Weekday Bird Walk**, Various Parks, Jan 8, 15, Feb 19, page 12
- Early Birds**, Contra Loma, Jan 12, page 12
- Beginner's Guide To Winter Migration**, Shadow Cliffs, Jan 12, page 12
- Winter Water Birding**, Shadow Cliffs, Jan 27, page 12
- Monday Birding**, Various Parks, Feb 4 & 25, page 13
- Birding the Farm**, Ardenwood, Feb 23, page 5

COYOTE CUBS **SP**

Coyote Hills Francis Mendoza & Interpretive Staff
10:30-11:30am, Mon, Jan 28: Healthy Habitats; Feb 25: Froggy February
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.

SLEEP IN AND TAKE A HIKE **SP**

Coyote Hills Francis Mendoza
1-3:30pm, Sun, Jan 27
Having a little too much fun in the new year? Then sleep in and join us for an easy 2.5-mile hike around the hills. Wear layers and bring water. Heavy rain cancels. 15+yrs.

ANIMAL TRACKING **SP** **♿**

Coyote Hills Kristina Parkison
10-11:30am, Sat, Feb 9
Have you ever wondered who's been leaving footprints on our trails? Find out with fun activities designed to help you decode the secret language of animal tracks! 7+yrs.

CART OF CURIOSITIES **SP** **♿**

Coyote Hills Kristina Parkison
1-3pm, Sat, Feb 9
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!

NATIVE KNOWLEDGE

NATURE WALK **SP**

Coyote Hills Kristina Parkison
2-3:30pm, Sat, Feb 16
Ohlone people have lived on this land for centuries, learning its secrets. We'll share some of that knowledge of plant use and animals shared by generations of Ohlones. 7+yrs. Parent participation required.

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-4pm, and offers aquariums and exhibits about San Francisco Bay. For information about naturalist programs or other activities, call (510) 544-3187, or ccove@ebparks.org.

STORYTIME **♿**

Crab Cove Interpretive Staff
11-11:30am, every Sun, Jan & Feb
Come meet story characters like the Lorax, hermit crabs, and "Swimmy the Fish," then meet a real animal, do a craft or scavenger hunt, or watch a nature video!

FAMILY NATURE FUN **♿**

Crab Cove Interpretive Staff
2-3pm, every Sat & Sun in Jan & Feb
The aquarium, beach, and pond await you!

A DAY AT THE BEACH **♿**

Crab Cove Interpretive Staff
11-11:30am, 2-3pm, 3-3:30pm every Sun, Jan & Feb
Bring the family to Crab Cove for a day at the park, and stop by the Visitor Center for free, drop-in activities – Storytime, Family Nature Fun, and Fish Feeding Time.

Drop by to explore the Bay and its wildlife with a new topic each week.
Jan 5 & 6: Mammals – Did you know you're a mammal?
Jan 12 & 13: Wonderful Watershed – Follow water from tree to sea! Jan 19 & 20: Crab Cove Campfire - Make s'mores and sing songs around the "fire!" Jan 26 & 27: Move It, Move It! – Discover how animals hop, crawl, fly, and run to survive.
Feb 2 & 3: Low Tide Exploration – What's in the Bay? Find out when the tide's out.
Feb 9 & 10: I Love Crab Cove! – Celebrate all there is to love about the Bay! Feb 16 & 17: Sounds of Nature - Chirp, Squeak, Roar, Buzz, Hoot and Screech - the sounds of nature have something to teach!
Feb 23 & 24: Squid Dissection – Get an insider's look at these incredible inkers.

FISH FEEDING TIME **♿**

Crab Cove Interpretive Staff
3-3:30pm, every Sat & Sun in Jan & Feb
Meet our crabs, flounder, perch, and pipefish while they eat.

SONGS AND STORIES BY THE SHORE

Crab Cove Morgan Dill
11am-noon, Thu, Jan 3 & Sat, Feb 2, Feb 16
Enjoy an interactive hour of fun for the whole family with stories and songs about nature.

SUNSET LOW-TIDE WALK

Crab Cove Morgan Dill
4:30-6pm, Sun, Jan 20
Explore the shore looking for ghost shrimp, crabs, worms, mussels, clams and other creatures at the end of their day! Learn what draws millions of shorebirds and ducks to our Bay each winter. Note: Shoes can get muddy.

ALAMEDA WILDLIFE **HPHP**

Crab Cove Michael Charnofsky
10am – noon, Sun, Feb 3
Alameda has great wildlife. On this 3-mile walk we'll view a seal colony, discuss conservation issues, and learn where to look for the unexpected. Binoculars available to borrow.



"Sea Squirts" at Crab Cove using their senses to feel what it's like to be a spider.

SEA SQUIRTS **♿** **♿**

Crab Cove Interpretive Staff
10:30-11:45am, Tue, Jan 8, 22 & Feb 12, 26
Share a morning of shoreline fun with your pre-school-aged child. We'll play games, explore outdoors, sing songs, and do a craft related to the theme of the day! Themes listed by date.
3-5 years. Fee: \$5 (\$7 non-res.)
Jan 8: Everything Needs a Home #23607; Jan 22: Water, Water Everywhere #23608; Feb 12: Frogs, Toads and Salamanders #23610; Feb 26: Avast ye Pirates! #23611.
Registration is required.



Photo: Michael Lopez

A cool, moist environment is ideal for California Newts like this one that can be easily found out and about in the East Bay Area after a good rain.

LOVE IS IN THE AIR HIKE **SP** **HHPH**

Sunol Ashley Adams
10am-12:30pm, Sun, Feb 10

It's almost Valentine's Day and California newts are celebrating at Sunol! Make the migration to their breeding pools to learn about these amorous amphibians. Moderate 3-mile hike. 6+yrs.

AMPHIBIAN RAMBLE **SP** **HHPH**

Sunol Constance Taylor
9:30am-12:30pm, Sat, Feb 16

'Tis the season for slimy critters! We'll walk up to High Valley Pond to look for mating California newts, and learn about other amphibians who also live in the park. 12+yrs.

THE SECRET LIVES OF NEWTS **SP** **H**

Sunol Ashley Grenier
10am-1pm, Sun, Feb 17 #23752

A challenging trek uphill will take us to a soggy oasis where newt-ity abounds. We'll delve into the secret lives of these adorable amphibians as they search for love. 8+yrs. Registration is required.

AMPHIBIAN ADVENTURE **SP** **H**

Sunol Ashley Grenier
10am-noon, Sun, Feb 24 #23755

Join us on a family friendly adventure hike to a secret pond where we'll meet frogs, toads, newts, and more! 8+yrs. 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.

A NEW YEAR, A NEW VIEW **HHPH**

Del Valle Ashley Grenier
9am-noon, Sun, Jan 6

Greet the new year with a hike over the arroyo, through oak grasslands, and uphill for spectacular views of Lake Del Valle. 8+yrs.

PARK 'N PLAY **SP** **HHPH**

Del Valle Ashley Grenier
10am-noon, Sun, Jan 13, Feb 10

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

A-VULTURING WE'LL GO

Del Valle Constance Taylor
9:30-11:30am, Sat, Jan 19

They're everywhere, but what do we really know about them? See these majestic raptors with new eyes as they soar by with other migrating birds. 3-mile hike is steep. 12+yrs.

WINTER WATER BIRDING **SP**

Del Valle Ashley Grenier
10am-noon, Sun, Feb 3

The lakes of the Tri Valley are a perfect place for water-loving birds to spend the winter. We'll get to know our visiting guests on a walk with views of the lake.

MAD ABOUT MUD! **HHPH**

Del Valle Ashley Adams
1-2:30pm, Sun, Feb 24

What goes squish and gets stuck to our shoes: mud! We'll search for animal evidence as we traverse muddy trails and have fun getting grubby! Rain boots recommended.

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.

NATURE CRAFTS **SP** **H**

Sunol Interpretive Staff
10am-noon, every Sat and Sun, Jan 5 to Feb 24

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, Jan 5 to Feb 24

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



TILDEN FUNGAL FAIR

Tilden Nature Area Trent Pearce & Interpretive Staff

10am-4:30pm, Sun, Feb 3

Celebrate the fruits of winter! View hundreds of local mushroom specimens, mingle with the mycological community, and enjoy presentations by guest speakers at this day-long special event. All ages welcome, no registration required.

BIRDING FOR BEGINNERS **SP**

Sunol Ashley Adams
9-11am, Sun, Jan 6

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

OUTDOOR DISCOVERIES! **SP** **H**

Sunol Ashley Adams
10:30am-noon, Mon, Jan 14, 28, Feb 11, 25

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.

Jan 14: Water, Water Everywhere #23728

Jan 28: Neat Newts #23729

Feb 11: Nature Hearts #23730

Feb 25: Frog and Toad #23731

Registration is required.

FIRST FULL MOON HIKE **SP** **HHPH**

Sunol Ashley Adams
5-8pm, Sun, Jan 20

Celebrate the first full moon of the year in Sunol Regional Wilderness! Bring a trail-side dinner to enjoy as we watch the sun set and moon rise over the valley. 6+yrs.

NATURE JOURNALING:

LOVELY FUNGUS! **SP**

Sunol Constance Taylor

10am-noon, Sat, Feb 9

Let's explore the fascinating world of fungus! We'll go on a treasure hunt for these beautiful organisms and draw what we find. No artistic skills necessary! Bring your own drawing supplies.

TILDEN NATURE AREA

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

FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, Every Sat in Jan & Feb

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.

CLOSING THE FARM

Tilden Nature Area Anthony Fisher
3:30-4:30pm, Sat, Jan 5, 12 & 19

Be a helper during this daily routine of feeding and saying goodnight to the Little Farm animals. Thank you.

FIRESIDE STORIES **H**

Tilden Nature Area Interpretive Staff
11-11:30am, Every Sun in Jan & Feb

Gather 'round the fire for stories about farm animals, insects, nature and more. Different stories each week.

NATURE RAMBLE **HHPH**

Tilden Nature Area Trail Gail
2-3pm, every Sun in Jan

Come explore the Nature Area with a Naturalist. We'll take a walk down to the lake and around looking for signs of the season and local wildlife.

CALIFORNIA ECOLOGY, CREATURES OF THE BAY **H**

Tilden Nature Area Brianna Contaxis-Tucker

2-3pm, Sat, Jan 19

Hear stories of how the bay evolved. Help model the shifts of the land, the flow of water, the movement of animals, and sprawl of human civilization.

WOOLY LAMBS

Tilden Nature Area Jenna S. Collins
3-4pm, Sat, Feb 2 & 16

Ever wonder what a sheep's wool feels like? Come meet our flock, then make your own mini sheep from their wool to take home. Meet at the red barn.

DARWIN- EVOLUTION EXPLORER **H**

Tilden Nature Area Brianna Contaxis-Tucker

2-3pm, Sat, Feb 9

Doodle Darwin's discoveries and his adventures in the great Galapagos. Start a

LOVE THE BAY BEACH CLEAN-UP

Crab Cove Morgan Dill
10:30am-noon, Sat, Feb 9

Make the shoreline your Valentine and show it some love by picking up left-behind litter. Bring your own gloves and bucket or borrow ours.

SEINE NET SURVEY

Crab Cove Morgan Dill
1:30-3pm, Sat, Feb 16

Be a survey scientist! Make your way into the Bay, and use a seine net to see what creatures live here. This is a very special catch-and-release opportunity! Hip boots provided. 10+yrs.

quest to understand the animal islands of evolution within Tilden Park.

HOT APPLE CIDER ♿

Tilden Nature Area Jenna S. Collins
3-4pm, Sat, Feb 9
Cold winter days call for a hot treat! Meet at the visitor center and learn how we press fresh apples into a delicious drink.

GOOD MORNING, NATURE!

Tilden Nature Area Anthony Fisher
10-11:30am, Sun, Feb 10, 17 & 24
Tracks, scats, trees, rats, newts, mud, creeks and frost maybe? Heathy, refreshing and informative walks.

WATERSHED WONDERS ♿ **HPHP**

Tilden Nature Area Brianna Contaxis-Tucker

2-3pm, Sun, Feb 10

The rainy season is here, or so we hope. Celebrate by learning about the Wildcat Watershed, our local weather station, and how to protect our precious water resources.

NATURE IN BLACK AND WHITE

Tilden Nature Area Anthony Fisher



Hikers making their way along the trail through lush grasses dotted with lupine at Las Trampas Regional Wilderness.

2-3:30pm, Sun, Feb 10, 17 & 24

Enjoy some classic black and white images before heading out to make our own. Use phone or camera as we focus on texture, form and pattern in the absence of color.

MEET THE RABBITS ♿

Tilden Nature Area Jenna S. Collins
Noon-1pm, Sat, Feb 16
How do rabbits eat? Sleep? How does their fur feel? Discover these and other hoppin' facts as we meet some of our rabbits! Meet at the rabbit hutch.

OTHER PARKS

NEW YEAR, NATURE YOU

Various Parks Trail Gail

9am-noon, Every Sun in Jan

From rolling hills to shady canyons, immerse yourself in nature. Leave the city behind and surround yourself with open space and wonder. Wear hiking shoes and bring a snack to share. 8+yrs.

Jan 6: Briones, Alhambra Staging Area – Where does the water come from?

Jan 13: Tilden Park – Lone Oak – More Water than you'd think.

Jan 20: Sobrante Ridge, Coach Drive – Where the flowers bloom (no facilities).

Jan 27: Briones, Old Briones Road – Newts and more. Info: (510) 544-2233.

BIRDING DOW WETLANDS ♿

Antioch City Marina Cat Taylor

9-12:30pm, Sun, Jan 6 #23561

Welcome to the Pacific Flyway! We'll seek out the winter avian abundance on a leisurely stroll into this special wildlife habitat preserve. Parking lot, south end. Registration is required.

THE OVER-THE-HILLS GANG **HPHP**

Various Parks Trail Gail

10am-12:30pm, Tue, Jan 8 & 22, Feb 5 & 19

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks.

Jan 8: Carquinez Strait, Port Costa Staging

Area – Paved and open with great views

Jan 22: Redwood Regional Park, Canyon Meadow Staging Area - search for ladybugs

Feb 5: Sibley Preserve – Volcanos, Newts & Labyrinths Oh My!

Feb 19: Briones, Old Briones Road Entrance – We're heading to the ponds and lagoons to search for life. Info: (510) 544-2233.

BIRD WALK **SP**

Various Parks Kristina Parkison

8-10am, Sat, Jan 5 Coyote Hills;

Feb 2 Garin

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.

DISCOVER MORGAN'S DAMP-DWELLERS

Morgan Territory Kevin Dixon

10am-1pm, Sun, Jan 6

Check ponds for frogs and salamanders, and travel through cliff-top chaparral with sweeping views in one of our most naturally stunning parks. Steep trails may be muddy. Info: (510) 544-2750. (8+yrs).

WEEKDAY BIRD WALK

Various Parks Kristina Parkison

7:30-9:30am, Tue, **Jan 8** (Dry Creek/Pioneer - End of May Rd.); **Jan 15** (Alameda Creek – Niles Staging Area); Feb 5 (Coyote Hills – VC); **Feb 19** (Cull Canyon - Main Parking Lot)

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.

EARLY BIRDS **SP**

Contra Loma Virginia Delgado

9-10am, Sat, Jan 12

Take an early morning stroll around the lake while watching to see who flew in for the winter. Beginners welcome. (5+yrs). Info: (510) 544-2750.

LOVELY LADYBUGS

Redwood Susan Ramos

10:30am-12:30pm, Sat Jan 12

Loads of lovely ladybugs overwinter in this amazing park! Hike about 3 miles roundtrip past towering Redwood trees to see these beetle beauties up close. Canyon Meadow Staging Area. Info: (510) 544-3187.

BEGINNER'S GUIDE TO WINTER MIGRATION **SP** **HPHP**

Shadow Cliffs Constance Taylor

9-11am, Sat, Jan 12

Which birds winter at Shadow Cliffs? We'll look for visitors and learn about why the Arroyo and quarry-turned-lake are so attractive to them. Great for families and beginning birders! Info: 510-544-3249.

FUNGUS AMONG US **SP**

Briones Eddie Willis

10am-noon, Sun, Jan 13

Join this fun-guy as we search the murky backwoods for mushrooms, slime molds, and other fungus on this exploratory nature hike. No collecting. Info: (510) 544-2750.

RESTORATIVE HIKE

Hayward Shoreline Francis Mendoza

9-11:30am, Sun, Jan 13

Begin the year right by going on a restorative 2.5-mile hike around the shoreline, as we look for signs of restoration within the marsh. Wear layers and bring water. Heavy rain cancels. 15+yrs. Meet at the western end of W. Winton Ave. Info: (510) 544-3220.

CANINE CAPERS – DOG WALK **SP** ♿

Various Parks Kristina Parkison

1-3pm, Sat, Jan 19 (Garin) #23662

9-11am, Sat, Feb 16 (Alameda Creek) #23668

HIKES FOR TYKES **SP** **HPHP**

Various parks Interpretive Staff

10:30-11:45am, Tue, Jan 15, 29 & Feb 5, 19

Take a hike and tire-out the tykes with some nature exploration before naptime! Join naturalists as they take you over hill and dell to explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about half mile. Bring a snack. Strollers not recommended for most hikes. Rain cancels program. See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.

Jan 15: Lake Temescal, Swim Area

Jan 29: Leona Canyon, Canyon Oaks parking area

Feb 5: Encinal Beach

Feb 19: Sibley, Skyline, main entrance

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.

WINTER SHORELINE BIRDS

Radke Martinez Kevin Dixon
9-11:30am, Sun, Jan 20
From thousands of miles away, birds con-

VASCO CAVES REGIONAL PRESERVE TOUR

Vasco Caves Interpretive Staff
9am-2pm, Sun, Feb 3 #23685; Feb 10 #23706;

Feb 17 #23786; Feb 24 #23787; Sat, Feb 9 #23704

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 (Feb 9, 10, 17 & 24) or Brushy Peak (Feb 3). (10+yrs). Info: (510) 544-2750.

Fee: \$35 (nonresident \$40).
Registration is required.

SATURDAY & SUNDAY STROLLS

Various Parks Interpretive Staff
10am-noon, Sat, Jan 19, Feb 23;
Sun, Jan 6, Feb 10

Wake up, walk into nature, and explore different parks and the wonders within. Hikes range from one to five miles. Great for families. Dogs welcome on most hikes. See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.

Jan 6: Oyster Bay (Neptune Dr.) – Discover what's in flight on this 2.5-mile walk at a park transformed from landfill to treasure.

Jan 19: Sibley (Skyline Staging Area) – A moderate 2-mile loop around Round Top with a stop at the quarry pit to look for newts and frogs.

Feb 10: Lafayette-Moraga Regional Trail (St. Marys Road Staging Area) – A waterfall, wildlife and impressive landscapes will be featured along Las Trampas Creek, 3.75-miles round trip. Bathrooms available half way.

Feb 23: MLK Jr. Shoreline (Arrowhead Marsh) – Shorebirds come to feast, bat rays swim, and life exists at the Bay's edge as we explore the past and future on a 2.5-mile, level walk.

verge on San Francisco Bay and its marshes in winter. Watch them interact and forage. Info: (510) 544-2750.

LAKESIDE LITTLES

Shadow Cliffs Ashley Grenier
10-11am, Mon, Jan 21, Feb 18

11:30am-12:30pm, Mon, Jan 21, Feb 18
Bring your little ones out and discover nature. Each month we'll explore a trail, look at bugs, search for birds, and much more. Let's get outside! Parent/caregiver participation required. (1-5yrs). Info: (510) 544-3249.

FOR THE BIRDS – VOLUNTEER PROJECT

Garin Kristina Parkison
9am-noon, Sat, Jan 26 #23559

Share your enthusiasm for bird life and help the birds at the same time! We will clean existing bluebird boxes and install new ones for the upcoming breeding season! 12+yrs. Registration is required.

WALK THE GEORGE MILLER TRAIL

Carquinez Strait Virginia Delgado
10:30am-noon, Sat, Jan 26

Stretch your legs on easy terrain, breath in the crisp air, and listen to the sounds of nature on this scenic trail overlooking the strait. Wheelchair accessible. (5+yrs). Info: (510) 544-2750.

PLEASANTON HISTORY HIKE

Pleasanton Ridge Ashley Adams
9am-noon, Sun, Jan 27 #23747

Ascend through time on this moderate 4-mile adventure in Tri-Valley history. Discover who has called Pleasanton home and find out how they've shaped the community we love. 8+yrs. Castleridge staging area. Registration is required.

WINTER WATER BIRDING

Shadow Cliffs Ashley Grenier
10am-noon, Sun, Jan 27

The lakes of the Tri Valley are a perfect place for water-loving birds to spend the winter. We'll get to know our visiting guests on a walk with views of the lake.

SALAMANDER BOWL

Sibley Morgan Dill
10am-noon, Sun, Jan 27

Find out the rules of play in the game of mating and survival as we learn about these amphibians' defense, offense, and special teams on a 2-mile walk. Skyline Staging Area. Info: (510) 544-3187.

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Michael Moran
9-11:30am, Thu, Jan 31 #23912 Big Break

Regional Shoreline; Thu, Feb 28 #23829 Round Valley Regional Preserve
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



Volunteers help restore Dr. Martin Luther King Jr. Memorial Grove and the marshes by clearing up and removing invasive plants.

DR. MARTIN LUTHER KING JR. DAY OF SERVICE

8:30am-noon, Mon, Jan 21. #23833

Join East Bay Regional Park District in celebrating the annual Dr. Martin Luther King Jr. Day of Service.

Volunteers will help restore the Martin Luther King Jr. Shoreline in Oakland. Children may participate, but must be accompanied by an adult. Registration is required. For more information, go to www.ebparks.org/activities/volunteer/

fun, social citizen science research project. No experience necessary- we'll teach you how to identify these birds. We'll meet at a different park on the last Thursday each month (except Sep & Nov). Join in for one or all.

Registration is required.

VALLEY OF THE NEWTS WALK

Las Trampas Ashley Adams
10am-12:30pm, Sun, Feb 3

Bolinger Staging Area — Discover the secret life of California Newts on this 1.5-mile trek along Bollinger Creek. Admire these amorous amphibians in their natural habitat and revel in their amazing adaptations!

MONDAY BIRDING

Various Parks Anthony Fisher
9am-noon, Mon, Feb 4 & 25

Exciting treasure hunts for modern-day dinosaurs!

Feb 4: Miller Knox, flat. Meet in the first parking lot after tunnel.

Feb 25: Point Pinole, flat. Meet in the parking lot near Atlas Bridge. Info: (510) 544-2233.

SALAMANDERING

Garin Francis Mendoza
10-11:30am, Sun, Feb 10

Look for amorous amphibians in the creek, ponds and other habitats on this 2-mile hike. Wear shoes to get muddy and layers

of clothing. Heavy rain cancels. Meet at Red Barn. 12+yrs. Info: (510) 544-3220.

VOLCANOS, LABYRINTHS, QUARRIES AND NEWTS

Sibley Michael Charnofsky
10am-12:30pm, Sun, Feb 17

Join us for a 2.5-mile moderate ramble exploring hidden labyrinths in historic quarries that have reshaped this beautiful volcanic landscape. Search skyward for eagles and below the surface for newts. Skyline Staging Area. Info: (510) 544-3187.

THE GREAT BACKYARD BIRD COUNT

Shadow Cliffs Ashley Adams
9-11am, Sun, Feb 17

Join this world-wide effort! Discover what birds abound while becoming a scientist for the day. Our data will be used to shed light on California's feathered friends.

AMAZING AMPHIBIANS

Briones Virginia Delgado
10:30-11:30am, Sat, Feb 23

Witness California newts making their treacherous migration in search for love. Explore what newts, salamanders and frogs can teach us about our environment. (5+yrs). Info: (510) 544-2750.

NIFTY NEWTS

Garin Kristina Parkison
1:30-3pm, Sat, Feb 23 #23693

What's poisonous, slimy, but cute as



DOCENT TRAINING AT CRAB COVE

10am-4pm, Fri Jan 25 & Sat Jan 26
& 6:30-8:30pm Wed, Jan 30 #23707

This three-part training will teach you how to be a volunteer at Crab Cove and the nearby District parks we serve at the East Bay Regional Park District. Bay ecology, natural and cultural history, and basic interpretive skills will be highlighted.

Upon completing the course, volunteer opportunities may include school programs, special events and projects, welcoming visitors, or gardening. Please join us!

No experience necessary. 18+ yrs. For more information or to register, call: (510) 544-3182 or email docents.crabcove@ebparks.org



A docent at Ardenwood Historic Farm, Ferment. Docents help bring history alive by dressing in period clothing and demonstrating old-fashioned crafts and activities.

can be? It's the California newt headed towards a pond near you. Join us for a chance to find this animal jewel. 5+yrs. Registration is required.

NIGHT HIKE AT BRUSHY PEAK

Brushy Peak Constance Taylor
6-8pm, Sat, Feb 23

Experience the park as the sun goes down! We'll look for wildlife that comes out at night. Bring a headlamp, drinking water, and dress in layers. Approximately 3 miles. 5+yrs. Laughlin Ranch staging area.

VOLUNTEER

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

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 call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels the event.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley Staff
9:30am- 3rd Sun of the month: Huckleberry
9am- 2nd Sat of the month: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided.
Info: (510) 544-3112. sibley@ebparks.org.

DUNES DAY RESTORATION!

Big Break Cat Taylor
9-11am, Sun, Jan 27
Help restore a small piece of the historic dunes as we remove invasive weeds and re-establish native plants! Bring water, gloves, hat, closed-toed shoes, dress for weather and prepare for general grubbiness.

NATIVE PLANT AND BUTTERFLY GARDENING

Crab Cove Michael Charnofsky
12:30-3:30pm, Sun, Feb 24 #23709
Help beautify the Visitor Center and provide food for wildlife as we prepare our butterfly and native plant gardens for spring. You choose the work: weeding, pruning, mulching, and general clean-up. Snacks and refreshments served, tools provided. Students earn community service hours. Heavy rain cancels. 8+yrs. Registration is required.

THIRD THURSDAYS IN THE GARDEN

Crown Beach Staff
10am-noon & 1-3pm, Thu Jan 17 & Feb 21
Volunteers are needed in our Demonstration



California Black Rail Habitat Helpers

WILDLIFE VOLUNTEERS - "SHOREBIRD SANCTUARY"

MLK Jr. Shoreline Doc Quack
10am-12:30pm, Mon, Jan 21 #23658
8-10:30am, Sat, Feb 16 #23661

An exciting adventure over land and water to create nesting habitat for the threatened Western Snowy Plover awaits you. You will help move bulk sand and shells, pull weeds, thereby crafting ideal/idyllic courtship conditions for breeding plovers, avocets and stilts. By participating, you'll earn your "Shorebird Sanctuary" patch. Physical labor is involved with this project. Parent participation required.

Deadline to sign-up is 1/16/19 for the 1/21/19 event and 2/8/19 for the 2/16/19 event.

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

Directions: In Oakland, take Hwy 880 north or south to Hegenberger Road in Oakland. West on Hegenberger Road 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.

WILDLIFE VOLUNTEERS - "CALIFORNIA BLACK RAIL HABITAT HELPERS"

Point Pinole Doc Quack
9:30am-noon, Sat, Feb 2 #23691
1-3:30pm, Sat, Feb 16 #23694

During this hands-on activity, you'll 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 vegetation which restores nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch. Physical labor is involved with this project. Parent participation is required.

Deadline to sign-up is 1/25/19 for the 2/2/19 event and 2/8/19 for the 2/16/19 event.

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

Directions: Driving from I-80, take the Richmond Parkway exit and go west towards the Bay. Cross San Pablo Avenue and watch for the Point Pinole/ Giant Highway exit. Turn right (north) at Giant Highway. The park entrance will be ahead on the right, past the railroad tracks (5551 Giant Highway).



tion 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-toe shoes, sun protection, and bring a water bottle. Children 12 and under must be accompanied by an adult. Info: (510) 544-3187.

VISITOR CENTERS

ARDENWOOD

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

BIG BREAK

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

BLACK DIAMOND MINES

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

BOTANIC GARDEN

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

COYOTE HILLS

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

CRAB COVE

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

DEL VALLE

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

GARIN

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

SUNOL-OHLONE

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

TILDEN NATURE AREA

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

SWIM FACILITIES

1-888-327-2757, option 3

LAKE ANZA

Tilden Regional Park
Berkeley, CA | ext. 4563

CASTLE ROCK

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

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA | ext. 4518

CULL CANYON

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

DEL VALLE

7000 Del Valle Road
Livermore, CA | ext. 4524

DON CASTRO

22400 Woodroe Ave.
Hayward, CA | ext. 4527

QUARRY LAKES

2100 Isherwood Way
Fremont, CA | ext. 4552

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA | ext. 4555

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA | ext. 4557


LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA | ext. 4561

How to Register • Fee Payment

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

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



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

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

BY PHONE: Phone registration requires a VISA or Mastercard. The Reservations Office is open between 8:30am-4:00pm 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.

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

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

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

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



Becoming A Regional Parks Foundation Member Has Never Been Easier!

Memberships are now available for purchase at select regional parks and area REI stores.



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

Join the 11,000-member-strong Regional Parks Foundation TODAY and enjoy special benefits, including:

- Free parking
- Free swimming
- Camping discounts
- Annual dog pass (for up to 3 dogs)
- And much more

Memberships can also be purchased online at RegionalParksFoundation.org/Join



2019 TRAILS CHALLENGE

20 New Trails, 20 New Adventures
Free printed Guidebooks and T-shirts available at Regional Park Visitor Centers while supplies last.

East Bay
Regional Park District
Healthy Parks Healthy People



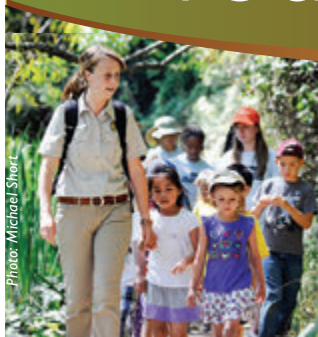
Find out more at ebparks.org/TrailsChallenge

East Bay 
Regional Park District

Healthy Parks Healthy People

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

COME WORK FOR THE EAST BAY REGIONAL PARK DISTRICT! Youth Job Fair



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

SATURDAY, JANUARY 26, 2019

Big Break Visitor Center
10 a.m. to noon
69 Big Break Road, Oakley, CA 94561

SATURDAY, FEBRUARY 2, 2019

In partnership with City of Union City
Ruggieri Senior Center
10 a.m. to noon
33997 Alvarado-Niles Road, Union City, CA 94587

East Bay 
Regional Park District
Healthy Parks Healthy People

ebparks.org