

Regional in Nature

Activity Guide

SEPTEMBER - OCTOBER 2024



Calli Godley



All Abilities Day.....See page 10

Reducing Wildfire Risk Year Round

See page 2

INSIDE

Wildfire Prevention 3
Del Valle Pilot Program Update 3
Tarantula Trek..... 4
Arte en el Parque..... 5

The Park After Dark 6
Botanic Garden Fall Plant Sale 7
Garin Apple Festival 8
California Coastal Cleanup Day 9

Working Together to Prevent Wildfires

A MESSAGE FROM GENERAL MANAGER SABRINA LANDRETH

Park closures due to fire risks are one tool in our toolbox for protecting you and the parks. Earlier this summer, some of you may have been affected by the closure of some hill and inland Regional Parks due to increased extreme weather conditions. We do not take the decision to close parks lightly and we strive to keep parks open for visitors, but visitor safety is a top priority. Here are some other tools the East Bay Regional Park District uses to reduce wildfire risks and prepare for wildfires when they do occur.

Professionally Trained Fire Department

The Park District trains year-round for wildfires, including full-time firefighters and on-call fire

fighters, all of whom are fully trained in wildland firefighting and available when needed.

Fire Hazard Reduction

Each year, Park District staff and contractors work to thin and remove hazardous vegetation and dead or dying trees in parks. A conservation grazing program covering over 86,800 acres helps keep grasslands in check.

Remote Weather Stations

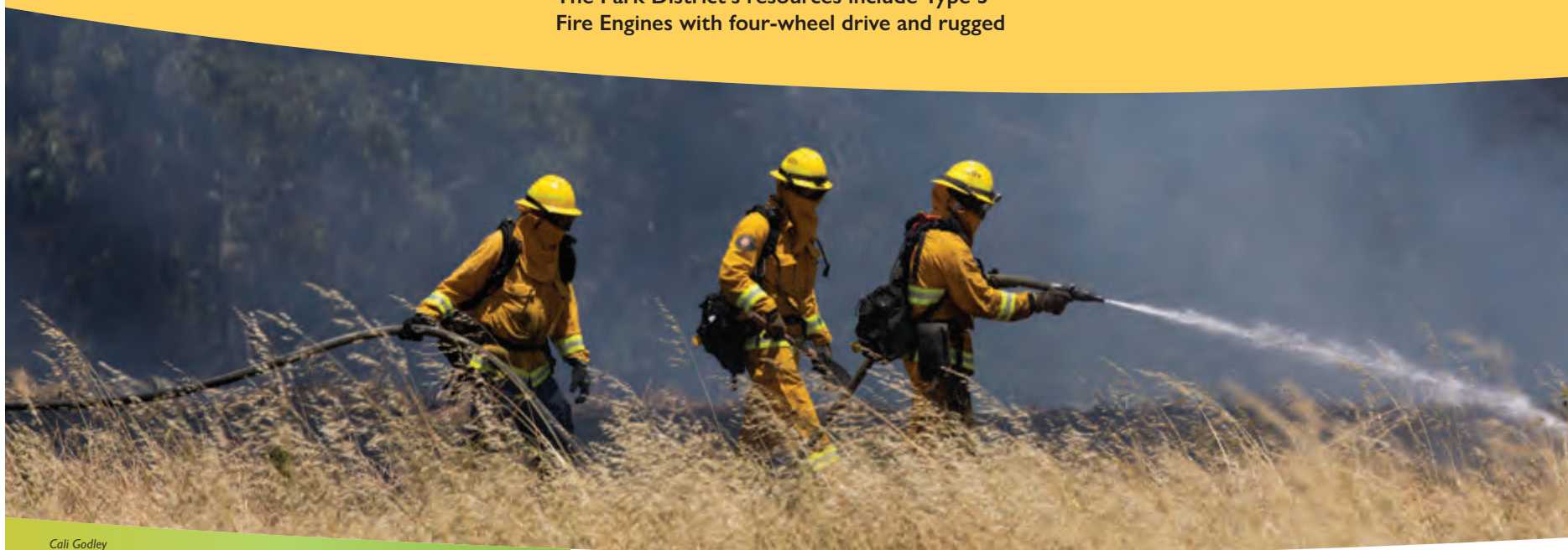
Four Remote Weather Stations in Regional Parks (part of a network of 10 in the East Bay) help monitor fire weather to determine fire danger levels and fire restrictions and help effectively deploy fire department staff and equipment.

Special Wildland Equipment

The Park District's resources include Type 3 Fire Engines with four-wheel drive and rugged

suspensions for off-road firefighting, Type 6 Fire Engines for quick initial attack on smaller fires, a Type 1 Fire Engine for rescues and medical emergencies, and two helicopters that can drop water on fires.

As we enter peak fire season, we will remain as prepared as possible, and you can help. When in parks, follow all fire safety rules, be aware of Red Flag Warnings and fire danger levels, and be alert for potential fire hazards and report them. If you see a fire, call 911 immediately. Thanks for being part of keeping parks safe for all.



Cali Godley

Share Your Thoughts on the Briones Pilot Project

The Park District is seeking feedback from trail users regarding the Briones Pilot Project, which was launched in April 2023 in the northeast corner of Briones Regional Park. Public input will help the Park District understand successes and lessons learned from the pilot project and will inform future trail management strategies for both the project area and Districtwide.

ebparks.org/BPP/survey



Calving Season Information

Admire From a Distance

Calving season runs from August to October in the Regional Parks. Interactions with calves can be a danger to both people and animals. For more info, visit www.ebparks.org/natural-resources/grazing

Safety Tips:

- Do not approach or touch calves.
- Do not take selfies with calves.
- Do not get between a mother and her calf.
- Do not worry if you see a calf by itself. The mother cow is usually nearby.
- Leash your dog around cattle and keep them away from calves.



Shelly Lewis

Wildfire Prevention

Late summer and early fall are the height of fire season in the Bay Area when the weather is still hot, and vegetation is at its driest levels. In fall, hot, dry Diablo winds also begin to blow in from the east, creating potentially dangerous fire conditions. Weather conditions are closely monitored to assess wildfire risks so fire danger levels and fire safety rules and restrictions can be implemented.

“EVERYDAY” FIRE SAFETY

- NO smoking, including vaping.
- NO fireworks.
- Fires only permitted in facilities or areas provided and designated for that purpose. **DO NOT LEAVE FIRES UNATTENDED.**
- Gas-fueled stoves, portable barbecues, and hibachis are allowed, with conditions, including:
 - Keep at least 30 feet from flammable material such as grass, wood chips, brush, or buildings. Do not scorch, burn, or otherwise damage lawns or tabletops.
 - Thoroughly extinguish burning fuels. Dispose of burning fuels in fireplace, pit, or barbecue. Do not dispose of burning fuels in garbage cans.
- Secure tow chains – dragging tow chains can spark fires.

“VERY HIGH” FIRE DANGER (Level 1) Restrictions

- NO open fires or barbecues outside designated day-use picnic areas, campgrounds, or developed recreational areas. Gas-fueled stoves/ barbecues allowed, with conditions (see bullet 4, left).
- NO off-road driving. Heat from a vehicle’s undercarriage can start a fire.
- NO gasoline powered equipment outside of irrigated areas, designated campgrounds, or developed recreational areas.

“EXTREME” FIRE DANGER AND “RED FLAG WARNINGS” (Level 2) Restrictions

- NO OPEN FIRES OR BARBECUES OF ANY TYPE. Only gas-fueled stoves/barbecues allowed, with conditions (see bullet 4, left).
- NO off-road driving. Heat from a vehicle’s undercarriage can start a fire.
- NO gasoline powered equipment outside of irrigated areas, designated campgrounds, or developed recreational areas.



PARK CLOSURES:

Under certain conditions, parks may not be safe for the public or park staff and may be closed to ensure public safety.

More Info: ebparks.org/firewarninginfo



Gary Crabbe



Upcoming 90th Anniversary Events in the Regional Parks

Connect with people, parks, and nature to celebrate 90 years of land preservation, environmental conservation, and recreation at our special anniversary events.

REDWOOD REVEAL: THE PAST 90 YEARS

Roberts Regional Recreation Area

Join us in celebrating the past 90 years of East Bay Regional Park District at one of the most popular parks.

Sep 28 (Sat) 10am-noon, Redwood Bowl Picnic Area

SUNOL HERITAGE FESTIVAL

Sunol Wilderness Regional Preserve

Celebrate the diverse heritage of the wilderness at this fun festival for all ages!

Oct 19 (Sat) 11am-3pm

For more fun 90th anniversary events, visit ebparks.org/celebrating-90-years.

Del Valle Pilot Project Update Share Your Feedback!



Padman Ramankutty

This past summer, the Park District’s Del Valle Entry Fee Pilot Project was implemented to streamline entry at Del Valle Regional Park on busy weekends and holidays. Del Valle is a very popular Regional Park where park entry can become challenging as cars line up at the kiosk to pay for parking. The pilot project ends Labor Day weekend.

A key effort of the pilot project was the implementation of a single \$10 flat fee rather than individual fees based on park use. Other improvements included providing a limited number of advance entry passes for purchase and a separate line for advance entry pass holders, visitors with camping reservations, Regional Parks Foundation members, Park District staff, and park residents.

The Park District is now evaluating the pilot project and seeks feedback from the community. To share your views on the pilot project, visit ebparks.org/parks/del-valle/entry-fee-pilot-project/survey.



Featured Programs

BLACK DIAMOND MINES

BILINGUAL MINE TOURS (SPAN/ENG) TOURS BILINGÜES DE LAS MINAS (ESP/ING)

Black Diamond Mines

To celebrate Hispanic Heritage Month, Black Diamond Mines will be offering bilingual mine tours (in Spanish and English) during select dates in September and October. Please check the Park District's website for more information. Tour fees apply and on-line registration in advance is highly recommended.

Para celebrar el Mes de la Herencia Hispana, ofreceremos visitas guiadas bilingües (en español e inglés) en determinadas fechas de septiembre y octubre. Consulte nuestra página web para obtener más información. Se aplican tarifas de tours y se recomienda registrarse en línea con anticipación.

Sep 21 (Sat/Sáb) 10am, 1pm, and 3pm

Sep 28 (Sat/Sáb) 10am, 1pm, and 3pm

Oct 5 (Sat/Sáb) 10am, 1pm, and 3pm

Oct 12 (Sat/Sáb) 10am, 1pm, and 3pm

MINE OPEN HOUSE

Black Diamond Mines

Join staff to learn the stories of those who carved a life for themselves in the hills and explore the underground workings they left behind. Free mine tours are provided on a first come, first served basis – maximum of 15 participants per tour. No advanced registration and no wait-list. Must be 7+ years old to tour the mine. Underground Greathouse Visitor Center will be open and additional activities will be available for those unable to join tours.

Oct 26th (Sat) 10am-4pm

Oct 27th (Sun) 10am-4pm



4

See ebparks.org/activity-search for upcoming activities

TARANTULA TABLE TALK



Black Diamond Mines & Round Valley

Let's talk tarantulas! These misunderstood gentle giants get a bad rap because of the way they look. Drop by the table to better understand them and learn to appreciate them! No live tarantula at the table. After stopping by, you can explore the park on your own and might just be lucky enough to spot one.

Sep 7 (Sat) 9:30-11am, Black Diamond Mines upper parking lot

Sep 14 (Sat) 9:30-11am, Round Valley parking lot



Word Search

Y	M	I	N	T	D	M	B	A	D	G	E	R	K	P
K	C	F	F	A	M	D	G	J	F	G	B	I	I	N
K	O	B	Y	R	U	D	I	Q	W	V	R	F	O	X
N	Y	V	D	D	S	H	N	F	R	O	G	C	Z	B
O	O	Y	N	O	S	B	N	Z	P	D	E	B	M	V
I	T	J	Q	O	O	O	D	E	C	L	A	T	L	K
L	E	I	C	W	P	B	G	M	R	K	O	Y	E	S
R	Q	G	C	H	O	C	A	H	L	A	H	C	L	E
I	A	M	J	S	Y	A	W	E	D	K	I	O	T	N
A	K	C	G	I	Q	T	E	P	Y	H	I	A	R	N
T	N	A	C	F	O	L	G	V	X	X	J	I	U	B
N	Z	Z	Q	O	U	P	O	W	S	E	F	Y	T	D
U	M	I	Z	T	O	P	Z	Q	B	E	C	Q	V	H
O	G	C	R	E	D	N	A	M	A	L	A	S	N	G
M	L	I	Z	A	R	D	X	B	G	J	Q	R	S	N



Jerry Ting

1. RACCOON
2. BOBCAT
3. BADGER
4. COYOTE
5. OPOSSUM
6. TOAD
7. FISH
8. TULE ELK
9. FOX
10. LIZARD
11. FROG
12. TURTLE
13. WOOD RAT
14. SALAMANDER
15. MOUNTAIN LION

Hillary Van Austen



Featured Programs SUNOL

TARANTULA TREK



Sunol

Love is in the air. As summer turns to fall these amazing arachnids are looking for love. Join us as we search for and learn about their amorous adventures. Be sure to bring a flashlight.

Sep 15, 29, Oct 27 (Sun) 6:30-8:30pm

SUNOL HERITAGE FESTIVAL

Sunol

Celebrate the diverse heritage of the wilderness at this fun festival for all ages! History comes alive with games, activities, and music throughout the day. Enjoy a special 90th anniversary presentation. Bring a picnic to enjoy with family, friends, and community!

Oct 19 (Sat) 11am-3pm

A MOMENT IN TIME

Sunol

Interpretive staff are ready to unravel many truths about this area and people's past. Join us for a moment in time as we dive into the diverse histories of Sunol!

Sep-Oct (Sun)
1-1:30pm



Featured Programs DEL VALLE

HALLOWEEN AT DEL VALLE

Del Valle Regional Park Visitor Center

Boo! It's Halloween at Del Valle, a perfect time to highlight the amazing animals that are sometimes seen as scary. Snakes, spiders, bats, oh my! Let's see why these creatures, and many more, are so cool. Join us for fun activities, interactive displays, and more! All ages. Drop-in; no registration required.

Oct 26 (Sat) 10am-3pm Oct 27 (Sun) 10am-3pm



Jason Armstrong



TARANTULAS AND SCORPIONS

Del Valle Regional Park Visitor Center

Scan the QR code to learn more about programs featuring these cool, creepy critters.

EXPLORE YOUR PARKS: BOB WALKER RIDGE

Morgan Territory Regional Preserve

In celebration of LGBT History Month, join us for a guided hike through Morgan Territory Regional Preserve to discover Bob Walker's advocacy work and his beautiful photography.

Walker was an environmental activist, advocate for open space and the Park District, and a talented photographer. He was a leader in the LGBT community and helped create the Gay and Lesbian Sierrans of the Sierra Club. His legacy lives on as Bob Walker Ridge in Morgan Territory was dedicated to him shortly after his death.

On this 5.5 mile guided hike, discover the beauty and importance of this place as Walker saw it.

There is also a shorter 2.5 mile hiking program available. Must be 10 years or older. Registration required. Adult participation required.

Oct 5 (Sat) 9:30am-3pm
(Shorter hike ends approximately noon)

CALIFORNIA BIODIVERSITY BIOBLITZ

Del Valle Regional Park

Join us for a community bioblitz to capture a snapshot of Del Valle as part of California Biodiversity Week! Find, identify, and record life all around us. We will use the iNaturalist mobile app to record observations of the area's wildlife, plants, and more! Wear comfortable layers, sturdy shoes, sun protection, bring water and a fully charged mobile device or camera. Get a head start and download the iNaturalist app to your phone and make a free account prior to arriving. Ages 8+. Adult participation required. Registration required.

Sep 7 (Sun) 9:30am-noon,
Del Valle Visitor Center

Sep 15 (Sun) 9:30am-noon,
Arroyo Staging Area

ARTE EN EL PARQUE

Del Valle Regional Park Visitor Center

In celebration of Hispanic Heritage Month, join us as we take inspiration from artists like Frida Kahlo and Octavio Ocampo to create personal works of art to bring home. Learn how these artists depict nature and landscapes in their artwork. All ages. Drop-in; no registration required.

Sep 15 (Sun) 1-2:30pm

Sep 21 (Sat) 1-2:30pm

Sep 29 (Sun) 1-2:30pm

Oct 12 (Sat) 1-2:30pm

Oct 13 (Sun) 1-2:30pm



The Park After Dark: Western Forest Scorpion

Tilden Nature Area

They may look fierce, but these special arachnids (hard bodied invertebrates that have two body parts and eight legs) are an important species in local redwoods and oak woodlands. Active at night, western forest scorpions hunt for insects and other small invertebrates that they can easily overpower using their chela, oversized pedipalps that look like claws. To help subdue their prey, scorpions use their aculeus, or stinger, to deliver venom. Scorpions help the ecosystem by eating insects and by being food for other animals. Did you know scorpions appear to give live birth? A female scorpion will hold her fertile eggs inside her body until the babies (nymphs) hatch. These nymphs then exit her body, making it appear that she has given birth to live young. This whole process is called viviparity. The nymphs will then stay on the mother's back until they are ready to leave her protection.

Want to learn more? Join us at the Tilden Nature Area for an evening stroll through the park in search of western forest scorpions, bats, dusky footed woodrats, and more! We'll look for the animals who start their day after we've all gone home. All ages welcome. Bring layers, sturdy shoes, water, and a flashlight.

Sep 7 (Sat) 7-8pm



6

See ebparks.org/activity-search
for upcoming activities

Featured Programs TILDEN NATURE AREA

BIOBLITZ-ING

Tilden Nature Area

Join us for a community bioblitz to capture a snapshot of Tilden Nature Area's biodiversity. Find, identify, and record life on a walk to Jewel Lake. We will use the iNaturalist mobile app to record observations of the area's wildlife, plants, and more! Wear comfortable layers, sturdy shoes, sun protection, bring water and a fully charged mobile device or camera. Download the iNaturalist app to your phone and make a free account prior to arriving. Ages 8+. Parent participation required. Drop-in; no registration required.

Sep 28 (Sat) 9am-noon

DÍA DE LOS MUERTOS JEWEL LAKE WALK

Tilden Nature Area

Join us on a walk to Jewel Lake as we celebrate Día de los Muertos/Day of the Dead. Honor loved ones, adorn your own paper calavera/skull, and celebrate life as we pay homage to extinct and endangered park animal and plant species in community! All ages. Parent participation required. Drop-in; no registration required.

Oct 27 (Sun) 5:30-6:30pm

HIKE WITH PRIDE WITH "FAT PEOPLE HIKING BAY AREA"

Curious about exploring your local parks? Give it a try and enjoy the outdoors with "Fat People Hiking Bay Area!" at one of the upcoming programs (below). Together, we will meet like-minded people, build community, and create a safe space for all bodies in the great outdoors. We encourage people from all identities and backgrounds to join us. Hikes will focus on outdoor education, natural and cultural history, joyful movement, accessibility, and safety. All ages. Drop-in; no registration required.

Tilden Nature Area

This lively hike will take us to the top of Wildcat Peak (elevation gain: 750 feet) where we will take in fabulous views of the bay and beyond. Expect a moderately paced hike on moderately challenging terrain. Wear sturdy shoes and bring plenty of water and a snack. Hiking poles may be helpful.

Sep 29 (Sun) 10am-noon, Tilden Nature Area, in front of the Visitor Center

Point Isabel Regional Shoreline

Enjoy stunning views of San Francisco and the bay as we take a slow- to moderate-paced walk through this beautiful coastal park. Mostly flat paved and dirt trails.

Oct 19 (Sat) 10am-noon



Featured Programs

REGIONAL PARKS BOTANIC GARDEN

FALL PLANT SALE

Friends of the Botanic Garden members access at 9am. Memberships can be purchased starting at 8:30am. For a full plant list with prices, visit www.nativeplants.org a week before the sale.

Oct 5 (Sat) 10am-2pm (public sale hours)

FREE WEEKEND AND HOLIDAY TOURS

Docent-led tours are offered on Saturdays and holidays at 2pm and Sundays at 11am and 2pm. Rain cancels!

CALIFORNIA NATIVE PEOPLE AND PLANTS FAMILY FRIENDLY TOUR

Learn about California Native People's cultural materials and practices connected to California's native plants. Play the game of staves, grind acorns, and wash your hands with soap plant root. Learn about plants that are important cultural food sources. Meet at the Visitor Center. Rain cancels!

Nov 3 (Sun) 2-3pm

2025 DOCENT TRAINING

Sign up for the next docent training class. To get on the preliminary class list, contact us at bgarden@ebparks.org. For more information visit www.nativeplants.org

Please Note: Parking and entry into the Regional Parks Botanic Garden are free.

Dogs and other pets are not allowed into this living museum of California's native plants.

To receive the Botanic Garden Monthly (FREE e-Newsletter) email bgarden@ebparks.org.

DÍA DE LOS MUERTOS COMMUNITY ALTAR

Crown Memorial State Beach

Contribute to the community altar in observance of Día De Los Muertos/Day of the Dead. Honor a loved one by bringing a small photo to glue/decorate a paper frame with or write their name on a butterfly. Make a paper cempasuchil flower. See the completed altar on display from October 30 to November 9. Drop-in; no registration required.

Oct 25 (Fri) 11am-1pm, Doug Siden Visitor Center at Crab Cove

Oct 26 (Sat) 11am-1pm, Doug Siden Visitor Center at Crab Cove

Oct 27 (Sun) 11am-1pm, Doug Siden Visitor Center at Crab Cove

CALIFORNIA BIODIVERSITY WALK

Huckleberry Botanic Regional Preserve

Huckleberry Preserve is a marvel of the East Bay for the rare and unusual plants it harbors. We'll travel the peaceful single-track trails together as we reflect on East Bay lands past and present. The walk is about 2.5 miles with 400 feet of climbing. Trails are steep and uneven in parts. Drop-in; no registration required.

Sep 8 (Sun) 9-11am, Huckleberry Staging Area

REDWOOD REVEAL: THE PAST 90 YEARS

Roberts Regional Recreation Area

Join us in celebrating the past 90 years of the East Bay Regional Park District at one of the Park District's most popular parks. Breathe in the aroma of coastal redwoods while learning about the history of Roberts Regional Recreation Area. Live Caribbean music for children and adults by Asheba. Free face painting by the Bay Area Face Painters. Crafts and games for the whole family. NEW historical exhibit on display. There's something for everyone to enjoy at this accessible park! Parking fees apply. Drop-in; no registration required.

Sep 28 (Sat) 10am-noon, Redwood Bowl Picnic Area



Featured Programs GARIN

Orchard-inary Adventures

Mark your calendars for the Garin Apple Festival, which will be held from 10am to 2pm on Saturday, Sept. 7, at the Garin Barn in Garin/ Dry Creek Pioneer Regional Park. Discover a bushel of “orchard-inary” adventures and immerse yourself in the history and beauty of nature’s bounty. This event offers a variety of activities for all ages, including creative nature crafts, apple samples, and tours of the historic apple orchard.

Savor delicious apples while enjoying live music by Muleskinner Stomp. Learn about local farming history and appreciate farming traditions. Don’t miss this delightful day of family fun and historical discovery—it’s sure to be the apple of your eye!

GARIN APPLE FESTIVAL

Garin Red Barn Visitor Center

All ages welcome. Parent participation required. Parking fees apply where charged. Drop-in; no registration required. For information, call 510-544-3220.

Sep 7 (Sat) 10am-2pm



See ebparks.org/activity-search
for upcoming activities

Featured Programs ARDENWOOD HISTORIC FARM

Kernels of Color

As fall sets onto the land, the light and colors tell us it is a time of transition. While we are still enjoying the lingering warmth, we think ahead to the coming cold and harvesting the season’s bounty to prepare. One such bounty is a crop of flint corn, a myriad of colors hiding in plain sight wrapped in a cream-colored, papery cocoon waiting to be revealed.



All modern corn originates from an ancient corn called teosinte domesticated in southern Mexico about 9,000 years ago. Today’s flint corn, as the name itself suggests, has a very hard kernel with a soft, starchy core and, when ground, can be made into cornmeal, masa, grits, polenta, and more. The rainbow-colored kernels covering the cob also provide beautiful décor for the autumn season. Visit Ardenwood’s Harvest Festival on Oct. 12-13 to pick some flint corn to take home and create a spectrum of jewel-toned hues for your own seasonal enjoyment.

(NOT SO) SCARY SCARECROWS

Ardenwood

Farmers have been using scarecrows to keep their crops safe for centuries. Learn the history and lore of scarecrows, and then make your own!

Sep 29 (Sun) 11:30am-12:30pm



HARVEST FESTIVAL

Ardenwood

Enjoy old-time country fun as you help bring in this year’s crop of corn for Ardenwood programs and animals. Search the field for ears of flint corn or popcorn. Outside the field, enjoy seasonal activities, cider pressing, old-time music, and historic crafts. Ride a narrow-gauge train and learn what late 19th century life was like on a tour of the beautifully restored farmhouse. Please bring a bag to take home some of your harvested corn.

Oct 12-13 (Sat & Sun) 10am-4pm

Fee: \$12/adult, \$10/senior (62+), \$8/child (4-17 yrs.), and free/under 4 years.

Advance Registration Available: Avoid the line by purchasing advance tickets by visiting www.ebparks.org/calendar and searching for “Harvest Festival” or by calling 1-888-327-2757, option 2 (reservation line is open Monday-Friday, 9am-4pm, closed holidays). Online ticket sales end on Friday, Oct. 11. You will not be able to purchase online tickets in line at the entrance on the day of the event.

Please note: Special cancellation policy—pre-sale tickets are non-refundable.

Select the correct category. Only the number of people you have paid for will be admitted.

For questions or concerns, feel free to contact us at 510-544-2797 or awvisit@ebparks.org.

HALLOWEEN HIJINKS

Ardenwood

Pumpkins, witches, and old-fashioned fun! Celebrate this bewitching holiday with festive activities.

- 11am – puppet show (three 10 min shows)
- 11:30am – apple cider pressing
- 1pm – Halloween crafts
- 2pm – Halloween games

Oct 26 (Sat) 11am-3pm



Michael O'Callahan

THE EARLY BIRDER SEES THE BIRD, AN INTRO TO BIRDING

Hayward Regional Shoreline

Explore the wonders of the avian world at Hayward Regional Shoreline. See and hear local bird friends foraging and frolicking on the edge of the bay. All experience levels are welcome, and we will have binoculars to share! Ages 7+. Parent participation required.

Sep 29, Oct 27 (Sun) 8-9:30am
W. Winton Avenue parking area



CALIFORNIA COASTAL CLEANUP DAY

Various Parks

Volunteer with the East Bay Regional Park District for the 40th annual California Coastal Cleanup! Each year, we connect with the Coastal Conservancy for this statewide effort, working alongside many different park agencies and partners, as well as Californians near and far!

Come celebrate the 40th Annual Coastal Cleanup with staff as we host shoreline cleanups throughout the Park District, clearing debris and trash from coastlines and waterways.

Sep 21 (Sat) 9am-noon

For a list of coastal cleanup locations, to register, or for more information, visit ebparks.org/volunteer

Featured Programs COYOTE HILLS

GATHERING OF OHLONE PEOPLES

Coyote Hills Visitor Center

Immerse yourself in the cultural heritage of local Indigenous Peoples at the Gathering of Ohlone Peoples event from 10am-3pm on Sunday, Oct. 6, at Coyote Hills Regional Park. Join Ohlone community members from diverse tribes as they bring their culture to life through music, song, dance, and storytelling. This is a unique opportunity to experience the vibrant traditions and culture of Ohlone Peoples firsthand. Come together for a shared journey of learning, celebration, and honor for the original stewards of this land.

This event celebrates the enduring presence of Ohlone Peoples, inviting everyone to participate in a day of cultural enrichment and mutual respect. We invite you to join us in celebrating community and supporting the thriving relationships throughout the East Bay Regional Park District.

Parent participation required. Parking fees apply where charged. All ages. Wheelchair accessible. Drop-in; no registration required. For information, call 510-544-3220.

Oct 6 (Sun) 10am-3pm

NATURE DISCOVERY WEEKEND

Coyote Hills Visitor Center

Join us for a thrilling BioBlitz event, where we'll explore and document diverse wildlife. Using the iNaturalist app, staff will help you discover and identify plants and animals. Download iNaturalist now and get ready to broaden your knowledge of Coyote Hills! All ages welcome.

Sep 14 & 15 (Sat & Sun)
10am-noon



See ebparks.org/activity-search for upcoming activities



Accessible Parks for Everyone

Parks are the heart of communities, offering a serene escape from daily life. These spaces must be accessible to everyone, including those with disabilities. Accessible parks mean that individuals with disabilities have opportunities to enjoy physical exercise, mental relaxation, and social interaction. This access includes wheelchair-friendly paths, accessible restrooms, and inclusive playgrounds.

The East Bay Regional Park District strives to make parks more inclusive. Many Regional Parks provide accessible trails, picnic areas, restrooms, and inclusive recreational programs. The Park District's continuous efforts ensure everyone can enjoy the natural beauty and recreational opportunities it offers.

Since 2017, the Park District has hosted All Abilities Days at Big Break, a grand celebration of inclusivity and accessibility. This fall's All Abilities Day on Oct. 8, from 10am-1pm marks Big Break Regional Shoreline's eighth event. All Abilities Day includes activities catering to all ages and abilities. There's something for everyone, from adaptive sports to nature exploration and story times. It's a platform for fostering connections within the community, promoting a sense of belonging and inclusion.

Accessible parks are not just a feature but the bedrock of inclusive communities. By ensuring accessible parks, we create spaces where all individuals can revel in the joy and benefits of nature. Join us and witness firsthand the transformative power of accessible parks. Together, we can ensure everyone has the opportunity to experience the great outdoors.



10 See ebparks.org/activity-search for upcoming activities

Featured Programs BIG BREAK

COMMUNITY CAMPFIRE

Big Break

Gather the family for an evening in the park. Bring a picnic dinner to enjoy before the festivities begin. Explore the wonders of Big Break through activities and a campfire (and s'mores of course)! All ages. Drop-in; no registration required.

Sep 14 (Sat) 6-7:30pm

PHOTOGRAPHY EXHIBIT OPENING RECEPTION

Big Break

Photography Exhibit Celebrating 90 Years of Your Regional Parks: Big Break Visitor Center invites you to share your experiences within East Bay Regional Parks through the "Celebrating 90 Years of Your Regional Parks" photography exhibit. Here, you can contribute to discussing how parklands shape your life. All Ages. Drop-in; no registration required.

Oct 25 (Fri) 11am-1pm



ALL ABILITIES DAY

Big Break

Explore nature at your own pace and in your own way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Hands-on experiences, American Sign Language and Spanish interpreters on site, Indoor and outdoor options, and wheelchair accessible. All ages. Drop-in; no registration required.

Oct 8 (Tue) 10am-1pm

Word/Picture Match

La Serpiente/Snake

La Bellota/Acorn

El Búho/Owl

La Araña/Spider

El Murciélago/Bat

La Hoja/Leaf

September 15–October 15 is
National Hispanic Heritage Month!
Can you match the Spanish and
English words to the Halloween/fall
themed picture?



John Armosino



John Armosino



Dave Hansen



Michael Lopez



Graphics Girl 925



Dave Hansen

ARCHERY

ARCHERY INTRODUCTION

Roberts Regional Recreation Area

Receive 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. Registration required.

Sep 21 (Sat) 9:30-11:30am

Sep 21 (Sat) 1-3pm

Oct 19 (Sat) 9:30-11:30am

Fees: \$50 (non-resident \$56)



Calli Godley

FITNESS/WELLNESS

Learn skills to improve balance, posture, endurance, strength, spine function, and whole-body exercise. Top quality poles provided (upon request), expert training.

HIKING POLES: SKILLS & TECHNIQUES + PRACTICE HIKE

Tilden Regional Park

Sep 28 (Sat) 8:30am-3pm

HIKING POLES: SKILLS & TECHNIQUES + REDWOOD HIKE

Reinhard Redwood Regional Park

Oct 26 (Sat) 8:30am-3pm

POLE WALKING FOR BALANCE, EXERCISE & MAINTAINING MOBILITY –

Temescal Regional Recreation Area

Oct 27 (Sun) 10am-2:30pm

SPECIAL EVENTS

FAMILY MOVIE NIGHT

Various

Want a great way to spend the evening outdoors with your loved ones? Then join us for a FREE movie showing! Movie begins shortly after sunset. Arrive early to secure a good seat on the lawn. Bring a flashlight, warm clothes, and a blanket or chairs for sitting. No pets. Rain cancels. Drop-in; no registration required.

Sep 14 (Sat) 7:30-9:30pm

Sep 28 (Sat) 7:30-9:30pm



FISHING

INTRO TO PANFISHING

Big Break Regional Shoreline

Unlock the secrets to catching bluegill with “Learn to Panfish!” Perfect for beginners and seasoned anglers, the program offers expert tips, step-by-step tutorials, and insider techniques. Discover the best gear, bait, and strategies for year-round success. Dive in now and transform your angling adventures with “Learn to Panfish” – your ultimate guide to panfishing mastery!

Sep 13 (Fri) 9am-noon

Oct 12 (Sat) 9am- noon

**Fees: adult \$25 (non-resident \$29),
child \$21 (non-resident child \$25)**

BOATING/KAYAKING/ PADDLING

BOAT TO BROOKS

Brooks Island

Join us for a relaxed, narrated boat ride to Brooks Island. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. Registration required.

Oct 19 (Sat) 8:30am-3:30pm

**Oct 20 (Sun)
8:30am-3:30pm**

**Fees: \$85
(non-resident \$95)**

Featured Programs OUTDOOR RECREATION

BROOKS ISLAND ADVENTURE

Brooks Island

This trip is a short paddle in stable, double 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. Registration required.

Sep 14 (Sat) 9:30am-3:30pm

Sep 15 (Sun) 9:30am-3:30pm

Oct 5 (Sat) 9:30am-3:30pm

Oct 6 (Sun) 9:30am-3:30pm

Fees: \$85 (non-resident \$95)

KAYAKING

Big Break

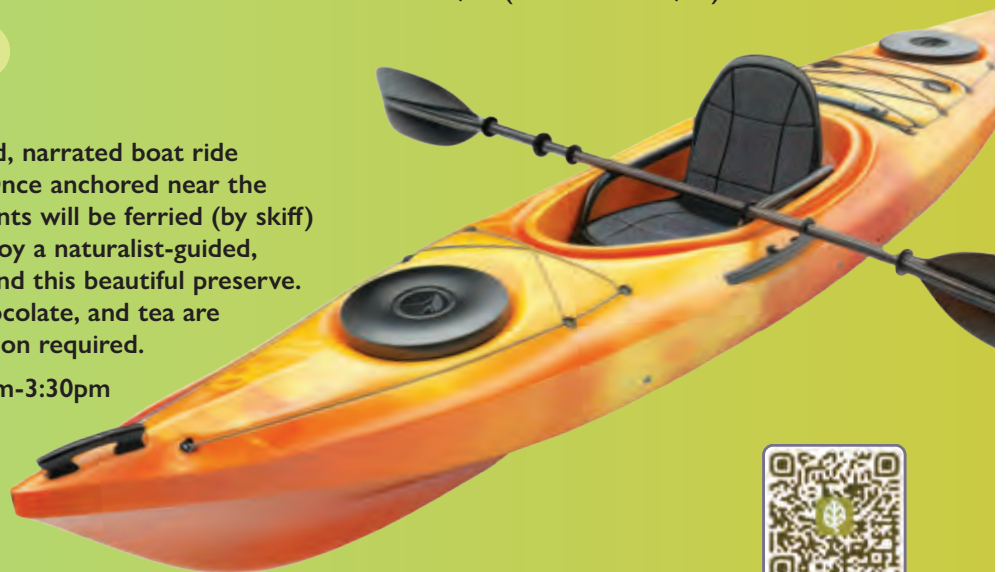
Come ply the welcoming and wondrous waters of the Delta on this kayak excursion, suitable for beginners and up. We'll start with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Registration required.

Sep 24 (Tue) 10am-12:30pm

Oct 22 (Tue) 9-11:30am

Oct 23 (Wed) 10am-12:30pm




Fees: \$30 (non-resident \$34)



See ebparks.org/activity-search for upcoming activities

East Bay Regional Park District

2950 Peralta Oaks Court, Oakland, CA 94605-0381

General Information.....1-888-EBPARKS (1-888-327-2757)
Activities, Events, Maps, and More.....ebparks.org
Camping and Picnic Reservations 1-888-EBPARKS
Naturalist and Recreation Programs 1-888-EBPARKS
TRS Relay Service 7-1-1
Social Media.....   



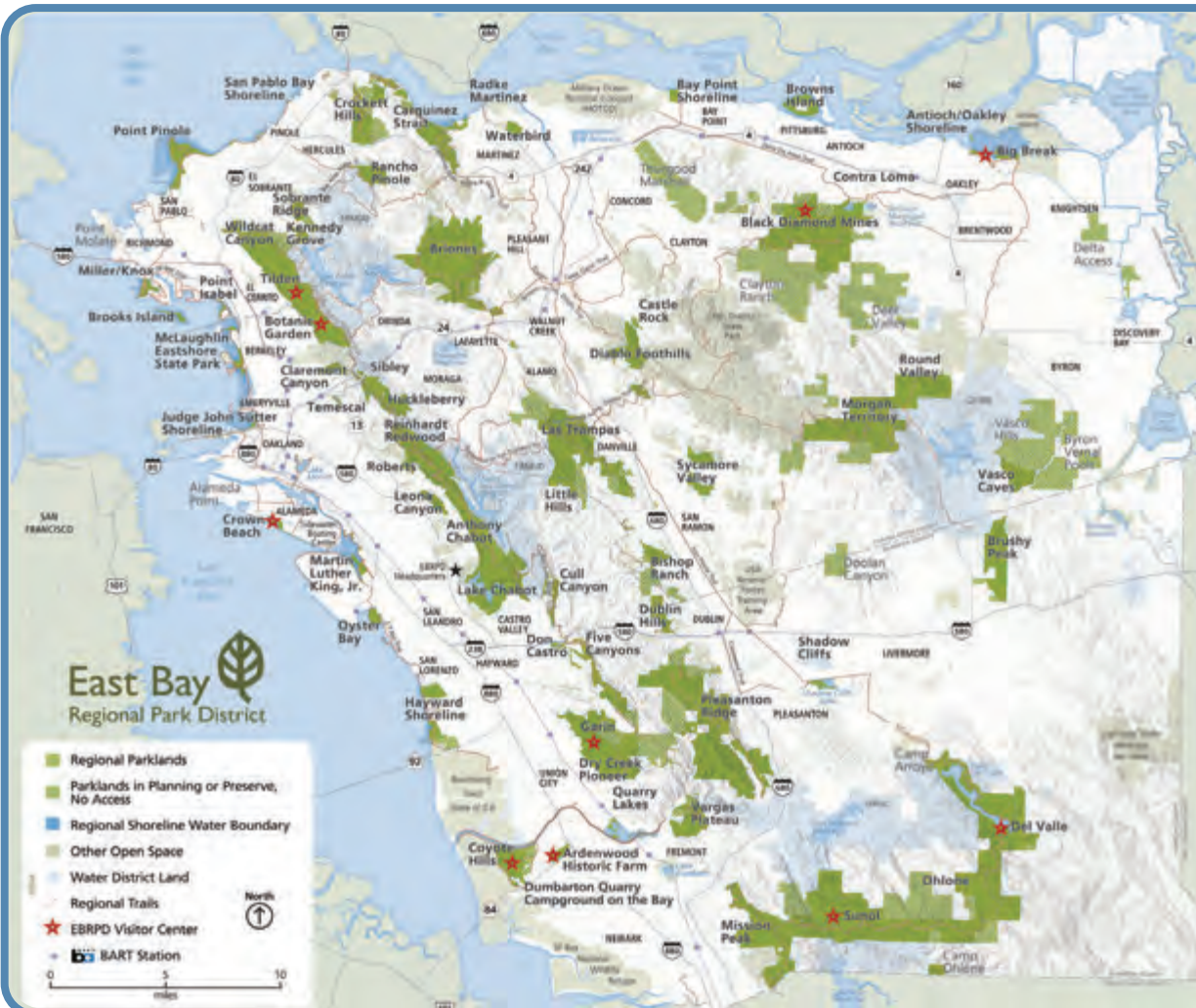
2950 Peralta Oaks Court
 Oakland, CA 94605-0381
ebparks.org

EBRPD Board of Directors

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Regional Park Foundation Members enjoy free day-use parking, swimming, dog pass, and more.
 510-544-2220 REGIONALPARKSFUNDATION.ORG



Visitor Centers

- Ardenwood Historic Farm, Fremont**
510-544-2797, awvisit@ebparks.org
- Big Break Regional Shoreline, Oakland**
Big Break Visitor Center at the Delta
510-544-3050, bigbreakvisit@ebparks.org
- Black Diamond Mines Regional Preserve, Antioch**
510-544-2750, bdvisit@ebparks.org
- Coyote Hills Regional Park, Fremont**
510-544-3220, chvisit@ebparks.org
- Crown Memorial State Beach, Alameda**
Doug Siden Visitor Center at Crab Cove
510-544-3187, ccove@ebparks.org
- Del Valle Regional Park, Livermore**
510-544-3146, dvvisit@ebparks.org
- Garin/Dry Creek Pioneer Regional Parks, Hayward**
510-544-3220 (Coyote Hills), chvisit@ebparks.org
Red Barn open summer Saturdays
- Sunol-Ohline Regional Wilderness, Sunol**
510-544-3249, svisit@ebparks.org
Open weekends
- Tilden Regional Park, Berkeley**
Botanic Garden: 510-544-3169, bgarden@ebparks.org
Tilden Nature Area/Environmental Education Center
510-544-2233, tnarea@ebparks.org