

2013 Calendar

Follow a Trail



January 2013

January kicks off the 20th anniversary of the Park District's popular Trails Challenge self-guided hiking program. Featured hikes range from an easy walk through Coyote Hills marshlands to a moderately challenging hike through the picturesque trails of Diablo Foothills.



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13	14 Martin Luther King Jr.'s Day of Service Richmond and East Oakland Greenway and Shimada Friendship Park	15	16	17	18 FIRST	19																																																																																																																
20 Trails Challenge 20 th Anniversary	21 Martin Luther King Jr. Holiday	22	23	24	25	26 FULL																																																																																																																
27	28	29	30	31	<table border="1"> <thead> <tr> <th colspan="7">December 2012</th> <th colspan="7">February 2013</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		December 2012							February 2013							S	M	T	W	T	F	S	S	M	T	W	T	F	S							1							1 2	2	3	4	5	6	7	8	3	4	5	6	7	8	9	9	10	11	12	13	14	15	10	11	12	13	14	15	16	16	17	18	19	20	21	22	17	18	19	20	21	22	23	23	24	25	26	27	28	29	24	25	26	27	28			30	31												
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Health Tip: A good diet is one of the most powerful medicines you have to keep you healthy, so design your dinner for wellness – eat fruits and vegetables in a variety of colors to give your body a full range of nutrients.



February 2013

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April 2013

Health Tip: Visit a farmer's market to find fresh new foods to add to your menu, and instead of salt, use herbs and spices for zest and to help lower your blood pressure.



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May 2013

Make the Redwood Regional Park featured trail your Trails Challenge hike this month. A short detour will bring you to the Denil Fishway, which trout use to reach their spawning grounds in the park.



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Health Tip: Form good exercise habits – make walking a part of your regular exercise routine. Add more exercise to your day by parking farther from the office or store and walking some extra steps.

June 2013

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<p>May 2013</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	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		<p>July 2013</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	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								
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9 Butterfly and Bird Festival, Coyote Hills Historic Hay Harvest Ardenwood	10	11	12	13	14 Concert at the Cove Crab Cove	15																																																																																				
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 23 Historic Hay Harvest Ardenwood	24 Teen Eco Action Week Park'n It Day Camp Week	25	26	27	28	29 																																																																																				
30 Historic Hay Harvest Ardenwood																																																																																										



July 2013

If you'd like to see historic olive tree orchards, take the Pleasanton Ridge Trails Challenge hike. Once atop the ridge, set off on the Ridgeline Trail to see remnants of groves planted in the late nineteenth century.



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	1 Park'n It Day Camp Week	2	3	4 Old-Fashioned Independence Day Celebration, Ardenwood Open House Crab Cove, Tilden EEC Independence Day	5	6																																																																																											
7 	8 Bay Splash Camp Week Crab Cove Park'n It Day Camp Week	9 Ramadan Begins	10	11	12 Concert at the Cove Crab Cove	13																																																																																											
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28 Historic Wheat Harvest Ardenwood	29  Park'n It Day Camp Week	30	31		<p>June 2013</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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							<p>August 2013</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2 3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	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
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September 2013

Here's a low-stress, high-relaxation Trails Challenge walk: two miles around the New Marsh at Martin Luther King Jr. Regional Shoreline. Birdwatch your way around the restored marsh, and visit the observation tower for a view of the shoreline.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1 Historic Rail Fair Ardenwood	2 Historic Rail Fair Ardenwood Open House Crab Cove, Tilden EEC Hazel Atlas Mine Tours Black Diamond Mines Labor Day	3	4 Rosh Hashanah Begins	5 NEW	6	7 Garin Apple Festival Garin/Dry Creek																																																																																				
8	9 California Admissions Day	10	11 FIRST	12	13 Yom Kippur Begins	14																																																																																				
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Health Tip: Walk for 15 to 20 minutes, four to five times a week, and feel the difference in your health. Keep a daily journal of your exercise and what you eat to help you stick to a "Health Maintenance" plan.



October 2013

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November 2013

There are many challenging hikes in Black Diamond Mines Regional Preserve, not all part of this year's Trails Challenge program. The Riverview/Carbondale/Saddle Trail loop is a real challenge for the fittest hikers.



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Health Tip: Your mind and body are connected – regular exercise can help lift your mood and reduce stress. Positive thinking helps you bounce back from difficult times and to enjoy yourself and others more.



December 2013

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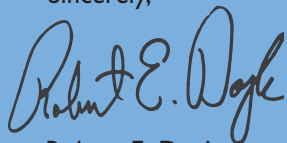
Welcome to 2013, a year that I hope will inspire you in more ways than one. Our theme, "Follow a Trail" is significant in both our continued message of Healthy Parks Healthy People and in celebration of the 20th anniversary of the East Bay Regional Park District's Trails Challenge, a self-guided hiking program. For two decades, East Bay residents have used the Trails Challenge to discover the many wonders of the East Bay's natural environment, right here in their own backyard.

Thanks to a partnership with Kaiser Permanente, the East Bay Regional Park District was able to expand the Trails Challenge hiking program to over 10,000 participants in 2012, and we expect it to grow even larger in 2013. As a leading health organization, Kaiser understands the importance of green space and outdoor recreation as a critical component to healthcare. Through their generous grants, we've been able to expand Trails Challenge to enter new areas of outdoor education bringing our 2013 Kids Healthy Outdoor Challenge Program for teachers to inner-city classrooms.

This calendar is filled with outdoor interpretive and recreation programs, festivals and special events, the Regional Parks Foundation's free estate planning workshops, health tips, and 2013 Trails Challenge highlights. I hope that along with following a few new trails of your own, you'll take advantage of our programs and discover something new this year.

I end with a special thank you to our Regional Parks Foundation and Kaiser Permanente for funding programs that make the East Bay a better place to live. And, I especially thank our East Bay residents whose support for over 75 years has helped the Park District protect open space and offer recreation opportunities for generations to come.

Sincerely,



Robert E. Doyle
General Manager

Contact Us

- Receptionist I-888-EBPARKS (1-888-327-2757)
- TDD 510-633-0460, Monday through Friday, 8:30 a.m. to 5 p.m.
- 24-hour Information. I-888-EBPARKS (1-888-327-2757), option 1
- Job Hotline I-888-EBPARKS (1-888-327-2757), option 5, 1, 1
- Picnic Reservations. I-888-EBPARKS (1-888-327-2757), option 2
- Camping Reservations I-888-EBPARKS (1-888-327-2757), option 2

Visitor Centers

- Ardenwood Historic Farm, Fremont 510-544-2797
- Big Break Regional Shoreline. I-888-327-2757, option 3, extension 4596
- Black Diamond Mines Regional Preserve, Antioch. 510-544-2750
- Coyote Hills Regional Park, Fremont 510-544-3220
- Crab Cove Visitor Center, Alameda. 510-544-3187
- Del Valle Regional Park, Livermore. 510-544-3139
- Garin Regional Park, Hayward 510-582-2206
- Sunol-Ohlone Regional Wilderness, Sunol. 510-544-3249
- Tilden Botanic Garden, Tilden Regional Park, Berkeley 510-544-3169
- Tilden Nature Area Environmental Education Center,
Tilden Regional Park, Berkeley. 510-544-2233

East Bay Regional Park District Board of Directors

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| John SutterWard 2 | Beverly Lane Ward 6 |
| Carol SeverinWard 3 | Ted RadkeWard 7 |
| Douglas Siden.Ward 4 | Robert E. Doyle.General Manager |

The East Bay Regional Park District thanks Kaiser Permanente for the health tips provided in this calendar. Kaiser Permanente has had a long-standing relationship with the Regional Parks Foundation sponsoring the Park District's Trails Challenge and other health-oriented programs.

Source for Moon Phases: NASA Eclipse Web Site

Many thanks to our 2013 calendar photography contributors

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|---------------|--------------|-------------|
| Marc Crumpler | Akio Higuchi | Susan Teefy |
| Davor Desanic | Allan Mendez | Jerry Ting |

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On the Cover: Black Diamond Mines Regional Preserve sunrise.
Photo by Marc Crumpler.

East Bay Regional Park District

www.ebparks.org

- Regional Parks
- Landbank – Parks not yet open
- EBRPD Visitor Centers
- Regional Trails

0 10 Miles





Regional Park District

www.ebparks.org

2950 Peralta Oaks Court

P.O. Box 5381

Oakland, CA 94605-0381

 30% PCW



Huckleberry Botanic Regional Preserve. Photo: Allan Mendez

2013 Calendar