

Regional in Nature

Activity Guide



March – April 2019



Pick Up After Your Pets...
"There is No Poop Fairy!" page 3

Yulie & Bosley



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Sibley Volcanic Regional Preserve Adds 639 Acres
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Photo: Nick Khadder

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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

Naturalist & 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!



Regional Parks Foundation an Integral Park District Partner

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



For over 85 years the Park District has been providing good governance and service to the community. Partnerships are critical to that effort, and no other organization has been more essential than the Regional Parks Foundation. Since 1969 the Regional Parks Foundation has been assisting the East Bay Regional Park District by supporting programs that connect people with nature (particularly children), promote safe recreation, preserve land, and restore natural habitat.

Today the Regional Parks Foundation is 11,000 members strong and raises over \$2 million annually. 2019 marks the 50th Anniversary of the Regional Parks Foundation.

Connecting People with Nature

Signature programs supported by the Foundation over the years include Junior Rangers, Leaders in Training, Camperships (sponsorships for summer day camps and week-long science camp programs at Camp Arroyo), fishing derbies, swim lessons, and Parks Express (free bus program providing youth, seniors, veterans, and the disabled access to parks).

Safe Park Access and Recreation

The Foundation helps keep parks safe by providing free loaner life jackets and rescue boards at swim facilities, as well as free bike helmets and bells distributed by the Volunteer Trail Safety Patrol. The Foundation provides materials, supplies, hand tools, and food for the hundreds of volunteers each year who donate their time to restore and maintain safe recreational trails for the public. The

Foundation has also funded the acquisition of major public safety equipment, including a mobile incident command center, large animal rescue equipment, and horses and trailer equipment for the police department's Mounted Horse Patrol.

Restoration of Natural Habitat

The Foundation works to promote healthy ecosystems for native flora and fauna through environmental stewardship and wildlife studies. Programs include Amphibian Ambassadors, Burrowing Owl Buddies, Habitat Helpers, and It's Your Tern, each of which works to improve habitat for shoreline birds. The Foundation has also funded studies of Mountain Lions and birds of prey for habitat evaluation, and the 2009 restoration of the Serpentine Prairie in Redwood Regional Park.

Land Preservation

In 2014 the Foundation facilitated the donation of 296 acres from the Patterson Family to expand Coyote Hills Regional Park in Fremont. Facilitating land donations has been a historical function of the Foundation since its inception in 1969.

Congratulations to the Regional Parks Foundation! The support of the Regional Parks Foundation has been integral to the success of the East Bay Regional Park District over the years. It is only right that this incredible organization will celebrate its 50th Anniversary with a formal gala, to be held on October 10.

Enjoy Spring in your Regional Parks.



Sibley Volcanic Regional Preserve Adds 639 Acres

This past November the East Bay Regional Park District Board of Directors approved a land use plan amendment for expansion of Robert Sibley Volcanic Regional Preserve, including habitat restoration, recreational opportunities, and enhanced public access. The land use plan amendment adds two properties to Sibley Regional Preserve, essentially doubling the preserve's size to a total of 1,318 acres. The new

properties include the 389-acre Western Hills Open Space area and the 250-acre former McCosker family ranch.

The plan calls for major additions, including the expansion of three staging areas with parking, one new staging area, one new trailhead/ access point, an interpretive area with exhibits for organized interpretive programs and self-guided tours, one new group

camping area for up to 50 people, and 8.2 miles of new recreational trails.

Expansion of the preserve also includes the largest creek restoration in Park District history with over 3,061 total linear feet of creek set to be restored, including the daylighting of 770 feet which are currently culverted.



Nature is Medicine

The East Bay Regional Park District manages parklands for outdoor recreation and wildlife protection – over 122,000 acres. The Park District also studies the impact the parklands have on our collective health and well-being.

Since 2015, the Park District has commissioned four studies looking at the benefits of being in nature, specifically the benefits to mental health, physical health, and health care. These studies are a landmark in the park management industry and help demonstrate the direct benefits of parks and open space to public health.

SHINE Park Rx Study

The SHINE (Stay Healthy in Nature Every Day) program was developed by the Park District in partnership with the UCSF Benioff Children's Hospital in Oakland in 2014. Every month, with funding from the Regional Parks Foundation, the Park District provides staff, transportation, healthy snacks and a day of outdoor activities for children with chronic illnesses and their families. The first randomized clinical study on health and nature, conducted in 2015 by Nooshin Razani M.D., clinic staff, and UC Berkeley, determined that cortisol levels and feeling of loneliness decreased by 28% and 20% respectively for SHINE participants. Cortisol is made by the body's adrenal glands and affects mood, motivation, and fear.

Adventure Crew/Junior Rangers Nature Immersion Study

In 2017 and 2018 the Park District partnered with Dr. Aiko

Yoshino of San Francisco State University to conduct a pilot health and nature literacy program that immersed youth ages 10-13 with nature and the outdoors, and evaluated the benefits to self-esteem, leadership development, and health. Findings showed positive health benefits related to improved physical fitness and reduced stress.

PASITO Intensive 3-Month Walk-In-Nature Study

In 2017, the Park District in partnership with SF State and the Latino Center of Richmond examined the physical, mental, and social health impacts of nature on 43 adults who participated in a nature-walk intervention program. The innovative and intensive study incorporated the use of biomarkers and psychological stress level evaluation, including collecting hair and saliva samples to capture cortisol levels. While analysis is still underway, initial results suggest a significant decline in negative mood and an increase in positive mood due to lower cortisol levels. Additionally, participants reported a variety of anecdotal physical, mental, and social benefits, including decreased anxiety, weight loss, and improved happiness.

Healthcare Cost Benefits

A 2016 economic impact study commissioned by the Park District estimated that nearly 60,000 individuals would not engage in physical activity without regional parklands and recreational opportunities. The study determined that the District generates healthcare cost savings of over \$20 million per year.

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:

Spring Allergy Season

Seasonal allergies affect millions of Americans during the spring. Here are some tips for preventing allergy triggers:

- Avoid yard work and outdoor activities when pollen counts are high.
- Wash off after outdoor activity, especially your hair; moisten your nasal membranes with saline nose spray.
- Keep your home, especially your bedroom, as dust and mold free as possible.
- Use an allergy cover for your mattresses and pillows.
- Consider an air purifier with a special HEPA filter.
- Keep your house and car windows closed and use the air conditioner.
- Groom pets.
- Avoid smoking and exposure to smoke, sprays, room deodorizers, perfumes, and other irritating substances.

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).

There is No Poop Fairy! Dog Owners Reminded to Pick Up After Their Pets

We've all been there, you enter a beautiful, serene Regional Park, and you see it, a dog poop bag. "What the heck?" you say to yourself. "They bring a bag, but can't take it with them? It's like they think there is a poop fairy that will magically pick it up after them!"

All smiles aside, leaving poop bags behind is a form of littering and is a major challenge for the Park District staff. Leaving poop bags behind is against the rules and subject to fines.

While Park Rangers do spend some time cleaning up poop bags, frankly, they have many more essential things to do like clearing trails for safety and removing

hazardous vegetation like poison oak.

The Park District is asking the public, specifically dog owners, for help to keep the Regional Parks enjoyable for all. Garbage cans are available at all staging areas and trailheads, and strategically located along trails, where feasible.



Image: Chicago Park District

The Park District is proud to have one of the most dog-friendly policies in the entire country that allows dogs at most parks, and even off-leash at many. The Park District hopes to keep it that way and avoid conflicts with the District's overall goal of balancing public access with habitat protection.

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/swim-lessons. No onsite registration.

JUNIOR LIFEGUARD

Ready for fun and adventure? Our eight, one-week sessions pack loads of lifeguarding skills and engaging activities. Each session has a different theme but will always cover CPR, first aid, and water rescue skills. Offered at five facilities, this day camp meets from 9am-4pm, Mon-Fri. Scholarships available. Offered for ages 8-12. For info on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. 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 be a lifeguard. Offered for age 13-15. Applications are required for this program and due May 1. For more info regarding the Aide program and to receive an application, contact Aaron Roth at aroth@ebparks.org or call 510-690-6624.



JUNIOR CADET

This program will challenge teens ages 14-18 mentally and physically. Develop skills in teamwork, professionalism, communication and other skills 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 May 1. For info and an application, contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

to knots, fly selection, reading the water, and more. 12+yrs.

Registration is required.

Fee: \$60 (non-res. \$66)

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen

10am-12pm, Sat, Mar 23 #24035;

1:30-3:30pm, Sat, Mar 23 #24049;

Apr 20 #24053

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)

PARK'N IT DAY CAMP ☼

Mon-Fri, 9am-4pm

Jun 10-14, Temescal #24216

Jun 17-21, Temescal #24218

Jun 24-28, Don Castro #24219

Jul 8-12, Contra Loma #24382

Jul 15-19, Coyote Hills #24384

Jul 22-26, Miller Knox #24423

Jul 29-Aug 2, Ardenwood

#24376

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. (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. Registration is required.

Fee: \$200 (non-res. \$220)



RECREATION

LLAMAS – MYSTICS OF ANDES ☼

Redwood LAMAS Outfitters

11am-2:30pm, Sat, Mar 2 #24473; Mar 30

#24536; Apr 13 #24498; Apr 27 #24508;

10am-1:30pm, Sun, Mar 3 #24475;

Mar 17 #24480; Mar 31 #24494;

Apr 14 #24503; Apr 28 #24514;

2-5:30pm, Sat, Mar 16 #24479

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 three people can share one llama, or reserve your own. Adult participation required for ages 8-17yrs (adult registers). Registration is required.

Fee: \$90 per llama - 8 llamas max. per class (non-res. \$100)

FISHING – TROUT BASICS ☼

Various Recreation Staff

8-10am, Sat, Mar 30 #24201 Temescal;

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. Registration is required.

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

FLY-FISHING INTRODUCTION ☼

Tilden Fish First!

7am-1pm, Sun, Mar 10 #24004;

Apr 14 #24009

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



LEADERS IN TRAINING ☼

Mon-Fri, 8:30am-4pm. Same dates as Park'n It Day Camp (see above).

Various Parks

Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! 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 Megan Seccombe, Recreation Coordinator, at mseccombe@ebparks.org. (510) 544.2554 for a paper copy. 13-17yrs. Fee: \$50.

ARDENWOOD

Ardenwood is open Tue-Sun. from 10am-4pm. Train rides will return in April. Admission fees apply. Info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

SHEEP SHEARING DAY ♿

Ardenwood Mindy Castle & Interpretive Staff

11am-3pm, Sat, Mar 16

Spring has sprung and it is time for our sheep's annual "haircut." Watch as the farm's sheep get sheared; then, try your 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: \$6/adults. \$5/seniors (62+), \$4/children (4-17 yrs.), 3 yrs. & under free.

ANIMAL FEEDING ♿

Ardenwood Interpretive Staff
3pm, 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.

FREE OUTDOOR MOVIE NIGHT!

Lake Chabot Recreation Staff
8pm-9:45pm, Sat, Apr 27
Join us for a FREE family movie, featuring the 2017 smash hit, *Coco*, rated PG, 109 minutes. Movie begins shortly after sunset (8:00pm) and is a great way to spend the evening outdoors with friends and family. Arrive early to secure a good seat. 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. Questions? Contact (510) 544-2567.

RIDE THE RAILS - TRAIN RIDES ♿

Ardenwood S.P.C.R.R.
Various times, every Thu, Fri & Sun, beginning Apr 4.

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.

KAYAKING / BOATING

KAYAKING FOR FOLKS 50+ ♿

Lake Chabot Recreation Staff
11am-3pm, Wed, Mar 6 #24187

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 what you have learned touring the lake by kayak.

Registration is required.

Fee: \$52 (non-res. \$58)

KAYAKING IS FOR THE BIRDS! ♿

Big Break Cat Taylor/Recreation Staff
9am-11:30am, Sun, Mar 3 #24015

What better way to see birds than by kayaking on the wondrous waters of the Delta? We will begin with dry-land instruction then paddle our steady and stable craft on a group birding exploration. Adult participation required for ages 10-16yrs (adult registers). 10+yrs. Registration is required.

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

KAYAKING BIG BREAK ♿

Big Break Cat Taylor/Recreation Staff
1pm-3:30pm, Sun, Apr 7 #24188

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 Delta shoreline. Adult participation required for ages 10-16yrs. (adult registers). 10+yrs. Registration is required.

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

SUNKEN SHIPS & FLOWERPOTS PADDLE ♿

Big Break Cat Taylor/Recreation Staff
1pm-3:30pm, Sun, Mar 3 #24186

Explore shipwrecks from yester-year as we discover how nature has put them to good use! After dry-land instruction, we will wend our way in our steady and stable tandem kayaks. Adult participation required for ages 10-16yrs (adult registers). 10+yrs.

Registration is required.

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

KAYAKING - SUNSET & FULL MOON PADDLE ♿

Big Break Cat Taylor/Recreation Staff
5:45pm-8:15pm, Wed, Apr 17 #24192

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 participation required for ages 10-16yrs. (adult registers). 10+yrs.

Registration is required.

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

Registration information – register beginning January 29

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

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, beginning Apr 4.

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 Thu and Fri at 2:30pm, Sat and Sun at 11:30am.

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and performance. Pole skills enhance your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to expand your capabilities 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.** Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole walks for practice.

POLES: HIKING SKILLS & TECHNIQUES PLUS SHORT HIKE ♿

Black Diamond Jayah Faye Paley
8:30am-3:30pm, Sat, Mar 23 #24066

Experience everything in the Skills & Techniques class plus a lovely Spring-time Practice Hike (including Mine Visitor Center). Learn individualized strategies for improving your trail performance and confidence; learn which poles fit you and will help you achieve your goals. Hike approximately 2 miles. Registration is required.

Fee: \$75 (non-res. \$83)

POLES 2: BOTANIC GARDEN PRACTICE HIKE ♿

Tilden Botanic Garden Jayah Faye Paley
11am-1:30pm, Thurs, Apr 25 # 24117

Refine, enhance, and learn new skills on gentle, varied terrain. Easy practice hike – connect with nature while improving confidence, pole performance, and body awareness. Explore beautiful Native Garden: Botanically experience California. Previous EBRPD pole hiking instruction required. Test drive poles. Hike approximately 2 miles.

Registration is required.

Fee: \$28 (non-res. \$32)

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE ♿

Sunol Jayah Faye Paley
8:30am-3pm, Sat, Apr 6 #24073

Experience everything in the Basic Skills & Techniques plus we add an exploration of this bucolic park, replete with green, rolling, flowerful hills on a lon-

ger/stronger springtime hike so lovely that it's like visiting Ireland without having to deal with air travel. Learn which poles fit you best!

Registration is required.

Fee: \$75 (non-res. \$83)

USING POLES for WALKING & MAINTAINING MOBILITY ♿

Coyote Hills Jayah Faye Paley
1:30-4:30pm, Thu Apr 18 #24109

Easy-to-learn pole techniques and gentle exercises empower people to maintain independence, navigate everyday obstacles, reduce risk of falling, restore spine function, and improve stamina and walking form. Strengthen muscles that support weight bearing joints. Lovely, gentle Butterfly Garden and Marsh birding pole walk. Special equipment provided.

Registration is required.

Fee: \$45 (non-res. \$51)

HIKING WITH POLES: MORNING SKILLS & TECHNIQUES ♿

Coyote Hills Jayah Faye Paley
8:15am-12:45pm, Sat, Apr 27 #24178

Power with poles! Expert training in stunning surroundings helps hikers learn poles, trail, and body skills. Uphill: Improve performance, endurance, and spine function. Downhill: develop skills for feeling safer and preserving joints – Save your knees! "Test drive" different poles. Beginner to experienced – all levels welcome!

Registration is required.

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

TODDLER TIME ♿

Ardenwood Interpretive Staff
10:30-11:45am, Wed, March 6, 20, 27,
April 3, 17, 24

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!

HENS LAY EGGS ♿

Ardenwood Interpretive Staff
10:30-11am, Sat, Mar 2, 23, Sun, Mar 10,
24; Sat, Apr 27

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.

OLD-FASHIONED FUN

Ardenwood Interpretive Staff
11:30am-12:30pm, Sat, Mar 2, 30, Sun,
April 14, 28

Old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), testing your strength (tug-o-war) and hopping like a bunny (sack races). Join the fun and test your skills!

WILD FOOD

Ardenwood Christina Garcia
1-2pm, Sat Mar 2, 23
Before farms we ate wild foods foraged from the land. Explore the farm for edible native California plants as well as weeds.

STILT WALKERS

Ardenwood Interpretive Staff
2-2:30pm, Sat, Mar 2, 23
Want to be taller? Improve your balance? Give stilts a try. It's fun. Guess why farmers used these fun tools in the past.

WAKE UP THE FARM ♿

Ardenwood Interpretive Staff
10:30-11am, Sun, March 3, 17, 31
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, March 3, 31; 10:30-11am, Sat, Apr 20
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.

MEET THE FARMER: GROWING A GREEN THUMB ♿

Ardenwood Pia Loft & Aris Curtis
1-2pm, Sun March 3, 17, 31
Growing food is fun! Join us in our vegetable garden for hands-on practice while our farmer teaches us the tricks of the trade. Beginners and experts alike will have a great time growing their green thumb.

CHORES FOR LITTLE FARMERS

Ardenwood Interpretive Staff
10:30-11am, Sat, Mar 9, 30
Rise and shine! Lend a hand! We'll start with a story before preparing a morning treat for the farm animals.

STUCK IN A JAM

Ardenwood Nicholas Fowlks
11:30am-12:30pm Sat, March 9, Sun,
March 17
Are you ready to jam out? Come watch a demonstration on one of the oldest food preservation techniques in history. Don't forget to take some home!

WONDERFUL WOOL

Ardenwood Christina Garcia
1:30-2:30pm, Sat Mar 9

HOMEBREWING ON THE FARM ♿

Ardenwood Ira Bletz
1-3pm, Sat, Mar 2, 9, 23 #24742
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 (\$45 non-res.) www.ebparks.org/register. Registration is required.

One week before shearing time and the sheep are at their fluffiest! Let's visit the ewes and their lambs and learn all about their special fur.

GARDEN CHORES FOR KIDS ♿

Ardenwood Interpretive Staff
11:30am-12:30pm, Sun, March 10, 24
Our garden is ready for Spring and needs your help! Have fun getting dirty while you lend a hand weeding, watering and planting our healthy vegetables.

MEET THE FARMER: FARMING FOR CLIMATE CHANGE ♿

Ardenwood Pia Loft & Aris Curtis
1-2pm, Sun, March 10, 24; April 14, 28
Farms are for growing food, but farms are also for sequestering carbon! Join us as we explore the basics of climate change and learn how to grow vegetables while protecting our warming planet.

WEEKDAY BIRD WALK ♿ HPHP

Ardenwood Christina Garcia
7:30-9:30am, Tue, Mar 19
Walk through the beautiful gardens and woodlots of the farm in search of early spring migrants. Beginners welcome. No Ardenwood admission fee for this early morning program.

FARMYARD ANIMALS MASK MAKING

Ardenwood Marlene Gallegos
11:30am-12:30pm, Sat, Mar 23
Hear a story about all our farm buddies. Then, craft your very own mask of your favorite farm animal.

BIRDS OF THE FARM HPHP

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

BEAUTIFUL TREES

Ardenwood Christina Garcia
1:30-2:30pm, Sat, Mar 30
From Bald Cypress to Yew, lovely specimen trees fill the estate of George and Clara Patterson. Stroll the grounds, see some special trees and hear their stories.

FARMYARD STORY TIME ♿

Ardenwood Interpretive Staff
10:30-11am, Sun, April 7, 21
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.

A program in partnership with . . .

KAISER
PERMANENTE **thrive**



TRAILS CHALLENGE FREE

Take the Trails Challenge and join thousands of hikers and bikers. Complete at least 5 of the 20 trails featured in the guidebook by December 1!

The trails are for all fitness levels. Free printed guidebooks and T-shirts are available at participating Visitor Centers (while supplies last).

Go "green" by downloading the guidebook at www.ebparks.org/TC. The trails are also available on the AllTrails app.

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



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

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!

WAYNE RODERICK LECTURE SERIES

10:30am, Sat, Mar 2
Bart O'Brien: The Gulf of California, Mexico, Expedition of 2018.
All lectures start at 10:30am and run for a minimum of one hour.
FREE. Regional Parks Botanic Garden Auditorium. Seating is limited!

2019 SPRING SALE OF CALIFORNIA NATIVE PLANTS

10am-3pm, Sat, Apr 20
Public Plant Sale at the Regional Parks Botanic Garden in Tilden Regional Park.
Friends Member's Only Plant Sale
9-10am, Sat, Apr 20



Asclepias speciosa (showy milkweed)

Friends memberships can be purchased the morning of the plant sale, starting at 8:30am at the entrance to the plant sale. Info: www.nativeplants.org.

TARTAN DAY SCOTTISH FAIR 2019 ♿



Ardenwood East Bay Scottish Association & Interpretive Staff
10am-5pm, Sat, Apr 6
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 treat. Fee: \$12/adults, \$8/seniors (62+), \$6/children (4-17 yrs.), 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.

COOKING IN COUNTRY KITCHEN ♿

Ardenwood Interpretive Staff
11am-1pm, Sun, April 7, 14, 21, 28
Stop by our outdoor farm 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 a historic recipe to try at home.

RURAL FARM PHARMACY ♿

Ardenwood Nichola Fowlks
11:30am-12:30pm Sun, Apr 7
Ever wondered what medicines people used over 100 years ago? Discover a few simple remedies used by rural Americans in the late 19th century.

GARDEN BUG SAFARI ♿

Ardenwood Pia Loft
1-2pm, Sun, April 7, 21
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.

GOOD MORNING FARM ♿

Ardenwood Interpretive Staff
10:30-11am, Sat, Apr 13
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.

BASKET MAKING ♿

Ardenwood Marlene Gallegos
11am-noon, Sat, Apr 13
Learn of the various materials that baskets can be made of, and then learn how to weave your very own basket to take home!

FUN WITH FELTING ♿

Ardenwood Mindy Castle
1-2pm, Sat, Apr 13
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.

FARMYARD GAMES

Ardenwood Interpretive Staff
2-3pm, Sat, Apr 13, 20
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.

THE ITSY BITSY SPIDER...

Ardenwood Interpretive Staff
10:30-11am, Sun, April 14 & 28
...went down the water spout and built a beautiful web! Join us for a hike around the farm to see where our littlest critters hide. Bring your magnifying glasses!

EARTHY EGGS ♿

Ardenwood Mindy Castle
11am-noon, Sat, Apr 20
Dye Easter eggs the natural way! Learn which plants and spices hold secrets to beautiful, natural hues and take home an egg colored by Mother Nature.

BEGINNING EMBROIDERY ♿

Ardenwood Mindy Castle
1-2pm, Sat, Apr 20
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.

ROPE MAKING & HAY HOISTING ♿

Ardenwood Interpretive Staff
12:30-1pm, Sun, April 21
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.

CLOTHESPIN DOLLS ♿

Ardenwood Mindy Castle
11am-noon, Sat, Apr 27
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.

WAX: IT'S THE BEE'S KNEES! ♿

Ardenwood Mindy Castle
1-2pm, Sat, Apr 27
What's the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and taste some Ardenwood honey.

VICTORIAN TABLE TOP GAMES ♿

Ardenwood Interpretive Staff
2-3pm, Sat, Apr 27
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.

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.

OWL PELLET DISSECTION

Big Break Interpretive Staff
2-3pm, Sat, Mar 2
Join our exploration of Barn Owls and their digestive contents. Pluck apart owl

pellets to discover what the prey tells us about the predators.

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Mar 6; Apr 3
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion of science and events shaping the region.

SPRINGTIME SNAKES

Big Break Interpretive Staff
2-3pm, Sat, Mar 9
Tasting tongues and slithering scales spring into action! Come learn why these cold-blooded reptiles embrace the spring sunshine.

NATIVE BEE HOUSES – IT'S THE BEE'S KNEES! ♿

Big Break Cat Taylor
10am-noon, Sun, Mar 10 #24649
Not all bees live in hives! Provide native bees with shelter by making a bee house! One bee house per family. Registration is required.

BIG BREAK LITTLES

Big Break Cat Taylor
10-11am, Mon, Mar 11, Apr 8; Tue, Mar 12, Apr 9
Bring the little ones out to the park to explore nature. Same program both days - come to one or the other! Dress to get dirty! March: Turtle Trekking- to the pond we go! April: Spring Flowers – Explore Big Break in bloom.

SEDENTARY SEDIMENT

Big Break Interpretive Staff
2-3pm, Sat, Mar 16
Parts of the Sierra Nevada mountain range are here in the Delta! Come and find out how.

BLARNEY STONES, SHAMROCKS, RAINBOWS AND PEAS

Big Break Cat Taylor
10am-1pm, Sun, Mar 17
St. Patrick's Day is upon us! Learn about its history and traditions and then go on a self-guided scavenger hunt through wondrously green wetlands in search of nature's treasure.

FAMILY FULL MOON PROWL

Big Break Cat Taylor
7-8:30pm, Wed, Mar 20 #23977
Hoo goes there? Families will delve into the lunar-lit nocturnal world tonight as we trek o-er darkening trails listening for screeches, hoots, howls and clicks. Bring flashlights.

S'MORES SPRING BREAK!

Big Break Interpretive Staff
2-4pm, Sat, Mar 23
Spring Break is a perfect opportunity to explore the great outdoors! Spend the

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

March 2019

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
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24	25	26	27	28	29	30
31						

Celebrating 85 Years of Regional Parks



- 1**
Ardenwood: Animal Feeding
- 2**
Ardenwood: Brewing On The Farm: A Homebrewing Workshop, Old-Fashioned Fun, Stilt Walkers, Animal Feeding, Hens Lay Eggs, Wild Food
Big Break: Delta Discoveries, Owl Pellet Dissection, Testing The Water
Black Diamond: Hazel Atlas Mine Tours, The Reptile Way
Coyote Hills: Cart of Curiosities, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Hayward Shoreline: Wildlife Volunteers
Quarry Lakes: Bird Walk
Redwood: Llamas - Mystics of Andes
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Nature Journaling, Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Creek Study
- 3**
Ardenwood: Animal Feeding, Meet The Farmer: Growing A Green Thumb, Rabbit Rendezvous, Wake Up The Farm
Big Break: Delta Discoveries, Testing The Water, Kayaking is for the Birds!, Sunken Ships & Flowerpots Kayak
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Stories of the Past, Discovery Days, "Snakes, Stories and Spirals"
Crab Cove: Family Nature Fun, Fish Feeding Time, Minus Low Tide Walk
Redwood: Llamas - Mystics of Andes
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Watershed Wonder, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With Animals
- 4**
Fernandez Ranch: Monday Birding
- 5**
Lake Chabot: Hikes for Tykes
Sobrante Ridge: The Over-The-Hills Gang
Vargas Plateau: Weekday Bird Walk
- 6**
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
Lake Chabot: Kayaking for Folks 50+

- 7**
Ardenwood: Animal Feeding
- 8**
Ardenwood: Animal Feeding
- 9**
Ardenwood: Stuck In A Jam, Animal Feeding, Chores For Little Farmers, Wonderful Wool
Big Break: Delta Discoveries, Testing The Water, Springtime Snakes
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time, Kids Storytime And Nature Exploration
Del Valle: Incredible Edible Insects
Garin: Canine Capers Walk
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Creek Study, "Bugs, Slugs, & Ughs!"
- 10**
Ardenwood: Animal Feeding, Hens Lay Eggs, Meet The Farmer: Farming For Climate Change, Garden Chores For Kids
Big Break: Delta Discoveries, Native Bee Houses, Testing The Water
Coyote Hills: Stories of the Past: Basketry, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Lake Chabot: Sunday Stroll
Quarry Lakes: Spring Willow Pruning & Gathering
Sunol: Nature Crafts, Wild Wonders, Spring Forward for Frogs
Tilden: Fly-Fishing Introduction
Tilden Nature Area: Talk With Animals
- 11**
Big Break: Big Break Littles
Sunol: Outdoor Discoveries
Wildcat Canyon: Monday Birding
- 12**
Big Break: Big Break Littles
Crab Cove: "Sea Squirts: Roots, Stems, Leaves"
Garin: Weekday Bird Walk
Redwood: Week-night Hike
- 14**
Ardenwood: Animal Feeding
EBRPD: Wildlife Volunteers - Meeting
- 15**
Ardenwood: Animal Feeding
- 16**
Ardenwood: Animal Feeding, Sheep Shearing Day
Big Break: Delta Discoveries, Testing The Water, Sedentary Sediment
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Budding Birders, Discovery Days, Wonders of Wetlands
Crab Cove: Family Nature Fun, Fish Feeding
- Diablo Foothills:** Spring Glories
Leona Canyon: Native Plant Restoration
Redwood: Llamas - Mystics of Andes
Sunol: Amphibian Ramble, Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Creek Study
- 17**
Ardenwood: Stuck In A Jam, Animal Feeding, Meet The Farmer, Wake Up The Farm
Big Break: Delta Discoveries, "Blarney Stones, Shamrocks, Rainbows and Peas", Testing The Water
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days
Crab Cove: Calling All Green Thumbs, Family Nature Fun, Fish Feeding Time
Del Valle: Park 'n Play
Garin: Wild Edibles and Plant Uses
Redwood: Llamas - Mystics of Andes
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Lucky Leprechaun Treasure Hunt!, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With Animals
- 18**
Point Pinole: Monday Birding
Shadow Cliffs: Lakeside Littles
- 19**
Ardenwood: Weekday Bird walk
Bridons: The Over-The-Hills Gang
Redwood: Hikes for Tykes
- 20**
Ardenwood: Toddler Time
Big Break: Family Full Moon Prowl
Dublin Hills: Wednesday Walks
- 21**
Ardenwood: Animal Feeding
Crown Beach: Third Thursdays in Garden
- 22**
Ardenwood: Animal Feeding
- 23**
Ardenwood: Farmyard Animals Mask Making, Stilt Walkers, Animal Feeding, Hens Lay Eggs, Wild Food
Big Break: Delta Discoveries, S'more Spring Break!, Testing The Water
Black Diamond: Hazel Atlas Mine Tours, Hiking Poles: Skills & Techniques Plus Hike
Coyote Hills: Native Knowledge Nature Walk, Cart of Curiosities, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time, Tiny Fishing Derby
Leona Canyon: Saturday Stroll
Roberts: Archery Introduction
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Creek Study
- 24**
Alameda: Bayside Beach Cleanup
Ardenwood: Animal Feeding, Hens Lay Eggs, Meet The Farmer, Garden Chores For Kids

- Big Break:** Delta Discoveries, Testing The Water, Colorful Weather
Black Diamond: Hazel Atlas Mine Tours, Wildflowers of Black Diamond
Brushy Peak: Vasco Caves Regional Preserve Tour
Coyote Hills: Ohlone Village Site Open House, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time
Sunol: Wildflowers of the Wilderness, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With Animals
- 25**
Coyote Hills: Coyote Cubs
Sunol: Outdoor Discoveries
Tilden Nature Area: Monday Birding
- 26**
Crab Cove: Sea Squirts
- 27**
Anthony Chabot: Wednesday Walks
Ardenwood: Toddler Time, Animal Feeding
- 28**
Marsh Creek: Thursday Birding
- 29**
Ardenwood: Animal Feeding
- 30**
Ardenwood: Birds Of The Farm, Old-Fashioned Fun, Animal Feeding, Chores For Little Farmers, Beautiful Trees
Big Break: Delta Discoveries, Watercolor Landscape, Testing The Water
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, Nectar Garden Fun Day, For the Bay
Crab Cove: Family Nature Fun, Fish Feeding Time, Kids Storytime & Nature Exploration
Radke Martinez: The Bay Breathes
Redwood: Llamas - Mystics of Andes
Sunol: Wildflowers of the Wilderness, Nature Crafts, Wild Wonders
Temescal: Fishing - Trout Basics
Tilden Nature Area: Farm Chores For Littles, Creek Study
- 31**
Ardenwood: Animal Feeding, Meet The Farmer: Growing A Green Thumb, Rabbit Rendezvous, Wake Up The Farm
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding Time
Leona Canyon: Birding By Ear
Redwood: Llamas - Mystics of Andes
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Dancing with the Trees, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With Animals, Jewel Lake Goat Walk, Chores for Little Gardeners

Regional in Nature



2
Kennedy Grove: The Over-The-Hills Gang
Roberts: Hikes for Tykes
Shadow Cliffs: How Does Our Garden Grow?

3
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
Sunol: Wednesday Walks

4
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

5
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

6
Ardenwood: Patterson House Tours, Animal Feeding, Tartan Day Scottish Fair 2019
Big Break: Delta Discoveries, Carnivorous Canines, Testing The Water
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Garin: Wild Edibles and Plant Uses
Sunol: Hiking Poles: Skills & Techniques Plus Hike, Nature Crafts, Wild Wonders, Night Out at Sunol
Tilden Nature Area: Farm Chores For Littles, Creek Study



7
Ardenwood: Cooking In The Country Kitchen, Rural Farm Pharmacy, Patterson House Tours, Animal Feeding, Farmyard Story Time, Garden Bug Safari, Ride The Rails
Big Break: Delta Discoveries, Testing The Water, Kayaking Big Break
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, Stories Under an Oak
Crab Cove: Family Nature Fun, Fish Feeding
Round Valley: Vasco Caves Regional Preserve Tour
Sunol: Wildflowers of the Wilderness, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With Animals, Amphibian Roundup, Wildflower Walks

8
Big Break: Big Break Littles
Briones: Monday Birding: Briones

Sunol: Outdoor Discoveries: Seeds of Sunol

9
Big Break: Big Break Littles
Crab Cove: Sea Squirts: Grossology

11
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

12
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

13
Ardenwood: Farmyard Games, Patterson House Tours, Basket Making, Animal Feeding, Good Morning Farm
Big Break: Delta Discoveries, Testing The Water

Black Diamond: Hazel Atlas Mine Tours, Wildflowers of Black Diamond
Coyote Hills: Discovery Days, Skills of the Past

Crab Cove: Family Nature Fun, Fish Feeding Time, Splash into Spring & Egg Scramble

Del Valle: Springtime Stargazing - Arroyo

Redwood: Llamas - Mystics of Andes

Round Valley: Vasco Caves Regional Preserve Tour

Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles

14
Ardenwood: Cooking In Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Farmer, The Itsy Bitsy Spider..., Ride The Rails

Big Break: Delta Discoveries, Testing The Water, Dunes Day Restoration!, Meandering Mink

Black Diamond: Hazel Atlas Mine Tours, Wildflowers of Black Diamond

Briones: Wildflower Walks

Brushy Peak: Vasco Caves Regional Preserve Tour

Coyote Hills: Discovery Days

Crab Cove: Family Nature Fun, Fish Feeding Time

Redwood: Llamas - Mystics of Andes

Sibley: Poetry in Motion

Sunol: Nature Crafts, Wild Wonders, Wildflower Festival

Tilden: Fly-Fishing Introduction

Tilden Nature Area: Talk With Animals, Amphibian Roundup, Watershed Web

15
Crockett Hills: Monday Birding
Shadow Cliffs: Lakeside Littles

16
Crab Cove: Hikes for Tykes
Quarry Lakes: Weekday Bird Walk
Tilden: The Over-The-Hills Gang

17
Ardenwood: Toddler Time

Big Break: Sunset and Full Moon Paddle
Tilden: Wednesday Walks

18
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails
Coyote Hills: Using Poles for Walking & Maintaining Mobility
Crown Beach: Third Thursdays in the Garden

19
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

20
Ardenwood: Beginning Embroidery, Earthy Eggs, Farmyard Games, Patterson House Tours, Animal Feeding, Rabbit Rendezvous

Big Break: Delta Discoveries, Asparagus Exploration, Testing The Water

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Discovery Days, Earth Day

Crab Cove: Family Nature Fun, Fish Feeding Time, Alameda Earth Day

Crown Beach: Wildlife Volunteers, Alameda Earth Day Event

Point Pinole: Wildlife Volunteers

Roberts: Archery Introduction

Round Valley: Vasco Caves Regional Preserve Tour

Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles

21
Ardenwood: Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Farmyard Story Time, Garden Bug Safari, Rope Making & Hay Hoisting, Ride The Rails

Big Break: Delta Discoveries, Eggciting Experiments!, Mother Nature's Egg Dyes, Testing The Water

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Ohlone People & Culture, Discovery Days, Edible Nests and Eggs

Crab Cove: Family Nature Fun, Fish Feeding

Redwood: Sunday Stroll

Sunol: Easter at Sunol!, Nature Crafts, Wild Wonders

Tilden Nature Area: Talk With Animals, The Earth is Our Home

22
Sunol: Outdoor Discoveries: Flower Power

23
Crab Cove: Sea Squirts

24
Ardenwood: Toddler Time

25
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails
Morgan Territory: Thursday Birding
Tilden: Poles 2: Botanic Garden Practice Hike

April 2019

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21	22	23	24	25	26	27
28	29	30				

26
Ardenwood: Patterson House Tours, Animal Feeding, Ride The Rails

27
Ardenwood: Clothespin Dolls, Patterson House Tours, Victorian Table Top Games, Wax: It's The Bee's Knees!, Animal Feeding, Hens Lay Eggs

Big Break: Delta Discoveries, Testing The Water, Lovely Bugs and Lady Beetles

Black Diamond: Hazel Atlas Mine Tours, Wildflowers of Black Diamond

Coyote Hills: Hiking with Poles, Discovery Days, Skills of the Past

Crab Cove: Family Nature Fun, Fish Feeding Time

Crown Beach: Mid Morning Bird walk
Lake Chabot: Free Outdoor Movie Night!

Redwood: Llamas - Mystics of Andes

Sunol: Fiber Dyeing with Plants, Nature Crafts, Wild Wonders

Tilden Nature Area: Farm Chores For Littles

28
Ardenwood: Cooking In The Country Kitchen, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Meet The Farmer, The Itsy Bitsy Spider..., Ride The Rails

Big Break: Delta Discoveries, Nature Journaling, Testing The Water

Black Diamond: Hazel Atlas Mine Tours Old-Fashioned Cemetery Picnic

Brushy Peak: Vasco Caves Regional Preserve Tour

Coyote Hills: Ohlone Village Site Open House, Discovery Days

Crab Cove: City Nature Challenge Bioblitz, Family Nature Fun, Fish Feeding Time

Redwood: Llamas - Mystics of Andes

Sobrante Ridge: City Nature Challenge Bioblitz

Sunol: Wildflowers of the Wilderness, Nature Crafts, Wild Wonders

Tilden: City Nature Challenge Bioblitz

Tilden Nature Area: Talk With Animals

29
Coyote Hills: Coyote Cubs - Earth Day is Every Day!

30
Big Break: All Abilities Day
Hayward Area Recreation District: Weekday Bird Walk - Hayward Shoreline
Redwood: Hikes for Tykes

afternoon discovering wildlife of the region, learning fire safety, and tent building techniques while enjoying tasty campfire treats! Tents and s'mores provided.

COLORFUL WEATHER

Big Break Interpretive Staff
2-3pm, Sun, Mar 24

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

THU. BIRDING: RAPTOR BASELINE

Various Parks Michael Moran
9-11:30am, Thu, Mar 28 #23979 Marsh
Creek; 9-11:30am, Thu, Apr 25 #23980
Morgan Territory

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

WATERCOLOR LANDSCAPES

Big Break Interpretive Staff
2-3pm, Sat, Mar 30

Step back in time: how could you capture a landscape without a camera or a phone? Let's take in the scenery and get creative with watercolor paints.

CARNIVOROUS CANINES

Big Break Interpretive Staff
2-3pm, Sat, Apr 6

Canines and your furry friends are alike;



Double-Crested Cormorants at Shadow Cliffs.

BIRD WALKS

Weekday Bird Walk, Ardenwood, Mar 19, page 6, Various Parks, Mar 5, 12, & Apr 16, 30, page 13

Birds of the Farm, Ardenwood, Mar 30, page 6

Thursday Birding, Raptor Baseline, Various Parks, Mar 28, Apr 25, page 7

Budding Birders, Coyote Hills, Mar 16, page 11

Mid Morning Birwalk, Elsie Roemer Bird Sanctuary, Apr 27, page 11

Bird Walk, Quarry Lakes, Mar 2, page 13

Monday Birding, Various Parks, Mar 4, 11, 18, 25, & Apr 8, 15, page 13

Birding by Ear, Leona Canyon, Mar 31, page 14

explore the park to discover the differences and similarities.

DUNES DAY RESTORATION!

Big Break Cat Taylor
9-11am, Sun, Apr 14

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.

MEANDERING MINK

Big Break Interpretive Staff
2-3pm, Sun, Apr 14

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

ASPARAGUS EXPLORATION

Big Break Interpretive Staff
2-3pm, Sat, Apr 20

Explore Big Break's past as we search for asparagus on this former, now flooded, farm.

MOTHER NATURE'S EGG DYES

Big Break Cat Taylor
9:30-11am, Sun, Apr 21 #23986

Use colorful natural ingredients from Mother Nature's bounty to create beautiful dyed eggs. We'll provide some to decorate, or bring up to six of your own. Registration is required.

EGGCITING EGGS PERIMENTS!

Big Break Cat Taylor
2-3pm, Sun, Apr 21 #23985

When you stop to think about it, most critters hatch from eggs. Eggs are amazing! Get ready to eggsplore! Registration is required.

LOVELY BUGS AND LADY BEETLES

Big Break Interpretive Staff
10-11am, Sat, Apr 27

Why do farmers love lady bugs' ferocious appetites, but birds can't stomach this beetle? Join us as we explore bugs around Big Break.

NATURE JOURNALING

Big Break Interpretive Staff
2-3pm, Sun, Apr 28

Nature is all around us, we just need to look closer! Let's observe, draw, and write down what we see, hear and smell in the park.

ALL ABILITIES DAY

Big Break Interpretive Staff
9am-2pm Tue, Apr 30

Explore nature at your own pace and in your own way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Drop in anytime between 9am and 2pm. Indoor and outdoor options, wheelchair accessible.

BLACK DIAMOND

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

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

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov

Explore the extended tour route on a 1-hour, guided, small-group tour. Must be 7+ years old. Reservation tours offered at 10am (only for groups of 10-15), as well as 11am and 2pm. First-come, first-served tours offered at noon and 3pm. Additional 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 only at Greathouse Visitor Center, where tours begin. Fee: \$5

THE REPTILE WAY

Black Diamond Kevin Dixon
10-11:30am, Sat, Mar 2

For hundreds of millions of years, reptiles have cultivated a laid-back lifestyle. They don't rush around unless they really have to. Meet a local snake to find out more.

WILDFLOWERS

Black Diamond Eddie Willis
10am-noon, Sun, Mar 24, Apr 14;
Sat, Apr 13, 27

Visit wildflowers on hikes through steep and rugged terrain. Mar 24: Chaparral - Native shrubland. Search for the first of the season, 2 miles. Apr 13: Woodland - Oaks and pines. Get to the root of these flowers' lives, 2-3 miles. Apr 14: Grassland - Open hillside prairies. Find wildflowers that thrive in wind and sun, 2-3 miles. Apr 27: Disturbed - Landslides and roads. Meet the ones that thrive amid chaos, 1-2 miles.

OLD-TIME CEMETERY PICNIC

Black Diamond Eddie Willis
1:30-4:30pm, Sun, Apr 28

Pack a picnic and blanket and hike .5 miles to Rose Hill Cemetery to learn about 19th-century coal miners and enjoy an Afternoon Tea. Victorian or steampunk outfits encouraged! 10+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.

CART OF CURIOSITIES

Coyote Hills Kristina Parkison
1-3pm, Sat, Mar 2
9-11am, Sat, Mar 23

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

Coyote Hills Dino Labiste
10-noon, Sun, Mar 3

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

STORIES OF THE PAST: STONE TOOLS

Coyote Hills Dino Labiste
1:30-4pm, Sun, Mar 3

Travel back in time and follow the progression of tool making through the story of stone. How were stone tools made? Learn

SKILLS OF THE PAST

WILLOW BASKET

Coyote Hills Dino Labiste
10am-4:30pm, Sat, Apr 13 #24262

Willow is used by California Natives for various utilitarian baskets. What makes this versatile plant of the wetlands so unique? Learn more as we create a traditional style basket from whole shoot willow. 18+yrs.

Registration is required.

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

FIRE MAKING

Coyote Hills Dino Labiste
9:30am-12:30pm, Sat, Apr 27 #24265

Ever wondered how fire was created before matches or lighters? Unravel the secrets of fire-by-friction, fire-by-percussion, and fire-by-compression. Discover the techniques to produce a glowing ember as we practice our fire making skills through hands-on activities and demonstrations. 16+yrs. Registration is required.

CORDAGE MAKING

Coyote Hills Dino Labiste
2-4:30pm, Sat, Apr 27 # 24266

The ability to twist, twine, or braid fibers into cordage allows indigenous cultures to tie their world together. Learn various techniques of gathering, preparing, extracting, and plying plant materials to create cordage. Practice the efficient method of leg rolling plant fibers. 9+yrs.

Registration is required.

HPHP = Healthy Parks Healthy People program

about the rock cycle, flintknapping, and grinding techniques to shape rocks. Examine prehistoric replicas.

OHLONE VILLAGE SITE TOUR  
Coyote Hills Kristina Parkison
1:30-3:30pm Sat, Mar 9

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.

STORIES OF THE PAST: BASKETRY  

Coyote Hills Dino Labiste
2-4pm, Sun, Mar 10
Baskets serve both utilitarian and aesthetic purposes. The ability to weave a watertight basket demonstrates the sophisticated technology and plant knowledge possessed by California Natives. Harvesting, preparing, and weaving materials intertwine into stories as we explore the amazing art of basketry.

BUDDING BIRDERS 

Coyote Hills Kristina Parkison
10-11:30am, Sat, Mar 16
Beautiful birds abound – but how do you tell who's who? Playful activities help kids learn the basics of bird identification and foster an appreciation of our feathered friends! 7+yrs.

WONDERS OF WETLANDS   **HPHP**

Coyote Hills Kristina Parkison
1:30-3pm, Sat, Mar 16
Wetlands vibrate with life – insects, mammals, fish, and birds! Explore this amazing habitat with dip nets, binoculars, and fun scavenger hunts! 6+yrs.

NATIVE KNOWLEDGE NATURE WALK 

Coyote Hills Kristina Parkison
1:30-3pm, Sat, Mar 23
Ohlone people have lived on this land for centuries, learning its secrets. We'll share some of that knowledge of plant uses and animals, plus play some games Ohlone people enjoy! 7+yrs.

COYOTE CUBS  

Coyote Hills Francis Mendoza & Interpretive Staff
10:30-11:30am, Mon, Mar 25 & Apr 29
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. Mar 25: Mammalian Madness Apr 29: Earth Day is Every Day!

FOR THE BAY – VOLUNTEER PROJECT 

Coyote Hills Kristina Parkison
9:30-11am, Sat, Mar 30
Support your community and environment simultaneously! By collecting trash before it makes its way to the bay, we protect

OHLONE VILLAGE SITE OPEN HOUSE 

Coyote Hills Interpretive Staff
11am-2pm, Sun, Mar 24; Apr 28 (meet at the Tuibun Village Site)
Tour a reconstructed shade structure, pit house, and sweat house, built on a more-than 2,000 years old Ohlone village site. Walk through at your own pace or meet up with staff to learn about Ohlone cultures, past to present.

the water and the animals who live there, while also having fun! 12+yrs.

NECTAR GARDEN FUN DAY  

Coyote Hills Interpretive Staff
1-3pm, Sat, Mar 30
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.

STORIES UNDER AN OAK  

Coyote Hills Interpretive Staff
11-noon, Sun, Apr 7
Settle in for story time under the canopy of a majestic oak.

REDUCE, REUSE, RECYCLE  

Coyote Hills Dino Labiste
9:30-noon & 1:30-4pm, Sat, Apr 20
Celebrate Earth Day! Enjoy family fun while learning about the care of our precious Earth. Create your own litter bug, view an environmental puppet show (starts 11:40am & 3:40pm), and play recycling games. Make a positive difference!

EDIBLE NESTS AND EGGS

Coyote Hills Francis Mendoza
11-noon, Sun, Apr 21
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 

Coyote Hills Francis Mendoza
1:30-2:30pm, Sun, Apr 21
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.

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.

FISH FEEDING TIME  

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

KIDS STORYTIME & EXPLORATION

Crab Cove Michael Charnofsky,
James Frank

10-11:30am, Sat, Mar 9, 30

Come for stories and songs at the Cove. Then explore with us looking for wildlife and washed up treasures before finishing with a nature craft.

MINUS LOW TIDE WALK **HPHP**

Crab Cove Susan Ramos
3:30-5pm, Sun, Mar 3

Explore the mudflat and rocky shore of our special marine protected area! Search for clams, seaweed, crabs and more. Wear old shoes or rain boots- you will get dirty!

TINY FISHING DERBY

Crab Cove James Frank
10-11:30am, Sat, Mar 23
Catch (and release) tiny fish to help us document them. All tiny fishing gear provided.

"SPLASH INTO SPRING" & EGG SCRAMBLE 

Crab Cove Interpretive Staff
10am-4pm, Sat, Apr 13
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.
11:30: EGG SCRAMBLE
1:30-2pm: "Dive" into the Bay in the Old

FAMILY NATURE FUN HOUR 

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.

Mar 2 & 3: Low Tide Exploration – What is in the bay? Find out while the tide's out. **Mar 9 & 10:** Fun with Food Chains - Everything eats! We'll see how it is all connected! **Mar 16 & 17:** Going Green – Today is your lucky day! **Mar 23 & 24:** Duck, Duck, Goose! – Fun with feathered friends! **Mar 30 & Mar 31:** Colors, Colors, Everywhere - Discover the colors of nature. **Apr 6 & 7:** Busy Buzzy Bees and other Pollinators! **Apr 13 & 14:** The Incredible Egg - Discover the animals that lay eggs. **Apr 20 & 21:** Art of Reuse – Make recycled creations for Earth Day. **Apr 27 & 28:** Stop and Smell the Flowers - Explore the blooms.

SEA SQUIRTS  

Crab Cove Interpretive Staff
10:30-11:45am, Tue, Mar 12, 26, Apr 9 & 23
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 12: Roots, Stems, Leaves #24058
Mar 26: Colors, Colors, Everywhere #24059
Apr 9: Grossology: What's Gross around Crab Cove? #24060
Apr 23: Low Tide Exploration #24061
Registration is required.

Wharf Classroom

2-3pm: Family Nature Fun: Incredible Eggs
3-3:30pm: Fish Feeding
Sponsored by EBRPD, Alameda Recreation & Parks, and Alameda Rotary Club. (Rain-out date: Apr 20)

ALAMEDA EARTH DAY EVENT  

Crown Beach/Washington Park
Interpretive Staff

10am-3pm, Sat, Apr 20

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.

Come to Crab Cove before the main festival, from 8:30-10am to participate in a beach & pond cleanup. Advance registration is required: #24320.

Students will earn community service hours. Sponsored by the City of Alameda & EBRPD.

MID MORNING BIRD WALK

Elsie Roemer Bird Sanctuary, Crown Beach
Susan Ramos

10:30-noon, Sat Apr 27

Shorebirds are active depending on the tides! See them in their colorful spring plumage when they are easier to identify. Beginners welcomed and encouraged. Binoculars available for loan. Meet at the observation platform near the end of Broadway.

DEL VALLE

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

INCREDIBLE EDIBLE INSECTS  

Del Valle Constance Taylor
12-2pm, Sat, Mar 9 #24277
Packed with protein and found absolutely everywhere, insects feed the world!

Discover how other animals find and consume these delectable nuggets, then give it a try with some pre-made insect edibles. Registration is required.

PARK 'N PLAY ^{SP}

Del Valle Ashley Grenier
10am-12pm, Sun, Mar 17
Let's play in the park! Bring your family and friends out for some fresh air, nature games, and wildlife exploration rain or shine.

SPRINGTIME STARGAZING

Del Valle Constance Taylor
8:30-10pm, Sat, Apr 13
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 weekdays 10am-4pm. Info: (510) 544-3249 or svisit@ebparks.org.

NATURE CRAFTS ^{SP} [♿]

Sunol Interpretive Staff
10am-12pm, every Sat and Sun, Mar 2 to Apr 26
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 2 to Apr 26
Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

ANIMAL FEEDING TIME ^{SP}

Sunol Interpretive Staff
10:30-11am, every Sun, Mar 3 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 JOURNALING: STORIES OF THE INTRODUCED ^{SP}

Sunol Constance Taylor
2-4pm, Sat, Mar 2
Camp Ohlone Road Trailhead - How do new plants and animals come into an environment, and what can we learn from them? We will consider what changes introduced species can bring to an area as we sketch, write, and discuss.

WATERSHED WONDER ^{SP} **HPHP**

Sunol Ashley Adams
10am-1pm, Sun, Mar 3
Wander through Sunol's watershed as we discover the mighty Alameda Creek. Wind through the hills and follow the creek on this 3-mile, moderate adventure.

SPRING FORWARD FOR FROGS ^{SP}

Sunol Ashley Grenier
1-3pm, Sun, Mar 10
Jump into some fun, family-friendly frog activities and a hiking adventure to celebrate amazing amphibians!

OUTDOOR DISCOVERIES! ^{SP} [♿]

Sunol Ashley Adams
10:30am-12pm, Mon, Mar 11, 25, Apr 8, 22
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) No fee. Registration is required.
Mar 11: Tracks on the Trail #24291
Mar 25: Puddle Jumpers #24295
Apr 8: Seeds of Sunol #24299
Apr 22: Flower Power #24301

AMPHIBIAN RAMBLE ^{SP} **HPHP**

Sunol Constance Taylor
1-4pm, Sat, Mar 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. Best for 8+yrs.

LUCKY LEPRECHAUN TREASURE HUNT ^{SP}

Sunol Ashley Adams
1-4pm, Sun, Mar 17
Arrive anytime between 1 & 4, to see what magic we have in store! Along the trail you may find, what a little leprechaun has left behind.



Common Tidytops

WILDFLOWER FESTIVAL ^{SP}

Sunol Interpretive Staff
10am-4pm, Sun, Apr 14
The hills are bursting with colors, as we celebrate the season. Hikes throughout the park get people into the blooms, while games, crafts, and activities offer something for everyone on the valley floor.

WILDFLOWERS IN WILDERNESS ^{SP}

Sunol Interpretive Staff
9-11:30am, Sun, Mar 24, Apr 7, 28
9-11:30am, Sat, Mar 30
Join us for a walk through the wild of Sunol as we discover the changing blooms of the season. The length and route will change based upon each week's blooms.

DANCING WITH THE TREES ^{SP} [♿]

Sunol Ashley Adams
2-3:30pm, Sun, Mar 31 #24341
Explore how nature influences the moves we make and get moving in this fun, beginner dance experience for all ages and abilities! Registration is required.

NIGHT OUT AT SUNOL ^{SP}

Sunol Constance Taylor
7:30-9:30pm, Sat, Apr 6
Celebrate spring... in the dark! Go on a night hike, watch bats flying, and learn about who glows in the dark. Bring a flashlight and wear layers.

EASTER AT SUNOL ^{SP}

Sunol Ashley Adams
11am-3pm, Sun, Apr 21
Celebrate Spring at Sunol! Hop on over to the park for a day of family fun!
Visitor Center Open 10am-4pm
Ongoing Nature Crafts 11am-3pm
Lawn Games 11am-noon & 1-2pm
Wildflower Stroll noon-1pm & 2-3pm

FIBER DYEING WITH PLANTS ^{SP} [♿]

Sunol Constance Taylor
11am-3pm, Sat, Apr 27 #24405
Dye fabric using plants from the area (and some from the grocery store)! We'll take a walk to learn about botany and the dyeing process, and dye something to take home. Ages 8+yrs. Registration is required. Res \$20 (non-res \$23).

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.

CAMP OF THE WILD [♿] [♿]

Tilden Nature Area
"Trail" Gail Broesder & Anthony Fisher
10am-4pm, Mon-Fri, Jul 8-12 #24283;
Jul 15-19 #24284
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.
Registration is required.
Fee: \$270 (non-res. \$290)

TILDEN LITTLE FARM CAMP [♿]

Tilden Nature Area Jenna S. Collins & Trent Pearce
10am-4pm, Mon-Fri, Aug 5-9 #24293;

Aug 12-16 #24294

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. Limit one week of registration per child. Registration is required.
Fee: \$270 (non-res. \$290)

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.

CREEK STUDY

Tilden Nature Area Trent Pearce
3-4:30pm, Sat, Mar 2, 16 & 30
Take a 'dip' in the waters of Tilden Nature Area and learn about the creatures that call the streams and ponds home. Rain or shine. Wear shoes to get wet and muddy.

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.

BUGS, SLUGS, AND UGHS! [♿]

Tilden Nature Area Trent Pearce
3-4pm, Sat, Mar 9
Explore the yard of the Nature Area in search of creepy crawly critters! We'll examine our finds under the microscope. All ages of bug-catchers welcome!

CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna S. Collins
1-2pm, Sun, Mar 31
Lend a hand weeding, watering and planting our healthy vegetables. We might even taste a few!

JEWEL LAKE GOAT WALK **HPHP**

Tilden Nature Area Jenna S. Collins
3:30-4:30pm, Sun, Mar 31
Join us as we take our goats out on the trail to stretch their legs and see new sights! This short walk will start and end at the Little Farm.

AMPHIBIAN ROUNDUP

Tilden Nature Area Trent Pearce
10-11am, Sun Apr 7 & 14
Search for newts, frogs, and other small, slimy creatures that are fond of water.

WATERSHED WEB [♿]

Tilden Nature Area Brianna Contaxis-Tucker
2-3pm, Sun, Apr 14
Rivers to Oceans to Sky it rises and falls. Down mountains, rooftops and streets it

feeds the forests and ponds. Find out where our resource of water cycles and sits.

THE EARTH IS OUR HOME ♿

Tilden Nature Area Brianna Contaxis-Tucker

2-3pm, Sun, Apr 21

Happy Earth Day! Make your own carbon footprint! Learn the history of heroes who helped the earth, and gain tips and tricks for saving water, resources, and energy.

OTHER PARKS

BIRD WALK ^{SP} **HPHP**

Quarry Lakes Kristina Parkison
8-10am, Sat, Mar 2

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.

MONDAY BIRDING **HPHP**

Various Parks Anthony Fisher
9am-noon, Mon, Mar 4, 11, 18, 25
Apr 8 & 15

Party with feathered friends! Learn about Nature! **Mar 4:** Fernandez Ranch. Christie Rd. off Hwy 4. Hills. Mar 11: Wildcat Canyon, Alvarado Staging Area. Meet in the parking lot and walk to Belgum Sanitarium. Hills. **Mar 18:** Pt. Pinole Atlas Bridge. Flat. Mar 25: Tilden Nature Area, meet at the

EEC. Hills. **Apr 8:** Briones, Bear Creek staging area. Hills. **Apr 15:** Crockett Hills, Crockett Ranch staging area. Hills. Info: (510) 544-2233.

WEEKDAY BIRD WALK ^{SP} **HPHP**

Various Parks Interpretive Staff
7:30-9:30am, Tue, Mar 5 (Vargas Plateau Regional Park); Mar 12 Garin (Meet at Visitor Center); Apr 16 Quarry Lakes (Meet at Isherwood Staging Area); Apr 30 (Hayward Shoreline Interpretive Center) 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.

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

Various Parks Trail Gail
10am-12:30pm, Tue, Mar 5 & 19,
Apr 2 & 16

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 5: Sobrante Ridge, Coach Drive Entrance - We'll look for blooming manzanitas. No facilities.

Mar 19: Briones, Alhambra Creek staging area - Search for the water source.

Apr 2: Kennedy Grove parking lot - Up and down the hills, hopefully with views.

Apr 16: Tilden Park, Steam Train Overflow parking lot - Search for flowers. Info: (510) 544-2233.

CANINE CAPERS WALK ^{SP} ♿

Garin Kristina Parkison
9-11am, Sat, Mar 9 #24267
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.

SPRING WILLOW PRUNING ^{SP}

Quarry Lakes Dino Labiste
9:30-noon, Sun, Mar 10
Osprey Picnic Site - Learn Ohlone land management techniques, then apply those methods to increase the health, extent, and habitat potential of a lakeside willow patch. Help us prune and gather spring willow twigs for use in cultural programs at Coyote Hills Regional Park. 16+yrs. Parent participation required. Info: (510) 544-3220.

WEEK-NIGHT HIKE

Redwood, Canyon Meadow Susan Ramos
7-9pm, Tue, Mar 12
Canyon Meadow Bundle up and head outdoors to look and listen for any animals that might be out and about in the forest

when the sun goes down. Bring a small flashlight. Info: (510) 544-3187. 6+yrs.

SPRING GLORIES **HPHP**

Diablo Foothills Kevin Dixon
9-11:30am, Sat, Mar 16
Orchard Staging Area - Walk the flourishing foothills of Mt. Diablo with friends, in search of opening buds, flying creatures, and striking views. Bring a picnic snack. 8+yrs. Info: (510) 544-2750.

WILD EDIBLES & PLANT USES ^{SP} ♿

Garin Dino Labiste
9-1pm, Sun, Mar 17 #24269;
Sat, Apr 6 #24268
Ohlone peoples and European settlers gathered wild plants for food, medicine, and tools. Identify edible plants on a springtime hike. Gather miner's lettuce for a tasty salad, process manzanita cider, try stinging nettle soup, snack on pine nuts, and sample other savory wild foods. 18+yrs. Registration is required.

LAKESIDE LITTLES ^{SP}

Shadow Cliffs Ashley Grenier
10-11am, 11:30am-12:30pm Mon, Mar 18,
Apr 15 (twice daily)
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.

WEDNESDAY WALKS ^{SP} **HPHP**

Various Parks Interpretive Staff
Discover the natural and human history of our beautiful parklands and improve your health on a naturalist-led hike. Hikers of all ages and abilities are welcome on these fast-paced hikes. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels. Hikes begin at 9:30am.

Mar 20: Dublin Hills - A moderate 5-mile out and back hike on the Calaveras Ridge Trail. Led by Christina Garcia. Info(510) 544-3282.

Mar 27: 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 a quarter mile from the trailhead. Led by Susan Ramos. Info: (510) 544-3187.

Apr 3: Sunol - Moderately strenuous 4-miles with wildflowers. Led by Christina Garcia. Info(510) 544-3282.

Apr 17: Tilden Park - Steam Train Overflow parking lot. Search for flowers. Led by Trail Gail. Info: (510) 544-2233.

HIKES FOR TYKES ^{SP} **HPHP**

Various parks Interpretive Staff
10:30-11:45am, Tue, Mar 5 & 19,
Apr 2, 16, 30

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.

Mar 5: Lake Chabot (Marina) - Waddle, waddle, quack, quack - let's explore lakeside life!

Mar 19: Redwood Regional Park (Canyon Meadow Staging Area) - Celebrate the trees together!

Apr 2: Roberts Regional Recreation Area (Main entrance) Explore the shady redwood forest and other beautiful areas.

Apr 16: Crab Cove Visitor Center - It's spring, and we'll search for flowers, ducklings and other new life!

Apr 30: Redwood Regional Park (Trudeau Center) - Wildflowers, hawks, bluebirds...what else will we see? Info: (510) 544-3187.

VASCO CAVES TOUR ♿

Vasco Caves Interpretive Staff
9am-2pm

Hike 2.5 miles through windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp and tiger salamanders. The Preserve is only accessible through guided tours, which stage at:

Round Valley (Mar 2 #24395, Mar 3 #24439, Mar 9 #24441, Mar 17 #24444, Mar 23 #24447, Mar 31 #24454 & Apr 7 #24460 Apr 13 #24461, Apr 20 #24463)

Brushy Peak (Mar 24 #24449 and Apr 14 #24462, Apr 28 #24466). 10+yrs. Info: (510) 544-2750. Fee: \$35 (\$40 non-res.) Registration is required.



SATURDAY & SUNDAY STROLLS ^{SP} **HPHP**

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 two to five miles. Great for families. Dogs welcome on most hikes. Info: (510) 544-3187.

Mar 10: Lake Chabot (Fairmont Ridge): A short but steep walk on the ridge above Lake Chabot promises amazing views and fascinating history.

Mar 23: Leona Canyon (Canyon Oaks parking area): Walk moderately 4 miles up a stream-carved canyon, appreciate a 5-bridge view, and observe frogs at a vernal pool. **Apr 21:** Redwood Regional Park (Trudeau Center) Search for wildflowers from prairie to redwoods to hillside and back on this 3-mile loop.



THE BAY BREATHES

Radke Martinez Kevin Dixon
9-10:30am, Sat, Mar 30
Parking Lot off N. Court St.— Rivers rush down from High Sierra snows. Mighty tides roll in from the Pacific. Explore the marshy shores where great waters meet and mingle. Info: (510) 544-2750.

BIRDING BY EAR

Leona Canyon Michael Charnofsky
9:30-11:30am, Sun, Mar 31
Canyon Oaks Dr. - 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. 10+yrs. Info: (510) 544-3187.

HOW DOES OUR GARDEN GROW?

Shadow Cliffs Ashley Grenier
10-11:30am, Tue, Apr 2 #24350
1-2:30pm, Tue, Apr 2 #24352
With help from you! We've got plenty of kid-friendly tasks to complete - watering, digging, planting, painting, and eating. Bring the family, get your hands dirty, and enjoy the sunshine in our public garden. Pack a lunch and stay after our work is done. Registration is required.

WILDFLOWER WALKS **HPHP**

Various Parks Trent Pearce
2-5pm, Sun, Apr 7 & 14
Explore the floral bounty of the East Bay on these 2+ mile walks.
April 7: Tilden Nature Area. Meet at Environmental Education Center.
April 14: Briones, EBRPD Bear Creek Staging Area. Info: (510) 544-2233.

POETRY IN THE PARK

Sibley Morgan Guenther
10am-noon, Sun, Apr 14
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.

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. 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

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.

NATIVE PLANT RESTORATION

Leona Canyon Michael Charnofsky
10am-2pm, Sat, Mar 16 #24197
Merritt College 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. Ages 10+. Registration is required.

CALLING ALL GREEN THUMBS

Crab Cove Susan Ramos
12:30-3:30pm, Sun Mar 17 #24207
Wear green today and work in our native plant and butterfly gardens around the visitor center! Help prune, weed, mulch, and possibly plant. Maybe you'll find a lucky 4 leaf clover! Community service hours available for students. Snacks and refreshments served, tools provided. Heavy rain cancels. 7+yrs. Registration is required.



ALAMEDA: COASTAL CLEAN-UP

 
Crab Cove Susan Ramos
8:30-10am, Sat, Apr 20 #24320
Happy Earth Day! What better way to celebrate than to give the Earth a Spring Cleaning?! Help wildlife and make our environment more beautiful. If there is not enough trash to pick-up, we will have some folks work on invasive weed removal. Students earn community service hours. Stay and enjoy the Alameda Earth Day event afterwards! Ages 4+. Registration is required.

WILDLIFE VOLUNTEERS with "Doc Quack"

MEMBERSHIP MEETING

EBRPD Administrative Offices, Oakland
6:30-8pm, Thu, March 14 #24470
Have you ever wondered what it would be like to get nose-to-nose with wildlife? Well now is your chance to hear about our science based, hands-on wildlife management activities while having some fun and possibly joining our team! *Physical labor is involved with many of our projects and parent participation is required.*
Deadline to sign-up is 3/8/19.



COLONY CARETAKERS

Hayward Shoreline
9:30am-noon, Sat, Mar 2 #24478
An exciting adventure over land and water to help create nesting habitat for the endangered California Least Tern and Western Snowy Plover awaits you. 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. By participating, you'll earn your "Colony Caretakers" patch. Deadline to sign-up is 2/22/19.
Meet at the Hayward Regional Shoreline service yard (3050 West Winton Ave.). Wear outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hat, and bring water and sunscreen.

THIRD THURSDAYS AT GARDEN

Crown Beach Interpretive Staff
10am-noon & 1-3pm, Thu Mar 21 & Apr 18
Help in the Demonstration Garden with maintenance - weeding, pruning, mulching, and other projects. Attend one or both days. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, hat, and bring a water bottle. An adult must accompany children under 12. Unaccompanied minors 12-17 yrs. must bring waiver form signed by an adult. For info and forms: (510) 544-3187.

BAYSIDE BEACH CLEANUP

Encinal Beach Susan Ramos
10-11:30am, Sun, Mar 24
Spend the morning cleaning this special part of the beach during a spring low tide. Bring your own gloves and bucket or borrow ours. An adult must accompany children under 12. Unaccompanied minors 12-17 yrs. must bring waiver form signed by an adult. For info and forms: (510) 544-3187.

CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole
9:30am-noon, Sat, Apr 20 #24500
Create habitat for the State threatened California black rail. 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. You'll earn your "Black Rail Habitat Helper" patch. Deadline to sign-up is 4/12/19.
Bring outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hat, water, and sunscreen.

RAIL RESCUE RANGERS

1:30-4pm, Sat, Apr 20 #24510
Elsie Roemer Bird Sanctuary
Help create habitat for the federally and state endangered Ridgway's Rail. 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 4/12/19.
Meet at the Marsh Overlook. Bring outdoor clothing (long pants), hiking boots (close-toed footwear), gloves, hats, water, and sunscreen.

CITY NATURE CHALLENGE BIOBLITZ

Sun, Apr 28
Become a community scientist for the day! Explore various parks and document biodiversity. Register for the day, then come to either or both sessions. Camera or smartphone required.
Sobrante Ridge Trent Pearce
10am-noon, #24823. Heavenly Ridge Staging Area.
Tilden Regional Park Trent Pearce
1-3pm, #24824. Steam Train Overflow Parking Lot.
Crab Cove Morgan Guenther
1-3pm, #24120
Document biodiversity at low tide using a seine net and exploring the rocky shore. Rain boots recommended. Ages 18+. No fee. Registration is required.

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.



Spring Wildflower Festival

Sunday, April 14
11 a.m. to 4 p.m.

**Celebrate the season of the birds,
bees, flowers and trees!**

- Wildflower hikes
- Arts and crafts
- Live entertainment
- Nature activities

Information: ebparks.org or
(510) 544-3249

Free admission. Parking is \$5.



Sunol-Ohlone Regional Wilderness: 1895 Geary Road, Sunol



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



**REGIONAL PARKS
Foundation**

Supporting East Bay Regional Parks

Give online at: RegionalParksFoundation.org/MIL or call 510-544-2212

East Bay 
Regional Park District

Healthy Parks Healthy People

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



East Bay 
Regional Park District

PARK'N IT SUMMER DAY CAMP

**Explore the Regional Parks
through field trips, art, swimming and outdoor play.**

Park'n It Day Camp is a traditional summer day camp program that takes place Monday to Friday from 9 a.m. to 4 p.m. in various East Bay Regional Parks. Camps feature hands-on experience under the care of a highly-trained staff of recreation leaders, lifeguards, and naturalists.

Registration: Open to children 5 to 12.

Cost: \$200/week. Financial Aid is available.

Register at ebparks.org/activities/daycamps

**Registration's
Open**



Photo: Michael Short



Photo: Michael Short

