


# TILDEN NATURE AREA

## JULY 2024 NATURALIST PROGRAMS

All programs meet at the Environmental Education Center unless otherwise noted. Accommodation will be made for visitors with disabilities upon advance request.

Programs requiring registration have a  symbol after the program name. Use the listed course number when making reservations by phone (1-888-EBPARKS opt. 2) or at our registration website, [ebparks.com](http://ebparks.com). All other programs are drop-in only. For more information on drop-in programs call 510-544-2233 or email [tnarea@ebparks.org](mailto:tnarea@ebparks.org)

### THE OVER-THE-HILLS GANG

Various Parks

Anthony Fisher

10 am - 12:30 pm, Tue, Jul 2 & 16

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

**Jul 2:** Albany Beach. Bucannon St. Some rough trail, small hills.

**Jul 16:** Miller Knox. Steep hills, rough trail.

Meet in the parking lot near the pier.



### CREATURE FEATURE

Interpretive Staff

10:30 - 11 am, Every Sat

From reptiles to rabbits, cockroaches to cows, you'll be amazed and mystified upon meeting our featured animal ambassador!



### NATURALIST ON THE BACK PORCH

Anthony Fisher

1 - 2 pm, Sat, Jul 6 & 20

Make string from plant fibers, try a fire from two sticks, other indigenous game and skills. Meet on the back deck of the visitor center.



### FUN ON THE FARM

Interpretive Staff

2 - 3 pm, Every Sat

Get the inside scoop on the latest happenings at the Little Farm! What are the chickens saying? Why are goats so cute? Meet on the Farm near the chicken coop.



## The Tilden Nature Area

is a 740-acre preserve containing 10 miles of hiking trails, a small lake, several ponds and the Little Farm. This area is ideal for nature study. The Environmental Education Center is open Tues-Sun from 10am-4:30pm. The Little Farm is open daily from 8:30am-4pm.

### Program Key:

 = Parking fee may apply

 = Wheelchair accessible

 = Online registration

### Contact Us:

**Mail:** 600 Canon Drive  
Berkeley, CA 94708

**Telephones:** 510-544-2233

**Email:** [tnarea@ebparks.org](mailto:tnarea@ebparks.org)

### CLOSIN' TIME ON THE FARM

Anthony Fisher

4:00 - 4:30 pm, Sat, Jul 6 & 20

Help put the animals to bed! Feed a pig! Do some work! Meet on the Farm near the chicken coop.



### COFFEE WITH THE BIRDS

Martha Arlette Cerda

9 - 10 am, Sun, Jul 7 & 21

Start your morning with birds and coffee! Join us for a leisurely walk along the oak woodlands to see which birds are hanging out at the Tilden Nature Area. Birders of all levels are welcome. We will have some binoculars to share, if you have your own pair, please bring them. Bring your own coffee mug, we will provide coffee or cocoa! 7+ yrs. Parent participation required.



### SUNDAY STORYTIME

Interpretive Staff

10:30 - 11 am, Every Sun

Gather 'round for a wonderful children's book read aloud.



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### **BOTANICAL BLUEPRINTS**

Martha Arlette Cerda

3 - 4 pm, Sun, Jul 7 & 21

Plants are budding during each season of the year! See what's blooming and make radiant prints of plants using the sun's energy. All ages welcome. Parent participant required.



### **GARDEN HELPERS/**

### **AYUDANTES DEL JARDIN**

Paula Urtecho

10 - 11 am, Tue, Jul 9 & 23

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture is to feed not just the body, but the soul." - Alfred Austin

There is plenty to do in the garden year-round. Drop into the farm garden to lend a hand!

Hay mucho que hacer en el jardín largo el año. ¡Pasa al jardín de la granjita para ayudar!



### **SIGNS OF LIFE**

Jenna Tidd

10:30 - 11:30 am, Wed, Jul 10

How can you tell what animals live in a habitat without seeing the animals themselves? Find out as we take a short walk to observe the signs of life around the Environmental Education Center!



### **HIKE WITH PRIDE**

### **with FAT PEOPLE HIKING**

Interpretive Staff

10 am - noon, Sun, Jul 14

Curious about exploring your local parks? Give it a try and enjoy the outdoors with Fat People Hiking Bay Area!

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 & cultural history, joyful movement, accessibility, and safety. All ages welcome.

**July 14:** Tilden Regional Park. Lake Anza. 2 - 3 miles at mild to moderate pace on dirt/gravel trails.



### **AFTERNOON ART AT THE FARM**

### **TARDEADA DE ARTE EN LA GRANJA**

Martha Arlette Cerda

3 - 4 pm, Sun, Jul 14. Dom, 14 de julio

Explore, learn, and create! Spend the afternoon meeting the farm animals through art. We will use our imagination and creativity to capture what goes on around the barn.

This program is bilingual in Spanish/English. All ages welcome.

¡Explora, aprende y crea! Pasa la tarde conociendo a los animales de la granja a través del arte! Usaremos nuestra imaginación y creatividad para capturar lo que pasa alrededor del granero. Este programa es bilingüe en español/inglés. Para todas las edades. Se requiere la participación de los padres.



### **SUMMERTIME BLOOMS**

Regional Parks Botanic Garden

Paula Urtecho

10 - 11:30 am, Sat, Jul 20

The cure for the summertime blues? Summertime blooms! We'll stroll through the garden in search of summer color and marvel at the beauty of our native flora.



### **TILDEN TOTS**

Melissa Fowlks

10:30 - 11:30 am, Wed, Jul 24

Bring the littlest ones to the park to explore! Do an activity, meet some animals, and listen along to a story. Meet outside the visitor center.



### **HIKE AND STORYTIME**

Melissa Fowlks

11 am - 12:30 pm, Thu, Jul 25

Join Naturalist Melissa and Librarians Deborah & Sheila in nature exploration activities, and a themed storytime.

**July 25:** Point Pinole.

Atlas Staging Area.

