

Regional in Nature Activity Guide

July – August 2018

East Bay 
Regional Park District
Healthy Parks Healthy People



Photo: Gary Crabbe



Coast redwoods soar toward the sky at the East Bay Regional Park District's Redwood Regional Park, Oakland
See "Save the Redwoods League Celebrating 100 Years of Protecting Redwoods," page 2.

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Swim Lessons and Jr. Lifeguards • page 4
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East Bay Skyline
National Trail in
Sibley Volcanic
Regional Preserve,
Oakland.

2018 Marks the
50th anniversary
of the National
Trails System
See page 2.



Photo: K/Winkert

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East Bay 
Regional Park District

Healthy Parks Healthy People

ebparks.org

General Information/Free Brochure
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 Are Better Today Thanks to Measure CC

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



Regional parks in western Alameda and Contra Costa counties are better today than they were in 2004 thanks to voter-approved Measure CC. Measure CC

funding has helped remove flammable and hazardous material, improved public access to regional parks, and helped take care of the natural habitat that wildlife depends on. However, Measure CC is set to expire soon.

Safe and Healthy Forests/ Wildfire Hazard Reduction:

Wildfires are potentially devastating to our parks, homes, lives, and forests. Thanks to Measure CC over 500 acres

of urban forests and brush along East Bay ridgelines have been thinned. Each year, the Park District spends over \$1.6 million on fire hazard reduction – much of it thanks to Measure CC.

Additionally, with the help of the Civicorps youth job training program, the Park District recently treated 75 targeted sites in Wildcat Canyon Regional Park, Tilden Regional Park, Tilden Nature Area, Sibley Volcanic Regional Preserve, and Claremont Canyon Regional Preserve.

Better Public Access and Park Services:

Thanks to Measure CC many regional parks, trails and open spaces in western Alameda and Contra Costa counties have been repaired and upgraded, including visitor centers, staging areas, trails, picnic tables,

restrooms, and water fountains, among others – allowing for better park experiences and enhanced educational programs.

Enhanced Wildlife Habitat:

Thanks to Measure CC, many natural areas in western Alameda and Contra Costa counties have been restored and preserved, including shorelines, marshes, wetlands, and urban creeks – helping protect habitat for endangered species.

Over the past year, the Park District has been evaluating park needs in the Measure CC area and engaging the community and stakeholders about a potential measure extension – with no change in the tax rate structure. For more information, visit ebparks.org/MeasureCC.

New Castleridge Trailhead Opened at Pleasanton Ridge

On March 10 the East Bay Regional Park District dedicated the newly-completed Castleridge Trailhead at Pleasanton Ridge Regional Park – significantly increasing public access.

Trailhead amenities include street parking for up to 50 vehicles, a water fountain, and restrooms. A multi-use trail extends from the trailhead to the northern ridgeline of Pleasanton Ridge.

The trailhead project was a joint partnership between the Park District and the City of Pleasanton. The new trailhead is located close to the intersection of Foothill Road and Old Foothill Road, west of the City of Pleasanton's Alviso Adobe Community Park.



Celebrating 100 Years of Protecting Redwoods

Since 1918, Save the Redwoods League has worked to protect and restore redwood forests and connect people to peace and beauty. The League has pioneered innovative, science-based forest-restoration work, educated thousands of students about the uniqueness and resilience of these wild marvels of nature, improved access to parkland, and helped create parks and reserves that have touched the lives of millions of people from all over the world.

The East Bay Regional Park District partners with the Save the Redwoods League to offer educational programs at Redwood Regional Park – just one of the places redwoods can be seen in the East Bay. These interactive programs introduce schoolchildren to the wonders of redwoods and use science tools to teach them about climate change.

Explore the legacy of the Save the Redwoods League by visiting StandForTheRedwoods.org, where you'll find upcoming events, history, and 100 ways you can celebrate redwoods during the League's centennial celebration.

Forests in the East Bay

Why and how are forests managed by East Bay Regional Park District?
A conversation with a fire expert.

Managing healthy forests is a high priority at the East Bay Regional Park District. With 121,000 acres of open space in 73 parks throughout 33 cities, EBRPD's Acting Assistant Fire Chief Brad Gallup shares the Park District's plans for maintaining safe and healthy forests.

Q. What is meant by "managing a forest?"

A. At the East Bay Regional Park District, our fire department and park operations crews are managing forests every day. In many areas within our Regional Parklands, both native and non-native (Eucalyptus, for example) forests grow densely and are in need of management. Parklands are regularly assessed for hazardous vegetation conditions, and action is taken to remove or reduce hazardous, overgrown, or dead/dying vegetation.



Photo: Marc Crumpler

Q. What is the Park District's prescription for effective forest management?

A. Fire prevention and vegetation management efforts require coordination between the District's fire staff, park staff, ecologists and biologists, and specialty crews like Civicorps, contractors, and volunteers. These crews use chain saws and hand tools to cut limbs or remove vegetation. They sometimes also use prescribed burning to reduce the fuel load. Volunteers pull weeds or invasive plants like yellow star thistle that choke off healthier native plants. Of course, goats, sheep and cows are used in select locations to graze grassland areas.

Q. What are the benefits of reducing vegetation in parks?

A. Keeping our neighboring communities safe from wildfire is one significant reason the Park District cares so much about managing its dense forests. The visiting public also wants to see and use safe trails that provide healthy biodiversity. Ensuring a healthy habitat for native plants and animals is very important. The Park District also is required to manage lands for habitat protection for animals and native plants. Rare or threatened species, like Pallid manzanita, red-legged frog, and Alameda whipsnake are protected.

Q. Why change what nature has created?

A. Managing forests and other wildland hazardous vegetation is very complex, labor intensive, and in many cases, needs to be repeated periodically. Fortunately, the Park District has been able to get funding from FEMA as well as specific voter-approved funding through Measure CC to perform this important fire prevention work. Dense stands of trees, dead branches and logs on the forest floor, and brush all contribute to the heavy fuel load. Reducing brush and dead, dying or unsafe trees also makes native plants healthier and gives animals enhanced habitat in which to thrive.

Health Matters

East Bay
Regional Park District
AND
KAISER PERMANENTE® thrive
ARE PROUD PARTNERS
IN 2018 WITH THE MUTUAL GOAL
OF PROMOTING HEALTH AND FITNESS.

KAISER PERMANENTE HEALTH TIPS:

Stay Cool and Hydrated

Sunny summer days are great for picnics, hikes, bike rides, and swimming. But it's also easier to get a heat-related illness, such as heat rash, cramps, edema (swelling), heat exhaustion or even heat stroke. Take some simple precautions to stay healthy during your summer adventures.

- Stay hydrated! Bring water for yourself – and for your dog.
- Dress in layers. Hats also help keep you cool.
- Apply a high-SPF sunscreen liberally and frequently.
- Try to keep physical activity to a minimum during the hottest parts of the day.
- If you have any chronic health conditions, or take medications regularly, ask your doctor about advice for hot-weather activity.



50 Years of National Trails

2018 marks the 50th anniversary of the National Trails System Act of 1968, which established our country's National Scenic Trails and National Recreation Trails.

You can explore some of these National Trails right here in your Regional Parks! The **East Bay Skyline National Trail** traverses 31 miles through seven regional parks: Wildcat, Tilden, Sibley, Huckleberry, Redwood, Anthony Chabot and Lake Chabot. The **Juan Bautista de Anza National Historic Trail** extends 1,210 miles, from Arizona, through Southern and Central California, to the Bay Area. The **Delta de Anza Regional Trail** in eastern Contra Costa County commemorates the route of Anza's expedition in Contra Costa County.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S 2018 TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT KP.ORG.

Healthy Parks Healthy People

SUMMER PROGRAMS FOR YOUTH



SuperTot class at Contra Loma.



Junior Lifeguards practise rescue tube deployment.

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). The Contra Loma classes meet Mon/Wed or Tue/Thurs for four weeks. The Roberts Pool classes meet Mon-Thurs for two weeks. Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons.

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 six facilities, this day camp meets from 9am-4pm, Mon-Fri. Scholarships are available. Offered for ages 8-12. For more information on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. No onsite registration.



Aides help lead Junior Lifeguards in fun filled activities.

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. For more information 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. For information and an application, contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.



Right: Junior Cadets practising CPR skills during training.



Park'n It Day Campers enjoying lawn hockey!

PARK'N IT DAY CAMP

Mon-Fri, 9am-4pm

Jul 09-13, Contra Loma #20554

Jul 23-27, Miller Knox #20556

Jul 16-20, Coyote Hills #20555 **NEW!**

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. 5-12yrs.

Registration is required. Fee: \$200 (non-res. \$220). Financial aid available.

RECREATION

PET FIRST AID/CPR

MLK, Jr. Shoreline

Peter Pay

9am-1pm, Sat, Jul 14 #21535

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

Registration is required.

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

FLY-FISHING INTRODUCTION

Tilden

Fish First!

7am-1pm, Sun, Jul 15 #21515;

Aug 12 #21521

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 2.5 hours of classroom instruction where you will be introduced 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, Jul 21 #21565;

Aug 18 #21572;

1:30-3:30pm, Sat, Jul 21 #21597;

Aug 18 #21594

Gain 90-minutes of archery coaching

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

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

FISHING – BASS BASICS

Various parks

Recreation Staff

Del Valle: 8-10am, Sat, Jul 21 #21754, Aug

25 #21762; Contra Loma: Aug 4 #21727

Learn the basics of bass fishing including gear selection, tackle/rigging, bait, and fish behavior. This course is designed for those who have some fishing experience but want to gain knowledge, specifically about bass fishing. Valid California fishing license required for ages 16+yrs. Gear provided. 12+yrs.

Registration is required.

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

ARDENWOOD

Ardenwood is open Tues-Sun from 10am-4pm. House tours are available by reservation only (call (510) 791-4196). Admission fees apply. For program and fee info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

ANIMAL FEEDING

Chicken Coop

Interpretive Staff

3pm, every Thu - Sun

Check for eggs and feed the livestock.

Learn all the animals' favorite foods as we help tuck them in for the evening.

CATCH OF THE DAY! **FREE!**

Big Break Recreation Staff
9am-3pm, Sat Jul 7
California's 2018 FREE Fishing Day is July 7th! Come to Big Break and learn the basics of fishing. Gear, bait and instruction provided. Fishing is limited to one hour per participant. Families welcome! Children must be accompanied by an adult. Minimum age to fish is 6yrs. Info: (510) 544-2554 or mseccombe@ebparks.org.

FISH DAY FISH PRINTING

Big Break Cat Taylor
9-10:30am, Sat Jul 7
Discover the beautiful art of gyotaku! We will practise the art of fish printing as part of our Catch of the Day event. We will print on paper, but participants may furnish fabric for a special project. 5+yrs.

FRESHWATER FISH FUN

Big Break Interpretive Staff
2-3pm, Sat Jul 7
Fins, gills, tails and scales: come reel in some amazing facts about Delta fish.

RIDE THE RAILS - TRAIN RIDES ♿

Ardenwood Railroad
Various times, every Thu, Fri & Sun
Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. Check the daily schedule and meet the train at Arden Station or Deer Park.

PATTERSON HOUSE TOURS ♿

Ardenwood Patterson House Docents
Various times, every Thu-Sun
Tour the beautifully restored Patterson House Museum. Discover the history of this 19-room Queen Anne Victorian farm house listed on the National Register of Historic Places which operates as a museum of local history and Victorian life. Tours are led by docents dressed in 19th century clothing and take about 45 minutes. Check for tickets at the Train Station upon your arrival. Special 15 minute tours for children 6 and under offered Thursday and Friday at 2:30pm, Saturday and Sunday at 11:30am. Info: (510) 791-4196

FARMYARD STORY TIME ♿

Ardenwood Mindy Castle & Pia Loft
10:30-11:30am, Sun, Jul 1; 12:30-1:30pm, Sun, Aug 12
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.

APPLE CIDER PRESSING ♿

Ardenwood Mindy Castle
11:30am-noon, Sun, Jul 1
Come help squeeze the juice from apples and discover how long people have enjoyed this as a tasty fruit treat! Afterwards, we'll taste a sample of our hard work.

FUN WITH FELTING ♿

Ardenwood Mindy Castle
1-2pm, Sun, Jul 1; 1:30-2:30pm, Aug 26
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.

CHORES FOR LITTLE FARMERS ♿

Ardenwood Interpretive Staff
10:30-11am, Sat, Jul 7, 21, 28, Aug 4, 18
Rise and shine! Lend a hand! We'll start with a story before we prepare a morning treat for the sheep, goats and chickens.

DIGGIN' THE GARDEN

Ardenwood Interpretive Staff
11am-12:30pm, Sat, Jul 7, Aug 4
Our garden has been growing all summer. Lend a hand weeding, watering and planting our healthy vegetables. Discover the secrets of heirloom vegetables. We might even taste a few!

VICTORIAN TABLE TOP GAMES ♿

Ardenwood Interpretive Staff
12:30-1:30pm, Sat, Jul 7, 28, Aug 11;
2-2:30pm, Sun, Jul 15
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.

STILT WALKERS

Ardenwood Interpretive Staff
2-2:30pm, Sat, July 7, Aug 11, Aug 18; Sun, Aug 12
Want to be taller? Improve your balance? Give stilts a try. It's fun. Guess why farmers used these fun tools in the past.

BERRY PICKING

Ardenwood Mindy Castle & Christina Garcia
10:30-11:30am, Sun, Jul 8; Sat, Jul 14
Summer's succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

HENS LAY EGGS ♿

Ardenwood Interpretive Staff
11:30-noon, Sun, Jul 8; Noon-12:30pm, Sun, Aug 19
Bring the little ones to the farm to meet the chickens. We'll listen to a story, feel a hen's feathers, and search the coop for eggs.

Registration information – register beginning May 29

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

WE ALL SCREAM FOR ICE CREAM! ♿

Ardenwood Mindy Castle & Pia Loft
1-2pm, Sun, Jul 8, Aug 19
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream.

OLD-FASHIONED FUN

Ardenwood Interpretive Staff
2-3pm, Sun, Jul 8; 1:30-2:30pm, Sun, Aug 5
Old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), testing your strength (tug-of-war) and hopping like a bunny (sack races). Join the fun and test your skills!

TODDLER TIME ♿

Ardenwood Interpretive Staff
10:30-11:45am, Wed, July 11, 25, Aug 15, 29
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!

BUNNY LOVE ♿

Ardenwood Interpretive Staff
11:30am-noon, Sat, Jul 14, Aug 4, 25
If you love rabbits, hop on over! Why are their ears so big? Do they make a sound? Ask a friendly farmer all your bunny questions.

KAYAKING / BOATING**SUMMER SUNDAY MORNING PADDLE** ♿ **NEW!**

MLK, Jr. Shoreline Recreation Staff
7-10am, Sun, Jul 8 #22148
Relish the beauty of a summer Sunday morning by kayak! We will set off in our stable two-person kayaks and explore the calm waters of San Leandro Bay. Kayaks, instruction and all associated safety gear provided. Adult registration/participation required with registered children ages 12-17yrs. Registration is required. Fee: \$35 (non-res. \$39)

KAYAKING BIG BREAK ♿

Big Break Cat Taylor/Recreation Staff
9-11:30am, Sat, Jul 21 #22155;
Aug 4, #22157;
1-3:30pm, Sat, Jul 21 #22156;
Aug 4 #22158

Come ply the welcoming and wondrous waters of the Delta on this beginner (& up) kayak excursion. We will start off with dry-land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Adult registration/participation required with registered children ages 8-17yrs. Registration is required. Fee: \$30 (non-res. \$34)

SUNSET & FULL MOON PADDLE ♿

Big Break Cat Taylor/Recreation Staff
6:30-9pm, Wed, Jul 25 #21852
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 steady and stable two-seater kayaks. Adult registration/participation required with registered children ages 10-17yrs. Registration is required. Fee: \$30 (non-res. \$34)

BROOKS ISLAND ADVENTURE ♿

Brooks Island
Naturalist/Recreation Staff
10am-4pm, Sat, Jul 28 #22150; Sun, Jul 29 #22151; Sat, Aug 18 #22152; Sun, Aug 19 #22153
This trip is a short paddle in stable, two-person kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserve shoreline, then come ashore to enjoy a naturalist guided two-mile hike around the island which is normally closed to visitors. Adult registration/participation required with registered children ages 16-17yrs. Registration is required. Fee: \$85 (non-res. \$95)

KAYAKING - SUNSET PADDLE ♿

MLK, Jr. Shoreline Recreation Staff
6-9pm, Fri, Aug 24 #21888
Relish the beauty of the sunset by kayak! We will set off just before sunset and explore the calm waters of San Leandro Bay. Kayaks, instruction, and all associated safety gear provided. Adult registration/participation required with registered children ages 12-17yrs. Registration is required. Fee: \$35 (non-res. \$39)

KAYAKING FOR FOLKS 50+ ♿

MLK, Jr. Shoreline Recreation Staff
10am-2pm, Wed, Aug 29 #22147
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 San Leandro Bay. Registration is required. Fee: \$52 (non-res. \$58)

FREE OUTDOOR MOVIE NIGHT!

Ardenwood Recreation Staff
8:30-10pm, Fri, Aug 17
Join us for a FREE family movie, Babe, rated G, 92 minutes. Movie begins shortly after sunset (8:30pm) and is a great way to spend the evening with loved ones. Arrive early to secure a good seat, and enjoy your surroundings. Bring a flashlight, warm clothes, and a blanket or chair for sitting. No pets. Rain cancels. Info: (510) 544-2567

ROPE MAKING & HAY HOISTING

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Jul 14, Aug 4
Start by making rope the old-fashioned way – with our antique machine. Then see how rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

GOOD MORNING FARM

Ardenwood Interpretive Staff
10:30-11am, Sun, Jul 15, Aug 26
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.



A program in partnership with . . .

KAISER PERMANENTE **thrive**

TRAILS CHALLENGE **FREE**

We challenge you to complete 5 featured trails by December 1, 2018. The guidebook features trails for all fitness levels as well as tips for new trail users. Go “green” by downloading the guidebook at ebparks.org – print only what you need.

Go to <http://www.ebparks.org/TC> for more information, and to use the AllTrails app.

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



THE TALES OF PETER RABBIT

Ardenwood Mindy Castle
11am-noon, Sun, Jul 15
Who is that in Ardenwood's garden? Why it's Peter Rabbit! Come down to Ardenwood where we'll listen to Peter's adventures, learn about rabbits, and clean up our own garden.

COOKING IN THE COUNTRY KITCHEN

Ardenwood Interpretive Staff
11am-1pm, Sun, Jul 15, 22, 29, Aug 5, 12, 26
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.



Wheat harvesting at Ardenwood.

WHEAT HARVESTING

Ardenwood M. Castle & C. Garcia
1:30-2:30pm, Sat, Jul 21, 28; Sun, Jul 22, 29
Follow a plump wheat berry's journey from the farm's field to your table. You'll bring in the sheaves of grain and thresh it to separate the wheat from the chaff. Next we'll mill the grain into wholesome, stone-ground flour.

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
1-2pm, Sun, Jul 15
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.

THE LITTLE RED HEN

Ardenwood Christina Garcia
11-11:30am, Sat, Jul 21, 28
Who will help mill some wheat into flour? You will, after we read this classic tale and meet the main character in the flesh, er, feathers.

CORN MOSAICS

Ardenwood Interpretive Staff
12:30-1:30pm, Sat Jul 21, Aug 18
Learn how to turn our beautiful Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

PUPPET SHOW

Ardenwood Max Cade
11-11:30am, Sun, Jul 22, 29
Come see the story of the Little Red Hen performed by our farmyard puppets.

PLAY WITH DOUGH

Ardenwood Mindy Castle
12:30-1:30pm, Sun, Jul 22, 29
Experience the ancient art of bread making. Sift flour, knead the dough and shape your very own pretzel that we will bake in the wood-burning stove.

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and enhances your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve your desired performance while learning how to avoid joint stress or strain. Carefully select the class that suits your physical ability and inclination. **A variety of top quality poles are provided at all seminars.** Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole walks for practice.

POLES for BALANCE AND MAINTAINING MOBILITY

Kennedy Grove Jayah Faye Paley
9am-1pm, Thu, Aug 2 #22104
Easy-to-learn pole techniques and gentle exercises empower people to maintain independence, navigate everyday obstacles, reduce risk of falling, restore spine function, improve stamina and walking form. Strengthen muscles that support weight bearing joints. Optional lovely practice pole walk (approx. 1/3 mile). Special equipment provided. Registration is required.
Fee: \$45 (non-res. \$51)

POLES 2: BOTANIC GARDEN PRACTICE HIKE

Tilden Jayah Faye Paley
8:30-10:45am, Fri, Aug 24 #22110
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 in springtime. “Test drive” poles. Hike is approximately 2 miles. Previous EBRPD Hiking Poles Class Required.
Registration is required.
Fee: \$26 (non-res. \$30)

MEET THE FARMER: DIRT MADE MY LUNCH

Ardenwood Pia Loft & Aris Curtis
10:30-11:30am, Sun, Aug 5
Meet our farmer and explore the wonders of dirt. Learn how healthy soils provide nourishing food while we experiment and have fun with mud in our vegetable garden.

RABBIT RENDEZVOUS

Ardenwood Pia Loft
12:30-1pm, Sun, Aug 5
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 CHICKENS

Ardenwood Interpretive Staff
11-11:30am, Sat, Aug 11, 18
Check out our coop full of chickens! Discover why they like to roam around the farmyard and scratch and peck at the ground while you feed them a little snack.

POLES: BASIC SKILLS & TECHNIQUES PLUS HIKE

Redwood Jayah Faye Paley
8:30am-3:00pm, Sat, Jul 28 #22103
Experience the Basic Skills & Techniques morning class plus a lovely, shaded practice hike. Learn individualized strategies for improving your trail performance. “Test drive” different pole models; learn which fit you and will help you achieve your goals. Hike is about 4 miles.
Registration is required.
Fee: \$55 (non-res. \$61)

POLES: BASIC HIKING SKILLS & TECHNIQUES

Roberts Jayah Faye Paley
8:30am-1:00pm, Sat, Aug 25 #22111
Morning session helps hikers learn poles, trail and body skills. Beginner to experienced hikers learn techniques without the additional challenge of the practice hike in the afternoon. Uphill: Improve power, endurance, spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees!
Registration is required.
Fee: \$45 (non-res. \$51)



INDEPENDENCE DAY CELEBRATION

Ardenwood Interpretive Staff
10am-4pm, Wed, Jul 4

Join us for a fun-filled community festival, 1900-style! Celebrate America's 242nd birthday with rousing patriotic music on the lawn and fiddle music in the farmyard. There will be games, contests and races for everyone all day long. Test your skill at nail-driving, egg toss and watermelon seed spitting or join a bucket brigade and tug-of-war contest. Bring a picnic and spend the day the old-fashioned way!

Fee: adults (18+) \$10, seniors (55+) \$8, children (4-17) \$5, under 4yrs free.

MEET THE FARMER: WHAT'S THE BUZZ ABOUT BEES?

Ardenwood Pia Loft & Aris Curtis
10:30-11:30am, Sun, Aug 12

Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer's best friend.

MEET THE FARMER: GROWING A GREEN THUMB

Ardenwood Pia Loft & Aris Curtis
10:30-11:30am, Sun, Aug 19

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.

GARDEN BUG SAFARI

Ardenwood Pia Loft
Noon-1pm, Sun, Aug 26

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.

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.

TINY BIRD, BIG PERSONALITY-GUESS WHO?

Big Break Nichole Gange
10am-11am, Sun, Jul 1, Aug 19

Discover how these tiny birds may look fragile but their big personality makes them fierce! Join us as we dispel myths and uncover the truth about hummingbirds.

BIG BREAK LITTLES

Big Break Nichole Gange
10-11am, Mon, Jul 2, Aug 6
10-11am, Tue, Jul 10, Aug 14

Bring the little ones out to the park to explore nature. In July we'll use the sun to make shadows and in August we'll see what animals live underwater. 1-5yrs.

SECOND SUNDAYS CAMPFIRE

Big Break Nichole Gange
6:30-8pm, Sun, Jul 8, Aug 12

Gather the family for an evening in the park! Bring a picnic dinner to enjoy before the festivities begin! We'll explore the wonders of Big Break through activities and a family campfire (and s'mores of course!)

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Jul 11, Aug 1

From tunnels to research projects, farming to fish stocks, the Delta is in the news. Stop by the Visitor Center for coffee and discussion of science and events shaping the region.

MACRO MAYHEM

Big Break Interpretive Staff
2-3pm, Sat, Jul 14

Explore the incredible world of water bugs! Let's collect and identify some plankton and macroinvertebrates to discover their important role in the wetland ecosystem.

STARRY STARRY NIGHT

Big Break Cat Taylor
8:30pm-10pm, Sat, Jul 14

Sit back in your celestial armchair and enjoy star stories from around the world as we learn to navigate around the summer skies! Bring a flashlight, blanket or reclining camp chair (optional).

NATURE PHOTOGRAPHY EXHIBITION



Big Break Cat Taylor
10am-4pm, Fri, Aug 17, Sat, Aug 18, Sun, Aug 19

Have you taken a nature photo in one of the East Bay Regional Parks that you would like to share with others? Enter our photography exhibition! Email bigbreakvisit@ebparks.org for info. Entries due Aug 4. Reception/photo hike Aug 17. Photography display Fri, Aug 17 to Sun, Aug 19.

WATERCOLOR LANDSCAPE

Big Break Interpretive Staff
2-3pm, Sun, Jul 22

How could one depict a landscape before the invention of a camera? Let's take in the scenery and get creative with watercolor paints!

HOWLING AT THE MOON

Big Break Nichole Gange
7:30-9pm, Wed, Jul 25

7-8:30pm, Sun, Aug 26
Crouch down and listen. We're going to explore Big Break using our senses like a coyote during the full moon.

SUMMER FOLIAGE

Big Break Interpretive Staff
2-3pm, Sat, Jul 28

Take in the Delta's delightful colors of summer and learn about the trees in our park.

CRITTER CLUES

Big Break Interpretive Staff
2-3pm, Sun, Aug 5

Discover which animals roam our wetlands! Examine chewed branches, listen to bird calls and keep a look out for animal tracks as you become a Big Break critter detective.

ARACHNID ADVENTURES

Big Break Interpretive Staff
2-3pm, Sat, Aug 11

Our eight-legged residents are prowling the park? for food! Drop by to learn about spiders and join us in fun arachnid activities!

PERSEIDS METEOR SHOWER

Big Break Cat Taylor
8-9:30pm, Sat, Aug 11

Enjoy this annual celestial event as meteors dance across a backdrop of stars. Bring a flashlight, blanket/reclining chair and dress for evening breezes. Meet at amphitheater.

RAMBUNCTIOUS REPTILES

Big Break Interpretive Staff
2-3pm, Sun, Aug 19

Snakes, Turtles, Lizards, Oh My! Come join us on a sunny stroll while learning about local reptiles.

CHALK THE WALKS

Big Break Nichole Gange
6-8pm, Tue, Aug 21

Transform the park patio into art. Join the 7th annual international Chalk the Walks event of spreading joy, optimism and inspiration through the magical power of sidewalk chalk. Chalk provided.

BOUNTIFUL BIRDS

Big Break Interpretive Staff
2-3pm, Sat, Aug 25

Fly on in for some winged-wonder. We'll soar through fun facts about beaks, eggs, feathers & feet!

BLACK DIAMOND

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

HAZEL-ATLAS SILICA-SAND MINE TOUR

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

Greathouse Visitor Center - Explore the recently extended tour route on a 1-hour, guided, small-group tour. 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. 7+ yrs. Fee: \$5.

BEAT THE HEAT HIKE

Black Diamond Eddie Willis
8:30-10am, Sun, Jul 1

Take an early hike through woodlands and chaparral, then cool off near one of the mine openings. Meet at upper parking lot.

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**.



July 2018

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1

Ardenwood: Train Rides, Farmyard Story Time, Apple Cider Pressing, Patterson House Tours, Fun With Felting, Animal Feeding

Big Break: Testing The Water, "Tiny Bird, Big Personality- Guess who?", Delta Discoveries

Black Diamond: Beat The Heat Hike, Hazel Atlas Mine Tours

Coyote Hills: Ohlone Village Site Tour, Discovery Days

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play

Sunol: Wild Wonders, Critter Crafts

Tilden: Talk With The Animals, Meet the Reptiles, Spider Safaris

2

Big Break: Big Break Littles

Sunol: Outdoor Discoveries: Buggin' Out

3

Anthony Chabot: Hikes for Tykes

4

Ardenwood: Independence Day Celebration

Crab Cove: Alameda 4th of July Parade, 4th of July Open House

Del Valle: Scenic Boat Tour

5

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

6

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Del Valle: Days of the Pioneer Campfires

7

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Chores For Little Farmers, Diggin The Garden, Patterson House Tours, Victorian Table Top Games, Stilt Walkers, Animal Feeding

Big Break: Catch of the Day!, Fish Day Fish Printing, Testing The Water, Delta Discoveries, Freshwater Fish Fun

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Discovery Days, Cart of Curiosities

Crab Cove: Alameda Walks, Family Nature Fun Hour - Campfire, Fish Feeding Time

Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play

Del Valle: Campfires

Pittsburg Library: Gift of Green

Quarry Lakes: Bird Walk

Sunol: Wild Wonders, Critter Crafts

Tilden: Farm Chores For Littles, Bee Count!

8

Ardenwood: Train Rides, Berry Picking, Hens Lay Eggs, Patterson House Tours, We All Scream For Ice Cream!, Old-Fashioned Fun, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Second Sundays Campfire

Black Diamond: From Coal to Sand, Hazel Atlas Mine Tours

Briones: Spider Safaris-Briones

Coyote Hills: History of Coyote Hills, Discovery Days, Ohlone People & Culture

Crab Cove: Family Nature Fun Hour - Campfire, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play

MLKing Jr. Shoreline: Summer Sunday Morning Paddle

Sunol: Wild Wonders, Critter Crafts

Tilden: Magic Microscopic Worlds, Talk With The Animals

9

Contra Loma: Leaders in Training, Park'n It Day Camp

Tilden: Camp of the Wild

10

Big Break: Big Break Littles

Crab Cove: Sea Squirts

11

Ardenwood: Toddler Time

Big Break: Coffee Talk & Delta News

Coyote Hills: Wednesday Walks

12

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

13

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Crab Cove: Concert at the Cove

Del Valle: Days of the Pioneer Campfires

14

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Berry Picking, Bunny Love, Patterson House Tours, Rope Making & Hay Hoisting, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Macro Mayhem, Starry Starry Night

Coyote Hills: Nectar Garden Fun Day, Discovery Days, Ohlone Village Site Tour

Crab Cove: Songs and Stories by the Shore, Family Nature Fun Hour, Fish Feeding Time

Crown Beach: Early-Early Grunion Search

Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play

Del Valle: Campfires

MLKing Jr Shoreline: Pet First Aid & CPR

Sunol: Wild Wonders, Critter Crafts, Night Out at Sunol

Tilden: Farm Chores For Littles, Fun with Felting, We All Scream for Ice Cream!

15

Ardenwood: Train Rides, Good Morning Farm, Cooking In The Country Kitchen, The Tales of Peter Rabbit, Patterson House Tours, Beginning Embroidery, Victorian Table Top Games, Animal Feeding

Big Break: Testing The Water, Delta Discoveries

Black Diamond: Hazel Atlas Mine Tours

Contra Loma: Nature's Corner

Coyote Hills: Discovery Days, Nature Journaling

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, National Ice Cream Day!, Patio Play

Garin: Roving Ranger: Riparian Ruminations

Sunol: Wild Wonders, Critter Crafts

Tilden: Fly-Fishing Introduction, Talk With The Animals, Spider Safaris, Twilight Hike to Wildcat Peak

16

Coyote Hills: Leaders in Training, Park'n It Day Camp

Shadow Cliffs: Lakeside Littles

Tilden: Camp of the Wild

17

Crab Cove: Hikes for Tykes

Quarry Lakes: Weekday Bird Walk

19

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Crown Beach: Third Thursdays at the Beach

20

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Del Valle: Days of the Pioneer Campfires

21

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Chores For Little Farmers, The Little Red Hen, Patterson House Tours, Corn Mosaics, Wheat Harvesting, Animal Feeding

Big Break: Kayaking, Testing The Water, Delta Discoveries

Black Diamond: Hazel Atlas Mine Tours, Counting On The Night Shift

Coyote Hills: Discovery Days, Stories Under an Oak

Crab Cove: Celebrate National Ice Cream Day, Family Nature Fun Hour, Fish Feeding Time

Del Valle: Stargazing, Fishing - Bass Basics, Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Birding for Beginners, Patio Play, Campfires

Redwood: Saturday Strolls

Roberts: Archery Introduction

Sunol: Wild Wonders, Critter Crafts

Tilden: Farm Chores For Littles, Ice Cream Impressions, The Itsy-Bitsy Spider

22

Ardenwood: Train Rides, Cooking In The Country Kitchen, Puppet Show, Patterson House Tours, Play With Dough, Wheat Harvesting, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Watercolor Landscape

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Ohlone Village Site Tour, Discovery Days

Crab Cove: Poetry in Nature, Family Nature Fun Hour, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play

Sunol: Wild Wonders, Critter Crafts, Dragons of Sunol!, Summer Splashdown!

Tilden: Magic Microscopic Worlds, Talk With The Animals

23

Miller/Knox: Leaders in Training, Park'n It Day Camp

Sunol: Outdoor Discoveries: Bats

24

Crab Cove: Sea Squirts - Skeletons Within

Lake Chabot: Tuesday Twilight

Point Pinole: The Over-The-Hills Gang

25

Ardenwood: Toddler Time

Big Break: Sunset and Full Moon Paddle, Howling at the Moon

Kennedy Grove: Wednesday Walks

26

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Marsh Creek: Thursday Birding

27

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Del Valle: Days of the Pioneer Campfires

28

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Chores For Little Farmers, The Little Red Hen, Patterson House Tours, Victorian Table Top Games, Wheat Harvesting, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Summer Foliage

Black Diamond: Hazel Atlas Mine Tours

Brooks Island: Kayaking

Coyote Hills: Cart of Curiosities, Discovery Days

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play

Del Valle: Campfires

Diablo Foothills: Twilight Adventure

Hayward Shoreline: Canine Capers Walk

Redwood: Poles - Basic Skills & Techniques Plus Hike

Sunol: Wild Wonders, Critter Crafts

Tilden: Farm Chores For Littles, Wax: It's the Bee's Knees!, Chores for Little Gardeners

29

Ardenwood: Train Rides, Cooking In The Country Kitchen, Puppet Show, Patterson House Tours, Play With Dough, Wheat Harvesting, Animal Feeding

Big Break: Testing The Water, Delta Discoveries

Black Diamond: Hazel Atlas Mine Tours

Brooks Island: Kayaking

Coyote Hills: Discovery Days, Stories Under an Oak

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play

Roberts: The Biggest Trees in the World?

Sunol: Wild Wonders, Critter Crafts, Dancing with the Trees

Tilden: Talk With The Animals, Backyard Bounty

30

Ardenwood: Leaders in Training, Park'n It Day Camp

31

Oyster Bay: Hikes for Tykes

Regional in Nature



1
Big Break: Coffee Talk & Delta News

2
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Kennedy Grove: Poles for Balance & Maintaining Mobility

3
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneer Campfires

4
Anthony Chabot: Campfire Programs
Ardenwood: Train Rides, Chores For Little Farmers, Diggin The Garden, Bunny Love, Patterson House Tours, Rope Making & Hay Hoisting, Animal Feeding
Big Break: Kayaking, Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours, Counting On The Night Shift
Contra Loma: Fishing - Bass Basics
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun Hour, Fish Feeding Time
Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play, Campfires
Garin: Bird Walk
Sunol: Wild Wonders, Critter Crafts
Tilden: Farm Chores For Littles

5
Ardenwood: Train Rides, Meet The Farmer, Cooking In The Country Kitchen, Patterson House Tours, Rabbit Rendezvous, Old-Fashioned Fun, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Critter Clues
Black Diamond: Hazel Atlas Mine Tours
Contra Loma: Nature's Corner
Coyote Hills: Discovery Days, Willows Hike
Crab Cove: Family Nature Fun Hour, Fish Feeding Time
Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play
Hayward Shoreline: Birding The Shoreline
Sunol: Wild Wonders, Critter Crafts
Tilden: Tule Berry Basket, Talk With The Animals, Tule Float-Make a Mini Tule Boat

6
Big Break: Big Break Littles
Sunol: Outdoor Discoveries: Star Power
Tilden: Little Farm Camp

7
Leona Canyon: The Over-The-Hills Gang
Redwood: Hikes for Tykes

9
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

10
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Crab Cove: Concert at the Cove
Del Valle: Days of the Pioneer Campfires

11
Alameda Bay Trail: Alameda Walks
Anthony Chabot: Campfire Programs
Ardenwood: Train Rides, Meet The Chickens, Patterson House Tours, Victorian Table Top Games, Stilt Walkers, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Arachnid Adventures, Perseids Meteor Shower
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Nectar Garden Fun Day, Discovery Days, Cart of Curiosities
Crab Cove: Family Nature Fun Hour, Fish Feeding Time
Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Nature Journaling: Tracks and Signs, Patio Play, Campfires
Point Pinole: Birds of a Saturday Morn
Sunol: Wild Wonders, Critter Crafts
Tilden: Farm Chores For Littles, Trail Cam Adventures

12
Ardenwood: Train Rides, Meet The Farmer, Cooking In The Country Kitchen, Patterson House Tours, Farmyard Story Time, Stilt Walkers, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Second Sundays Campfire
Black Diamond: Hazel Atlas Mine Tours, Perseid Viewing Party
Coyote Hills: The Hills Are Alive, Discovery Days, Ohlone People & Culture
Crab Cove: Songs and Stories by the Shore, Family Nature Fun Hour, Fish Feeding Time
Crown Beach: Early-Early Grunion Search
Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play, Perseid Meteor Shower!
Huckleberry: Sunday Strolls
Sunol: Sunol Rocks!, Wild Wonders, Critter Crafts
Tilden: Fly-Fishing Introduction, Talk With The Animals, You Otter Care, Nature Exploration!, The Sky is Falling-Evening Walk

13
Tilden: Little Farm Camp

14
Big Break: Big Break Littles
Coyote Hills: Weekday Bird Walk
Crab Cove: Sea Squirts

15
Ardenwood: Toddler Time
Leona Canyon: Wednesday Walks

16
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Crown Beach: Third Thursdays at the Beach

17
Ardenwood: Train Rides, Patterson House

Tours, Animal Feeding, FREE Outdoor Movie Night!
Big Break: Nature Photography Exhibition
Del Valle: Days of the Pioneer Campfires

18
Anthony Chabot: Campfire Programs
Ardenwood: Train Rides, Chores For Little Farmers, Meet The Chickens, Patterson House Tours, Corn Mosaics, Stilt Walkers, Animal Feeding
Big Break: Testing The Water, Nature Photography Exhibition, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Brooks Island: Kayaking
Coyote Hills: Knap-In: Stone Tool Making, Discovery Days
Crab Cove: Native Plant and Butterfly Gardening, Family Nature Fun Hour, Fish Feeding Time
Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play, Campfires
Point Pinole: Birds of a Saturday Morn
Roberts: Archery Introduction
Round Valley: Quiet Night Hike
Sunol: Wild Wonders, Critter Crafts, Nature is Lit
Tilden: Farm Chores For Littles, Spidering

19
Ardenwood: Train Rides, Meet The Farmer, Patterson House Tours, Hens Lay Eggs, We All Scream For Ice Cream!, Animal Feeding
Big Break: Testing The Water, Nature Photography Exhibition, "Tiny Bird, Big Personality- Guess who?", Delta Discoveries, Rambunctious Reptiles
Black Diamond: Hazel Atlas Mine Tours
Brooks Island: Kayaking
Contra Loma: Nature's Corner
Coyote Hills: Knap-In: Stone Tool Making, Discovery Days
Crab Cove: Family Nature Fun Hour, Fish Feeding Time
Del Valle: Woodland Wander, Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play
Lake Temescal: Otter Patrol
Sunol: Wild Wonders, Critter Crafts, Summer Splashdown!
Tilden: Talk With The Animals

20
Shadow Cliffs: Lakeside Littles
Sunol: Outdoor Discoveries

21
Big Break: Chalk the Walks
MLKing Jr Shoreline: Hikes for Tykes
Tilden: The Over-The-Hills Gang

22
Point Pinole: Wednesday Walks

23
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

24
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneer Campfires
Martin Luther King Jr: Kayaking
Tilden: Poles 2: Botanic Garden Practice Hike

25
Anthony Chabot: Campfire Programs
Ardenwood: Train Rides, Bunny Love,

August 2018

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Patterson House Tours, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Bountiful Birds
Black Diamond: Baby Snakes, Hazel Atlas Mine Tours
Coyote Hills: Hotshot Hummingbirds, Discovery Days, Canine Capers Walk
Crab Cove: Family Nature Fun Hour, Fish Feeding Time
Crown Beach: Searching for Shorebirds
Del Valle: Fishing - Bass Basics, Lakeside Cup of Joe, Incredible Edible Insects, Beach Blast, Scenic Boat Tour, Nature Journaling, Patio Play, Campfires
McLaughlin Eastshore: Birds of a Saturday Morn
Roberts: Poles: Basic Hiking Skills & Techniques
Sunol: Wild Wonders, Critter Crafts
Tilden: Farm Chores For Littles, Super Chill Nature Experience

26
Ardenwood: Train Rides, Wake Up The Farm, Cooking In The Country Kitchen, Patterson House Tours, Garden Bug Safari, Fun With Felting, Animal Feeding
Big Break: Delta Discoveries, Testing The Water, Howling at the Moon
Black Diamond: Hazel Atlas Mine Tours, Full Moon Hike
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Busy Summer Beach Cleanup, Family Nature Fun Hour, Fish Feeding Time
Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play
Sunol: Wild Wonders, Critter Crafts, Stream Splashdown!
Tilden: Attractions-Hike, Talk With The Animals

28
Crab Cove: Sea Squirts

29
Ardenwood: Toddler Time
MLKing Jr Shoreline: Kayaking for Folks 50+
Redwood: Wednesday Walks

30
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Round Valley: Thursday Birding

31
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Contra Loma: Family Night Hike
Del Valle: Days of the Pioneer Campfires

FROM COAL TO SAND

Black Diamond Eddie Willis
9-11:30am, Sun, Jul 8 #21503
This combination hike/mine tour will explore the full breadth of the area's mining history, as we travel from the tops of the hills down into their core. Upper parking lot. (7+yrs). Fee: \$5. Registration is required.

COUNTING ON THE NIGHT SHIFT: BAT MONITORING

Black Diamond Interpretive Staff
7:45-10pm, Sat, Jul 21 #21606
7:30-9:45pm Sat, Aug 4 #21615
We rely on bats. Help monitor our local population, after-hours, as we detect their nighttime commute from the mines. Hiking required. Upper parking lot. (8+yrs). Registration is required.

PERSEID VIEWING PARTY

Black Diamond Eddie Willis
7:45-10pm, Sun, Aug, 12 #21624
Stay after hours to peek at the peak of Perseid meteor activity! View constellations, planets, the arm of the Milky Way, and one of nature's best shooting star shows. Upper parking lot. (8+yrs). Registration is required.

BABY SNAKES **HPHP**

Black Diamond Kevin Dixon
9-10:30am, Sat, Aug 25
Newly-hatched baby snakes will soon be out on the trails. Meet a snake and learn about how they live on a short walk. Upper parking lot.

FULL MOON HIKE

Black Diamond Eddie Willis
7-9:30pm, Sun, Aug 26 #21655
Catch the last full moon of summer as it rises over the Sierra Nevada and take in tales of the night sky and the creatures who call this place home. Upper parking lot. (8+yrs). Registration is required.

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 10:30am for an introduction to the topic of the week, or, participate at your own pace.

OHLONE VILLAGE SITE TOUR

Coyote Hills Interpretive Staff
10-12pm & 1:30-3:30pm, Sun, Jul 1, 22 & Aug 26
1:30-3:30pm Sat, Jul 14 & Aug 4
Walk one-half mile through vibrant marsh habitat to a more than 2,000-year-old

Bird Walks

Tiny Bird, Big Personality - Guess Who? Big Break, Aug 19, page 7.

Bountiful Birds, Big Break, Aug 25, page 7.

Searching for Shorebirds, Elsie Roemer Bird Sanctuary, Aug 25, page 11.

Birding for Beginners, Del Valle, Jul 21, page 11.

Bird Walk, Various Parks, Jul 7, Aug 4, page 13.

Weekday Bird Walk, Various Parks, Jul 17, page 13.

Birding the Shoreline, Hayward Shoreline, Aug 5, page 13.

Birds of a Saturday Morn, Various Parks, Aug 11, 18 & 25, page 13.

Thursday Birding: Raptor Baseline, Various Parks, Jul 26, page 14.

Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house, and sweat house.

CART OF CURIOSITIES

Coyote Hills Kristina Parkison
1-3pm, Sat, Jul 7, 9-11am, Sat, Jul 28, 1-3pm, Sat, Aug 11,
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!

HISTORY OF COYOTE HILLS **HPHP**

Coyote Hills Francis Mendoza
9:30-11:30am, Sun, Jul 8
Walk the Bayview trail while discovering the geologic, human, and military history of Coyote Hills. Meet at the Quarry Parking Lot. 5+yrs.

OHLONE PEOPLE & CULTURE

Coyote Hills Francis Mendoza
1-2:30pm, Sun, Jul 8 & Aug 12

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.

PLANT ADAPTION TO HABITAT TOUR

Visitor Center
Sun, Aug 19, 2pm.
Please join us at the East Bay Regional Parks Botanic Garden for a special, docent-led, family-friendly Plant Adaption to Habitat Tour. You will get a chance to explore different parts of California, each represented by a different section in the garden. Each section has a differ-

ent type of habitat — from the desert to the mountains to the sea bluffs to the rain forest — to which the plants have adapted. Free. Rain cancels.

NECTAR GARDEN FUN DAY

Coyote Hills Interpretive Staff
10-11:30am, Sat, Jul 14 & Aug 11
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.

NATURE JOURNALING

Coyote Hills Francis Mendoza
1:30-2:30pm, Sun, Jul 15
Make a nature journal and fill it with your sketches, leaf rubbings, and scientific observations as we explore the nectar garden and surrounding hills. Parent participation required. 5+yrs.

STORIES UNDER AN OAK

Coyote Hills Interpretive Staff
11-noon Sat, Jul 21 & Sun, Jul 29
Settle in for story time under the canopy of a majestic oak.
Parent participation required.

WILLOWS HIKE **HPHP**

Coyote Hills Francis Mendoza
1:30-3:30pm, Sun, Aug 5
Quarry Parking Lot – Come explore the least-explored part of the park as we visit the marsh, Ohlone village site, and Willows Trail. Wear sturdy shoes, sunscreen and bring water on this easy, flat 2.5-mile hike. 14+yrs.

THE HILLS ARE ALIVE

Coyote Hills Francis Mendoza
8:30-11am, Sun, Aug 12
Go up and down the red hills to explore the geology, wildlife and human history of this very special place. Wear sturdy shoes, sunscreen and bring water on this steep 2.5-mile hike. 14+yrs.

KNAP-IN: STONE TOOL

MAKING

Coyote Hills Kristina Parkison, Francis Mendoza & Friends
10am-3pm, Sat and Sun, Aug 18 & 19

The ancient skill of stone tool making is the focus of this “knap-in.” Join experienced stone tool makers during this informal, weekend opportunity to learn about the methods used locally and worldwide to transform chert, obsidian, and other stones into spear points, arrowheads and drills. Young children may watch. Anyone 16 years or older may give “knapping” a try. Bring leather gloves, long pants, close-toed shoes and protective eye wear if you want to test your knack for knapping.

HOTSHOT HUMMINGBIRDS

Coyote Hills Kristina Parkison & Don Jedlovec
9:30-11am, Sat, Aug 25 #21592
Come meet the flying jewels – hummingbirds – and discover their unique adaptations. Photographer Don Jedlovec shares new photos, stop motion video, and techniques for capturing amazing images of these birds. 12+yrs. Registration is required.

CANINE CAPERS WALK

Coyote Hills Kristina Parkison
1-3pm, Sat, Aug 25 #21617
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.

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-5pm, 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. July 4th Holiday: Visitor Center open 1-4:30pm.

FAMILY NATURE FUN TIME

Crab Cove Interpretive Staff
2-3pm, Every Sat & Sun
Come explore with us and have fun with family-friendly activities and a new adventure each week. Great for all ages!

FISH FEEDING TIME

Crab Cove Interpretive Staff
3-3:30pm, Every Sat & Sun
Learn about the hidden habitats of the San Francisco Bay while watching crabs, fish, and other critters as they eat!

SONGS AND STORIES BY THE SHORE

Crab Cove Morgan Dill
11am-noon, Sat, Jul 14 & Sun, Aug 12
An interactive hour of nature fun for the whole family!

Join us over tales and songs about worms, fungus, leaves and flowers, predators, prey, and more!

POETRY IN NATURE

Crab Cove Emmanuel Williams & Michael Charnofsky
10:30am-noon, Sun, Jul 22
What can a crab teach me, or an egret... or the wind? What can I learn from nature? Create poetry, with local poet Emanuel Williams, as we explore the shore.

BUSY SUMMER BEACH CLEANUP

Crab Cove Morgan Dill
10:30am-Noon, Sun, Aug 26
The best days of summer start on the beach. Help pick up washed-up litter, and maybe even find strange items to add to our Museum of Coastal Cleanup Oddities. Bring buckets and gloves, or borrow ours.

CELEBRATE NATIONAL ICE CREAM MONTH

Crab Cove Susan Ramos
11am-1pm, Sat, Jul 21

ALAMEDA 4TH OF JULY PARADE

Crab Cove Interpretive Staff
9:30am-1pm, Wed, Jul 4
'Swim' along the Alameda hometown parade route (or a section of it) with our Mobile Visitor Center as we promote the love of nature and the Regional Parks, or just enjoy the show from the sidewalk.

4TH OF JULY OPEN HOUSE

Crab Cove Interpretive Staff
2-4:30pm, Wed, Jul 4
Drop by to celebrate our nation's birthday and the beauty and diversity of our Bay with family-friendly activities throughout the afternoon. Note: Visitor Center will not open until 1pm due to the parade.

SEA SQUIRTS

Crown Beach Interpretive Staff
10:30-11:45am, Tue, Jul 10, 24 & Aug 7, 21
Jul 10: Above Ground Below Ground #21586
Jul 24: Skeletons Within #21588
Aug 14: Dashing and Diving Dragonflies #21590
Aug 28: You Have to Have a Habitat! #21591
Share a morning of shoreline fun with your pre-school age child. We'll play games, explore nature, share stories, and do a craft related to the theme of the day! Please no older or younger siblings (exception: infants).
3-5yrs. Fee: \$5 (\$7 non-res.)
Registration is required.



CONCERTS AT THE COVE

Crab Cove Interpretive Staff
5:30-7:30pm, Fri, Jul 13 & Aug 10
Start your weekend with free music and family fun as the sun sets over San Francisco Bay. The Visitor Center stays open until 8pm with activities on our deck starting at 4:30pm. Bring your blanket or lawn chair and a picnic dinner, or purchase local food and beverages here. Parking on Webster St. or Crown Beach lot at Otis. Sponsored by the Alameda Rotary Club, Regional Parks Foundation, and East Bay Regional Park District.



East Bay Mudd brings you classic soul and R&B on Aug 10.



Crowds from an earlier concert.

Go on a beach walk to learn the secret sea ingredient contained in ice cream. Then lend a hand- cranking out the old fashioned frozen treat to celebrate National Ice Cream Month!

EARLY-EARLY GRUNION SEARCH

Crab Cove Susan Ramos
12:30am-2:30am, Sat morning, July 14 #21779
12:30am-2:30am, Sun morning, Aug 12 #21784
Otis St. Parking Lot - On full and new moon nights, a fish called the grunion appears on sandy beaches to spawn. Help search the shore to see if they are here in the San Francisco Bay! Ages 11-18 require adult participation.
Registration is required.

SEARCHING FOR SHOREBIRDS

Elsie Roemer Bird Sanctuary Susan Ramos
8:30-10:30am, Sat Aug 25
Beginners welcome and encouraged as we search for early returning shorebirds along the bay. Binoculars available to borrow.

ALAMEDA WALKS

Crab Cove Interpretive Staff
9-10:15am
Sat, July 7: Crab Cove to Grand Ave: Explore the shoreline and learn about Crown Beach wildlife. Then observe fish at the Bath House, part of EBRPD's Mobile Fish Exhibit. Sat, Aug 11: Encinal Beach to The Hornet: Appreciate amazing views of city skylines, the bay and wildlife as we discuss the past and future of surrounding lands and historic monuments.

DEL VALLE

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

LAKESIDE CUP OF JOE

Del Valle Interpretive Staff
9-10am, Every Sat, Jul 7 to Aug 25
Wander over to the Visitor Center for a free cup of coffee and find out what's happening around the park. How's the fishing, what wildlife has been seen, and what's planned for the weekend?

PATIO PLAY

Del Valle Interpretive Staff
4-4:30pm, every Sat and Sun, Jul 7 to Aug 26
Discover the wonders of the lake and land through games, activities, and crafts.

DEL VALLE SNAKE FEEDINGS

Del Valle Interpretive Staff
11-11:30am, Every Sun, Jul 1 to Aug 26
Meet our resident gopher snake, Julius Squeezer for an up-close and personal visit. If he is hungry, we'll be able to feed him his lunch as well.

LAKE DEL VALLE SCENIC

BOAT TOUR

Del Valle Interpretive Staff
1-2:30pm, every Sat and Sun, Jul 7 to Aug 26
1-2:30pm, Wed, Jul 4
East shore boat concession - Catch a cool breeze as you explore the lake the easy way - by boat. Find out about the creatures below, above, and on land while you hear the history of the area. Bring a jacket, and binoculars, if you have them. Purchase tickets at the marina from 6am, or at the Visitor Center when it is open.

BEACH BLAST

Del Valle Interpretive Staff
1-1:15pm, 3-3:15pm, 5-5:15pm, every Sat and Sun, Jul 7 to Aug 26
West shore beach - The whistle blows;

lifeguards clear the water for a 15-minute swim break. Join us for a beachside nature break! We have games, animals, and more to explore before the whistle blows again!

NATIONAL ICE CREAM DAY!

Del Valle Ashley Adams
2-3pm, Sun, Jul 15
Celebrate National Ice Cream Day at the lake and learn about this cool treat we all love! Try your hand at making it the old-fashioned way.

BIRDING FOR BEGINNERS

Del Valle Constance Taylor
3-5pm, Sat, Jul 21
New to birding? This is the event for you! Learn basics like body shape, flight pattern, and habits on this easy hike along the shore. Binoculars provided.

STARGAZING AT DEL VALLE

Del Valle Constance Taylor
8:30-10pm, Sat, Jul 21
Arroyo Road staging area - Be dazzled by the constellations of the summer sky! See star clusters, nebulae, and Tri-Valley. Stargazers will be there with telescopes. Bring blankets, flashlights, and dress in layers.

NATURE JOURNALING: TRACKS AND SIGNS

Del Valle Constance Taylor
2:30-4:30pm, Sat, Aug 11
Nature is an open book if you know what to look for. Using journaling techniques to record observations and sharpen our senses, we'll find the clues animals leave behind.

PERSEID METEOR SHOWER!

Del Valle Constance Taylor
8-10pm, Sun, Aug 12
Del Valle and Mendhall Rd. - Enjoy the Perseid meteor shower at its peak! Discover the stories of the summer constellations and marvel at the stellar display. Bring a blanket, flashlight, and dress in layers.

WOODLAND WANDER

Del Valle Ashley Adams
9-11:30am, Sun, Aug 19
Public Boat Launch - Walk through woodlands and discover how wildlife depends on oaks. This 3-mile loop will begin along the lake and take us up into the hills for an eagle eye view.

INCREDIBLE EDIBLE INSECTS

Del Valle Constance Taylor
12-2pm Sat, Aug 25 #21613
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 yourself with some insect edibles.
Registration is required.

NATURE JOURNALING: SPECTACULAR SKULLS ^{SP}

Del Valle Constance Taylor
3-4:30pm Sat, Aug 25
What is it? Why does it look like that?
Learn how to “read” a skull to deduce
who’s head you’re holding, and draw basic
skull anatomy.

SUNOL

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

OUTDOOR DISCOVERIES ^{SP} [℥]

Sunol Ashley Adams
10:30am-noon, Mon, Jul 2, Jul 23, Aug 6,
Aug 20
Come explore the world around you in
this hands-on preschool and home school
nature series! We will discover, adventure
and create in the outdoor classroom of
Sunol.

Jul 2: Buggin’ Out #21459

Jul 23: Batty About Bats #21460

Aug 6: Star Power #21462

Aug 20: Breaking Down Decomposition
#21464

4-8yrs. No fee. Registration is required.

WILD WONDERS ^{SP}

Sunol Interpretive Staff
11am-noon, every Sat and Sun, Jul 7 to
Aug 26
Wildness awaits! Discover the wonders of
the wilderness through games, activities,
and explorations. Great for families, and all
age groups.

CRITTER CRAFTS ^{SP}

Sunol Interpretive Staff
12-3pm, every Sat and Sun, Jul 7 to Aug 26
Get crafty, like a fox, as we learn all about
the animal of the week. Stick around after
our Wild Wonders program, or stop by
after your hike.

NIGHT OUT AT SUNOL ^{SP}

Sunol Constance Taylor
8-10pm, Sat, Jul 14
Celebrate summer...in the dark! Go on a
night hike, blacklight for moths, watch bats
leave their roosts for the night, or sit by a
campfire to roast marshmallows. There’s
something for everyone after the sun goes
down!

SUMMER SPLASHDOWN! ^{SP}

Sunol Ashley Grenier
1-2:30pm, Sun, Jul 8, Aug 19, Aug 26
We’ll keep cool in the pools of Alameda
Creek as we investigate the stream’s
diverse wet wildlife with dipnets in hand.
Wear closed-toed shoes.

DRAGONS OF SUNOL ^{SP}

Sunol Ashley Adams
1-3pm, Sun, Jul 22

Did you know dragons live at Sunol? With
wings, special powers and a creek side
lair, these masters of flight are fascinating
and fun to find. Come explore the life of
dragonflies!

DANCING WITH THE TREES ^{SP}

Sunol Ashley Adams
1-2:30pm, Sun, Jul 29
People have been dancing to music out-
doors for centuries. Explore how nature
influences the moves we make and get
moving in this fun class for all ages and
abilities!

SUNOL ROCKS! ^{SP}

Sunol Ashley Adams
10am-12:30pm, Sun, Aug 12
Really, it does! Come see why geologists
from near and far visit the park to marvel
at the majestic formations and complex
history behind the stones of Sunol.

NATURE IS LIT ^{SP}

Sunol Constance Taylor
9am-1pm, Sat, Aug 18
From mesmerizing to horrifying, there’s
always something mind blowing happening
in nature. This program is straight outta
Reddit headlines and into reality! Come
out on a 5-mile hike for a supercut of
nature’s best!

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.

TALK WITH THE ANIMALS [℥]

Tilden Nature Area Interpretive Staff
11-11:30am, Every Sun in Jul & Aug
Get up close and personal with 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.

MEET THE REPTILES [℥]

Tilden Nature Area Trent Pearce
Noon-1pm, Sun, Jul 1
Meet and get to know snakes and turtles
as we explore ectotherms in all their glory.
All ages of herpetologists welcome.

FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, Every Sat in Jul & Aug
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.

BEE COUNT!

Tilden Nature Area Jenna Scimeca
1-3pm, Sat, Jul 7



Youngsters learning the ropes at Tilden Nature Area.

Scientists and pollinators need our help!
BEE a citizen scientist, count bees in our
park and learn how important these tiny
insects are to us.

MAGIC MICROSCOPIC WORLDS [℥]

Tilden Nature Area Trent Pearce
10-11am, Sun, Jul 8 & 22
Explore the small side of the Tilden Nature
Area on a microscopic scavenger hunt!
We’ll collect various tiny things, then look
at them under the microscope. Perfect for
tots!

FUN WITH FELTING

Tilden Nature Area Jenna Scimeca
1-2pm, Sat, Jul 14
Come find out how we can turn sheep’s
wool into cloth! Practice your hand at wet
felting and make your own felted creation.

WE ALL SCREAM FOR ICE CREAM! [℥]

Tilden Nature Area Jenna Scimeca
3-4pm, Sat, Jul 14
Put together some ice, salt, cream, sugar,
and a little muscle power to learn how we
make delicious old-fashioned ice cream.

TWILIGHT HIKE TO WILDCAT PEAK

Tilden Nature Area Trent Pearce
7-10pm, Sun, Jul 15
Enjoy a vigorous (and potentially foggy)
4-mile round-trip hike to the top of
Wildcat Peak... at sunset! Wear comfort-
able hiking shoes and bring water and a
flashlight.

ICE CREAM IMPRESSIONS [℥]

Tilden Nature Area Brianna Contaxis-Tucker
1:30-2:30pm, Sat, Jul 21
Shake, stir, and steam a sweet treat and
make ice cream. Come learn about ice
cubes and sugar crystals.

THE ITSY-BITSY SPIDER ...

Tilden Nature Area Jenna Scimeca
3-3:30pm, Sat, Jul 21
...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!

WAX: IT’S THE BEE’S KNEES!

Tilden Nature Area Jenna Scimeca
1-2pm, Sat, Jul 28
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 sample
local honey.

CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna Scimeca
3-4pm, Sat, Jul 28
Lend a hand weeding, watering and plant-
ing our healthy vegetables. We might even
taste a few! Meet at the Kids’ Garden.

BACKYARD BOUNTY [℥]

Tilden Nature Area Kate Holum
1-2pm, Sun, Jul 29
Dandelions and other wild plants from
your backyard or garden can be nutritious
and tasty. Learn how to identify these
edible so-called weeds, help make a simple
salad with them, then sample your efforts.

TULE BERRY BASKET [℥] [℥]

Tilden Nature Area Trail Gail
10am-1pm, Sun, Aug 5 #21584
First we’ll make a berry gathering basket
from tule, one of the most useful plants
around, then go out and test their ef-
fectiveness in the Nature Area. 8+yrs. Fee:
\$5 (non-res. \$7).
Registration is required.

TULE FLOAT – MAKE A MINI

Tilden Nature Area Trail Gail
2:30-3:30pm, Sun, Aug 5
Bull Rush or Tule has many uses, one is
to make boats. Join a naturalist and make
a mini tule boat, then go out and see if it
floats!

TRAIL CAM ADVENTURES [℥]

Tilden Nature Area Anthony Fisher
2-3pm, Sat, Aug 11
Enjoy some edited footage from motion
activated trail cameras. See what your
nocturnal neighbors have been up to. Fun
for the whole family!

YOU OTTER CARE ♿

Tilden Nature Area Kate Holum
1-2pm, Sun, Aug 12
... About otters! Come learn about these cute, furry visitors and their important role in the balance of nature.

NATURE EXPLORATION! ♿

Tilden Nature Area Trail Gail
3-4pm, Sun, Aug 12
Awaken your five senses and your imagination while exploring nature. We'll look for critters, tracks, & slugs oh my! Dress to get dirty and maybe wet.

THE SKY IS FALLING – EVENING WALK

Tilden Nature Area Trail Gail
8-11pm, Sun, Aug 12
The sky isn't falling, it's the Perseid Meteor Shower! We'll walk to the peak hoping to see shooting stars, the remaining pieces of a comet, before heading back. Bring flashlight. Dress for an evening hike. 8+yrs.

SPIDERING

Tilden Nature Area Anthony Fisher
2-3:30pm, Sat, Aug 18
Late summer is a good time for spidering. Meet a pet tarantula, and then out into the field to look for wild spiders!

SUPER CHILL NATURE EXPERIENCE ♿

Tilden Nature Area Anthony Fisher
2-3:30pm, Sat, Aug 12
Meander. Stop. Quiet. Smell. Listen. Touch. Breathe. Continue.

TILDEN ATTRACTIONS – HIKE

Tilden Nature Area Trail Gail
9am-3:30pm, Sun, Aug 26
Experience Tilden a different way – on foot. Nature Area, Carousel, Steam-Train, and Gardens we've got it all. We'll hike to the different attractions and discover their history & connection. 8+yrs.

OTHER PARKS

GIFT OF GREEN ♿

Pittsburg Library Kevin Dixon
1-2pm, Sat, Jul 7
Nearly everything we hold dear depends on the world of plants. Dig into the lives of plants during this kid-centered afternoon at the Pittsburg Library: 80 Power Ave. Pittsburg, CA. 5-12 yrs. Info: (510) 544-2750.

BIRD WALK Ⓟ

Various Parks Kristina Parkison
8-10am, Sat, Jul 7 – Quarry Lakes, Aug 4 – Garin
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat.
8+yrs. Info: (510) 544-3220.

SPIDER SAFARIS

Various Parks Trent Pearce
3-4:30pm, Sun, Jul 1, 8, 15 & 22
Search for summer arachnids! Orb weavers, wolf spiders, mygalomorphs, and more await on these adventure-filled outings.

Jul 1: Tilden Regional Park, Vollmer Peak Trailhead. **Jul 8:** Briones Regional Park, Bear Creek Staging Area. **Jul 15:** Tilden Nature Area, Environmental Education Center. **Jul 22:** Carquinez Straight Regional Shoreline, Nejedly Staging Area.
Info: (510) 544-2233.

ROVING RANGER: RIPARIAN RUMINATIONS Ⓟ

Garin Francis Mendoza
9:30-11:30am, Sun, Jul 15
Red Barn - Hike through a shady creek corridor in the heart of the Hayward Hills while enjoying nature. Moderate 3.5 miles with some creek crossings. 12+yrs. Info: (510) 544-3220.

NATURE'S CORNER ♿ Ⓟ

Contra Loma Eddie Willis
10:30am-12:30pm, Sun, Jul 15, Aug 5, & Aug 19
Stop by the Naturalist table to learn about what's happening in the park around you. Look for us near the swim lagoon. Info: (510) 544-2750.

LAKESIDE LITTLES Ⓟ

Shadow Cliffs Ashley Grenier
10-11am, Mon, Jul 16, Aug 20
Bring your little ones out and discover nature. Each month we'll explore a trail, look at bugs, search for birds, and much more. Let's get outside! Parent/caregiver participation required. 1-5yrs. Info: (510) 544-3249.

CAMPFIRE PROGRAMS – ANTHONY CHABOT ♿

Anthony Chabot Interpretive Staff
8-9pm, every Sat in Jul & Aug
Campground Amphitheater - Free! Join us for after-dark fun! Learn about the parks and nature around you through games, songs, photos and stories around the campfire. We'll have a new topic each week. Even if you're not camping, you're welcome to join us for the program! Dress warmly. Info: (510) 544-3187.

DAYS OF THE PIONEER CAMPFIRE Ⓟ

Del Valle Interpretive Staff
7:30-9, Every Fri Jul 6 to Aug 24



WEEKDAY BIRD WALK ♿ Ⓟ

Various Parks Kristina Parkison
7:30-9:30am, Tue, Jul 17 Quarry Lakes (meet at Isherwood Staging Area)
7:30-9:30am, Tue, Aug 14 Coyote Hills (meet at Visitor 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.

THURSDAY BIRDING: RAPTOR BASELINE ♿

Various Parks Mike Moran
9-11:30am, Thu, Jul 26 #22062
Marsh Creek: Cypress Staging Area
9-11:30am, Thu, Aug 30 #22063
Round Valley Regional Preserve
The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey; hawks, falcons, eagles. Help us document their variety and numbers in this fun, social, citizen science research project. No experience necessary – we'll teach you how to identify these birds. We'll meet at a different park on the last Thursday of each month. Join in for one or all. Registration is required.

THE OVER-THE-HILLS GANG

Various Parks Trail Gail
10am-12:30pm, Tue, Jul 24, Aug 7 & 22
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.
Jul 24: Point Pinole, Atlas Road Entrance – Mostly flat, with an explosive past. **Aug 7:** Leona Canyon, Canyon Oaks Staging Area - Up the hill and down, we'll visit. **Aug 21:** Tilden Nature Area – Up, down, and all around, we'll explore the Nature Area.
Info: (510) 544-2233.

Campground Amphitheater - What was Del Valle like before there was a lake? Discover the valley's history through hands on activities and stories during this family campfire. Memorial Day weekend to Labor Day weekend.

DEL VALLE CAMPFIRE Ⓟ

Del Valle Interpretive Staff
8:30-9:30pm, Every Sat Jul 7 to Aug 11
8-9pm, Sat, Aug 18, Aug 25
Campground Amphitheater - The evening glow gives way to the roaring fire, as families gather along the creek side. We will discover the wonders of the park and this camping tradition each Saturday night. Memorial Day weekend to Labor Day weekend.

TUESDAY TWILIGHT: GOING BATTY

Lake Chabot Susan Ramos
7:30-10pm, Tue, Jul 24
Marina - Hike to the shallow end of the lake to watch for bats and other nighttime critters. Bring a blanket to sit on and a flashlight for the way back. Info: (510) 544-3187.

TWILIGHT ADVENTURE ♿

Diablo Foothills Kevin Dixon
6-9pm, Sat, July 28 #21728
Orchard Staging Area - Hike up steep trails in the evening breeze, then return to the starting place just before moon rise. (10+yrs) Info: (510) 544-2750.
Registration is required.

CANINE CAPERS WALK ♿

Hayward Shoreline Kristina Parkison
1-3pm, Sat, Jul 28 #21623
Winton Ave Staging Area - 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 the natural world around us as we hike park trails. 8+yrs. Registration is required.

THE BIGGEST TREES IN THE WORLD? Ⓟ

Roberts Michael Charnofsky
10am-noon: Sun, Jul 29
Main Entrance - On a 1.5-mile exploration, search for evidence of a 32-foot diameter redwood, and the Blossom Rock Trees that were visible from the bay. Discuss theories, mysteries, and controversies. Info: (510) 544-3187.

BIRDING THE SHORELINE **HPHP**

Hayward Shoreline Francis Mendoza
8:30-10:30am, Sun, Aug 5
Walk along an easy, flat 2 miles to the shoreline where we'll look for shorebirds, waterfowl and passerines. (Western end of W. Winton Ave.) Wear layers, sunscreen, and bring water. 12+yrs.
Info: (510) 544-3220.

BIRDS OF A SATURDAY MORN

Various Parks Anthony Fisher
8-10am, Sat, Aug 11, 18 & 25
Check out the latest shorebird models, freshly minted in the Arctic! Some hillside birds as well.
Aug 11: Point Pinole, Atlas Rd entrance.
Aug 18: Dotson Family Marsh, end of Goodrick Ave in Richmond.
Aug 25: McLaughlin Eastshore State Park, Seabreeze Mkt. lot
Info: (510) 544-2233.

QUIET NIGHT HIKE ♿

Round Valley Kevin Dixon
6-10pm, Sat, Aug. 18 #21806
On a quiet, but not silent night, we'll amble through Round Valley, over broad trails, to look and listen for signs of predators and prey. (12+yrs) Info (510) 544-2750.
Registration is required.

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

Various Parks Interpretive Staff
10:30-11:30am, Tue, Jul 3, 17, 31 &
Aug 7, 21

Enjoy some nature before naptime with your young child! Join a naturalist who will take you over hill and dell to explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes.

Jul 3: Anthony Chabot (Bort Meadow),
Jul 17: Crab Cove, **Jul 31:** Oyster Bay (Neptune Dr.), **Aug 7:** Redwood (Canyon Meadow), **Aug 21:** MLK Jr. Shoreline (Arrowhead Marsh)
See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.

OTTER PATROL: SEARCHING FOR SIGNS

Lake Temescal Morgan Dill
10:30am-noon, Sun, Aug 19
North Entrance - River otters are on the rebound in our waterways, and we'll look for clues (and maybe even a sighting!) of these sliding and wrestling, belly flopping, and somersaulting mammals on this level one-mile loop. Info: (510) 544-3187.

DAYLIGHT TO DARKNESS FULL MOON HIKE [♿]

Roberts and Redwood
Michael Charnofsky & Celeste Burrows
6:30-9:45pm, Sat, Aug 25 #21878
Chabot Space And Science Center - Learn about the "reasons for the seasons" and listen for owls as evening falls on a 3 mile hike. After a sunset trail dinner (bring your own), view prominent astronomical features. Hike back to Chabot Space and Science Center in the light of the full moon for free telescope viewing. 10+ years. Registration is required.

FAMILY NIGHT HIKE ^{SP} **HPHP**

Contra Loma Virginia Delgado
7-9pm, Fri, Aug 31
Boat Launch area - Bring family and friends to see how the reservoir comes to life as the sun goes down, while enjoying a 3-mile walk around the water. (4+yrs). Info (510) 544-2750.

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 pro-

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

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION [♿]

Huckleberry, Sibley
9:30am- Sat, Jul 14, Aug 11: Huckleberry
9am- Sun, Jul 15, Aug 19: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided.
Info: (510) 544-3112. sibley@ebparks.org.
Registration is required.

WILDLIFE VOLUNTEERS: RIPARIAN RE-LEAF

Coyote Hills "Doc Quack",
Certified Wildlife Biologist
9:30am-noon, Sat, July 21 #22164

Help the park's wildlife by planting willow, cottonwood, and sycamore saplings. Physical labor is involved with this project. By participating, you'll earn your "Wetland Partners" patch. Meet in the overflow parking lot adjacent to the entrance gate kiosk. All ages welcome, parent participation is required. Deadline to sign-up is Jul 13. Meet in the parking lot adjacent to the entrance kiosk. Bring outdoors clothing (long pants), water replant boots or hiking boots (close-toed footwear), gloves, hats and gloves, water, and sunscreen. Registration is required.

THIRD THURSDAYS AT THE BEACH

Crab Cove Interpretive Staff
10am-noon & 1-3pm, Thu Jul 19 & Aug 16
Otis Drive Park Entrance - Volunteers are needed in our Demonstration Garden to help with maintenance, including weeding, pruning, mulching and other park projects. One-time or on-going help welcome. Please wear long pants, closed-toe shoes, hat, and bring a water bottle.
Info: (510) 544-3187.

EARTH DAY 2018



Loving our parks, keeping them clean. Volunteers at Point Pinole.



Cosmos



Monkey flower



Zinnia



Western tiger swallowtail nectaring on daisy tree.



Monarch butterflies nectaring on Mexican sunflower.

NATIVE PLANT AND BUTTERFLY GARDENING [♿]

Crab Cove Susan Ramos
10am-noon, Sat, Aug 18 # 21726
Learn about native plants that attract bees, birds and butterflies by helping in our wildlife-friendly gardens. Give a hand pruning, weeding, and mulching, around the visitor center. Community service hours available for students. Snacks and refreshments served, tools provided. 8+ yrs.
Registration is required.

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

Various Parks Interpretive Staff
10am-noon, Sun, Jul 15, Sat, Jul 21 & Sun Aug 12.
Each week we explore a different park and its natural wonders. Hikes range from 2-5 miles. Great for families. Dogs welcome on most hikes.

Sun, Jul 15: Lake Chabot (Chabot Staging Area) - Explore a beautiful and diverse area of the park on a 3.75 mile moderate hike up to expansive views.

Sat, Jul 21: Redwood (Canyon Meadow Staging Area) - Appreciate the cool shade of the redwood canopy on this moderate 3 mile exploration of our local second-growth forest.

Sun, Aug 12: Huckleberry Botanical Regional Preserve - Enjoy a shady 2-mile loop through this botanical wonderland. Info: (510) 544-3187.

WEDNESDAY WALKS ^{SP}

Various Parks Interpretive Staff
9:30am -1pm
Discover the natural and human history of our beautiful parklands, explore new trails and improve your health with a friendly walking group. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels.

Jul 11 - Coyote Hills, led by Christina Garcia. Walk through the cattail marshes and around these gentle hills at the edge of the Bay. The easy, 3.5-mile loop will take us by a 2000 year-old shellmound. No dogs, please.

Jul 18 - Chabot Park, led by Susan Ramos. Hike up to the Dam, along Bass Cove, Columbine Trail and back on this almost 6 mile, moderate to strenuous trek.
Directions: From southbound Hwy 580 in San Leandro, take the Estudillo/ Dutton Ave exit. Merge onto MacArthur, then turn left onto Estudillo Ave. Follow Estudillo to the intersection of Sylvan Circle. The park driveway is at this intersection.

July 25 - Kennedy Grove, led by Trail Gail. Parking Lot – From the bottom to the top we'll go, then around and back again.

Aug 15 - Leona Canyon, led by Christina Garcia. Traverse the beautiful canyon from side to side and south to north on this moderate, 4-mile hike. Our foray into the "Canyon of the Cats" will begin at the south end near Keller Ave and Campus Drive.

Aug 22 - Point Pinole, led by Trail Gail. Meet at Atlas Road Entrance. Mostly flat, with an explosive past! 8+yrs. Info: (510) 544-2233.

Aug 29 - Redwood, led by Susan Ramos. Wayside Parking area - Hike up the Orchard and French trails to Mill Trail and back along the shady Stream Trail for a strenuous to moderate 4.5+ miles.
Directions: In Oakland on Highway 13, take the Redwood Road exit and go east (uphill). At the top of the hill, cross Skyline Boulevard and continue on Redwood Road to Redwood Gate. Make a left onto Redwood gate and follow the road past the kiosk to the Wayside Staging area on the right.

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.



Take the PATH to a Healthier YOU!

Join a **Healthy Parks Healthy People** Wellness Walk.

Learn more inside this **Activity Guide**
or go to ebparks.org/activities/hphp/hphpbayarea.htm



Photo: Caiti Godley

Date	Program	Park
July 1	Beat the Heat	Black Diamond Mines Regional Preserve
July 8	History of Coyote Hills	Coyote Hills Regional Park
Aug. 5	Willows Hike	Coyote Hills Regional Park
Aug. 5	Birding the Shoreline	Hayward Regional Shoreline
Aug. 25	Baby Snakes	Black Diamond Mines Regional Preserve
Aug. 31	Family Night Hike	Contra Loma Regional Park



free Concerts at the Cove

East Bay
Regional Park District



JULY 13.....WALL OF BLUES
AUGUST 10.....EAST BAY MUDD

Join us for incredible free music and fun!
4:30 to 5:30 PM.....FOOD AND FAMILY PROGRAM
5:30 to 7:30 PM.....MUSIC

Information: 510-544-3185 or ebparks.org
Crab Cove Visitor Center • 1252 McKay Ave., Alameda

PRODUCED BY: East Bay Regional Park District, Regional Parks Foundation, and the Rotary Club of Alameda



Healthy Parks Healthy People

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

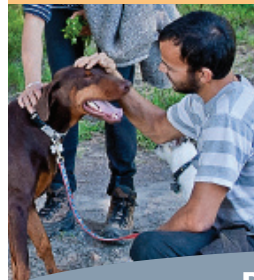


Photo: H. Van Asten

Photo: Michael Florio



Memberships Now Available at Select Regional Parks and Local REI Stores

Becoming a Regional Parks Foundation member has never been easier!

Members receive:

- Personalized Regional Park Foundation Membership Card
- Free Unlimited Day-Use Parking
- Free Annual Dog Pass (Up to 3 Dogs)
- Free Swimming During Swim Season
- Free Admission to Ardenwood Historic Farm on NON-Event Days.

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

REGIONALPARKSFUNDATION.ORG