

Regional in Nature

Activity Guide

JANUARY – FEBRUARY 2023

East Bay 
Regional Park District
Healthy Parks Healthy People



David Silva



Chochenyo Language Trail Markers

See page 4

30 Years of Trails Challenge
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General Information
 1-888-EBPARKS or 1-888-327-2757
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1-888-EBPARKS
 Naturalist and 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!



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 2950 PERALTA OAKS COURT, OAKLAND, CA 94605
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Visitor Centers

Ardenwood Historic Farm, Fremont
 510-544-2797, awvisit@ebparks.org
Big Break Regional Shoreline, Oakley
 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
 Crab Cove Visitor Center and Aquarium
 510-544-3187, ccove@ebparks.org

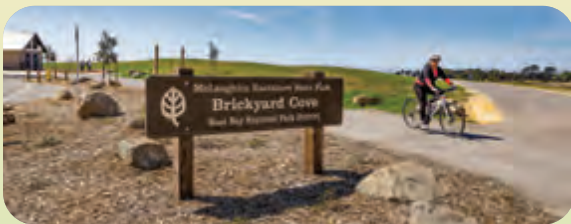
Del Valle Regional Park, Livermore
 510-544-3146, dvvisit@ebparks.org
Garin/Dry Creek Pioneer Regional Parks, Hayward
 510-544-3220 (*Coyote Hills*), chvisit@ebparks.org
 Red Barn open summer Saturdays
Sunol-Ohlone Regional Wilderness, Sunol
 510-544-3249, svisit@ebparks.org
 Open weekends
Tilden Regional Park, Berkeley
 Botanic Garden: 510-544-3169, bgarden@ebparks.org
 Tilden Nature Area/Environmental Education Center
 510-544-2233, tnarea@ebparks.org

Highlights of the Park District

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



Each new year brings opportunities to reflect on how far we have come, our accomplishments, and what lies ahead. In 2022, the Park District offered full interpretive and recreational programming, celebrated the completion of notable public access projects, and continued our commitment to public safety with fuels reduction projects that reduce wildfire risks. **Here are some highlights:**



Brickyard Cove at McLaughlin Eastshore State Park, Berkeley – New shoreline staging area provides scenic views of the San Francisco Bay and skyline and includes parking, bike racks, picnic tables, restrooms, water fountains, and walking paths.

Tyler Ranch Staging Area at Pleasanton Ridge, Sunol – New staging area includes parking, equestrian staging, restrooms, water fountains, and a small



family picnic area. Opened public access to 2,500 acres of open space and 18 miles of trails at the southern end of Pleasanton Ridge Regional Park.



Renovated Visitor Center at Sunol Wilderness Regional Preserve, Sunol – Newly renovated visitor center includes up-to-date interactive exhibits about recreational opportunities, cultural and natural history, and wildlife of the Sunol wilderness.



Shadow Cliffs Interpretive Pavilion, Pleasanton – New outdoor interpretive pavilion includes educational exhibits and information

about the park's 116-acre nature area and provides a gathering point for interpretive programs at Shadow Cliffs.

Doolittle Drive Bay Trail Improvements, Oakland – Closed half-mile gap in the San Francisco Bay Trail along Doolittle Drive at Martin Luther King Jr. Regional Shoreline.

Coyote Hills Chochenyo Language Trail Markers, Fremont – New trail markers have been installed at Coyote Hills with trail names translated into Chochenyo – the language of the park's first inhabitants.



Anthony Chabot Fuels Reduction Pilot Project, Castro Valley – First-of-its-kind fuels reduction project in California that disposed

of wood debris and plant matter on-site using a climate-friendly carbonator rather than transporting it off-site.

We look forward to continuing our effort in 2023 to enhance public access, keep parks safe, preserve habitat, and connect people with nature.

2023 Wall Calendar



This year's Park District Wall Calendar celebrates the 30th anniversary of the Trails Challenge with scenic images of trails and views featured in past and present challenges. Pick up a calendar in person after January 1 at any of the District's 10 visitor centers during open hours – check ebparks.org/parks/visitor-centers for hours and days. Or, stop by the Regional Parks headquarters at 2950 Peralta Oaks Court, Oakland, Monday through Friday from 8:30 a.m. to 5 p.m. to get one while supplies last. Regional Parks Foundation members receive a wall calendar in the mail as one of the many membership benefits, another reason to consider becoming a member.



Available While Supplies Last

New Chochenyo Language Trail Markers at Coyote Hills

On Sunday, November 27, 2022, the Park District celebrated the updating of 35 trail markers at Coyote Hills Regional Park to include trail names in Chochenyo, the language of the park's First Peoples. Coyote Hills – Máyyan Šaatošikma – is the ancestral homeland of the Tuibun Ohlone peoples, who have thrived with the land and spoken the Chochenyo language since time immemorial. The celebration included the unveiling of the first five Chochenyo language trail markers, with the remaining trail markers being installed over the next six months.

The Muwékma Ohlone Tribe Language Committee began working on the Chochenyo Trail Marker project in 2016 and the first signs were unveiled in November to coincide with Native American Heritage Month. The new trail markers include an emblem with translated Chochenyo trail names.

The new trail markers honor a request by the Muwékma Ohlone Tribe to restore original place names at Coyote Hills and integrate them into park signage. The trail markers are also an important interpretive feature for ongoing interpretive programming.



Interpretive Pavilion Open at Shadow Cliffs

The Park District recently completed construction of a 1,000-square-foot outdoor interpretive pavilion at Shadow Cliffs Regional Recreation Area in Pleasanton with educational exhibits highlighting the natural and cultural history of the park, as well as the recreational opportunities available in the park's nature area.

Shadow Cliffs is best known for its lake and recreational activities, including swimming, fishing, and lakeside picnicking. Unfortunately, swimming has not been possible for the past two years due to extreme drought and low water levels. The new interpretive pavilion will serve as an outdoor visitor center connecting visitors to a nature area that comprises

116 acres of cottonwood and willow-lined creek open space with a wide array of wildlife.

Thousands of school children also visit Shadow Cliffs each year to participate in naturalist-led programs. The nature pavilion will serve as a gathering spot for those programs and allow the Park District to serve even more children each year.

The Interpretive Pavilion was made possible by state and non-profit funding and individual donations, including support from California State Parks, a lead gift of \$200,000 from Nancy and Gary Harrington of Pleasanton, funding from the Regional Parks Foundation, and a generous grant from the Wayne and Gladys Valley Foundation.



Recognizing Black History Month

In February, the Park District will celebrate Black History Month by honoring the contributions of Black Americans in nature and parks through naturalist-led interpretive programs, sharing unknown or untold stories, and recognizing local environmental advocates.

For more information, visit ebparks.org/black-history-month.



30 Years of Trails Challenge



For the past 30 years, the Park District has promoted healthy recreation and time in nature through its annual Trails Challenge program. The free program connects people to nature through hiking and biking by providing 20 designated trails ranging from easy to challenging, many with scenic destinations in a variety of parklands and shorelines.

Trails Challenge is part of the global Healthy Parks Healthy People (HHP) movement that underscores the connection between a healthy green environment and community health. It is made possible through partnership between the East Bay Regional Park District, the Regional Parks Foundation, and Kaiser Permanente.

How to Participate

1. Determine Your Level of Comfort

EASY

- Relatively flat with good trail conditions (paved or packed gravel).
- 1-4 miles; 1-2 hours to complete.
- Generally suitable for people using mobility devices, strollers.

MODERATE

- Significant elevation gain (500-1,000 feet) with good-to-rugged conditions.
- 2-6 miles; 2-4 hours to complete.
- Requires good physical condition.

CHALLENGING

- Significant elevation gain (1,000+ feet) with good-to-rugged trail conditions.
- 5-13+ miles; 4-8 hours to complete.
- Requires good physical condition.

2. Plan Your Outing



Refer to the At-A-Glance section of the Trails Challenge Guidebook.



Note: You can use any trail route within the East Bay Regional Parks to complete the Challenge, not just those listed in the Trails Challenge Guidebook. To complete the Challenge, walk at least five trails or 26.2 miles (a marathon distance).

3. Explore the Trail

Stay on designated trails and enjoy your journey.

4. Log Your Outings

Record trail names and distances and submit your log to reservations@ebparks.org. Participants must complete five Trails Challenge trails or 26.2 miles (a marathon distance) of non-trails challenge trails. Turn in your log by 12/1/2023 to receive a 2023 Trails Challenge pin, while supplies last.

Download the 2023 Trails Challenge Guidebook

Visit Trails Challenge at ebparks.org/TC for more information.



Trails are for Everyone

The East Bay Regional Park District receives over **25 MILLION VISITS** annually to its **73 REGIONAL PARKS** and over **1,300 MILES OF TRAILS**, which are popular destinations for hikers, bikers, equestrians, and nature viewers, among others. With so many visitors on the trails, conflicts can sometimes arise between trail users, resulting in unpleasant experiences on the trails. Follow these tips to help keep trails enjoyable for all.

Hikers: Stay to the right and stay alert

Bikers: Slow down around others and call out or ring your bell when passing

Equestrians: Keep to the right around other trail users and let them know how to pass your horse safely





Ardenwood

HISTORIC FARM



Spinning Ardenwood wool



Teed Dudziak

Experience Winter Life ON THE FARM

Ardenwood Historic Farm provides a glimpse into life on a family farm between 1890 and 1930. We are a regional preserve, protecting cultural, historical, and natural resources. We support diverse plant and animal communities. The land is still farmed by Ardenwood staff with the help from very important partners – soil-building critters and pollinators.

Winter is a relatively quiet time around the farm, with many of a farmer’s tasks centered around soil-building and preparing for spring planting. These are also good months to put bare root plants in the ground, start seeds for cool season leafy vegetables, and prune dormant plants. Additionally, it is a season when people have time to enjoy quieter indoor pursuits like weaving and embroidery.

We hope you will join us for some of our highlighted winter programs.



Young plants get a start in the greenhouse



Embroidery fun



Jerry Ting

Checking for garden worms



Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online . . . ▶
For information, call: (510) 544-2797

WIGGLING WORM BINS

Discover how worms, also known as “nature’s plows,” help us grow our food. Get your hands dirty by exploring our worm bin and finding a wriggly friend.

- Jan 1, 15, 29 (Sun), 2-2:30pm
- Feb 12, 26 (Sun), 2-2:30pm

POLLINATOR PUPPET SHOW

Join a colorful cast of puppet characters on an adventure to discover how important pollinators are. How do pollinators help us, and how can we help them?

- Audience participation is encouraged.
- Jan 8, 22 (Sun), 10:30-11am

KIDS WEAVING WORKSHOP

Discover how sheep’s wool is made into yarn, and then try your hand weaving with some colorful fibers. Make a wall hanging or yarn bowl to take home.

- Jan 21 (Sat), 11am-12:30pm



WAX: IT’S THE BEE’S KNEES!

What’s the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and taste some Ardenwood honey.

- Feb 4 (Sat), 1-2pm

BEGINNING EMBROIDERY

Ardenwood was a booming farm with workers from around the world. Come learn about Valentine’s Day traditions – and reduce waste as would Victorian farmers – while making your own Valentine!

- Feb 11 (Sat), 2-2:30pm



Big Break

REGIONAL SHORELINE



WHERE ARE ALL THE DELTA SMELT?

The delta smelt is a small, elusive fish endemic to the San Francisco Estuary and upper Sacramento–San Joaquin Delta Region. Maxing out at 120mm in length, this slender-bodied smelt predominantly inhabits the freshwater–saltwater mixing zone of the estuary, except during spawning season when it journeys up to the backwater sloughs and tidal edgewaters of the Delta. Like the famous Pacific salmon, delta smelt is semelparous, reproducing once in its lifetime and then dying after its first spawning.

Act (ESA) and the California Endangered Species Act (CESA) in 1993. In 2009, CESA status was changed to endangered. Unfortunately, the smelt has a tough time adapting to the rapid changes occurring in the Delta. Some of the main threats include reduction of freshwater outflows, loss of genetic integrity, disease, competition for resources, and predation. The University of California Davis has maintained a Delta smelt population for 25 years, providing insight into how we might support these fish.

Delta smelt was once abundant in the Delta region but was listed as threatened under the Federal Endangered Species



For a complete list of Big Break programs, please visit us online▶
For information, call: (510) 544-3050

Big Break Interpretive Programs

NEW YEAR'S BIRD COUNT

Start out the new year meeting some of Big Break's colorful bird residents. Join this new annual tradition to track what species of birds are overwintering in the Delta. We will meet at the fishing pier and then hike the park. All ages and skill levels are welcome.

– **Jan 1** (Sun), 9-10:30am
No registration; drop-in.

BIG BREAK LITTLES

Bring the little ones to the park for some nature time before nap time. 1-5 yrs.

– **Rain or Shine:** Jan 2 and 3 (Mon and Tue), 10-11am
– **Owl Party:** Feb 6 and 7 (Mon and Tue), 10-11am

No registration; drop-in.



TESTING THE WATER

Join us every Saturday morning to track the health of Big Break's Delta! We will test for a variety of criteria and record water quality changes that affect the ecosystem. All Ages.

– **Every Sunday,** 9-10am

No registration; drop-in.

KAYAKING BIG BREAK

Play in the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline.

10+ yrs.
Registration required. Fee.
Visit the website for more details.

STORYTIME IN THE DELTA

Bring a blanket and a snack as we relax in the park with a Delta-themed storytime. 0-5 yrs.

– **Every Sat,** 10:30-11am
No registration; drop-in.





Black Diamond Mines

REGIONAL PRESERVE

Celebrate the New Year

The new year is upon us and although we are in the midst of our calm and mild winter, there is plenty to do and plenty to celebrate in your East Bay Regional Parks!

Indeed, the rains have transformed the parched landscape of eastern Contra Costa into lush, green hills and valleys. Black Diamond's moist soil is supporting thriving amphibians

and fungus alike. The wetlands are full of food and are hosting thousands of migratory birds that have traveled from afar to make the bay their winter home. And not only is the East Bay

teeming with life, celestial bodies are also moving around, rearranging themselves in the sky, and positioning themselves to create the King Tide, one of the biggest tides of the year.

Black Diamond Mines Interpretive Programs

For a complete list of programs, please visit us online •▶



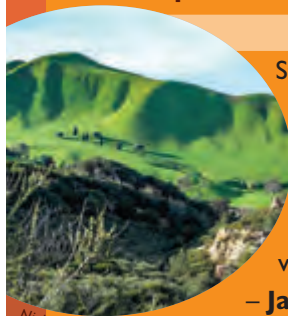
https://apm.activecommunities.com/ebparks/activity_search

Special Feature Programs

EAST SIDE ROCKY RAMBLE

Start the new year strong with fellow lovers of the outdoors. Travel through some of the least visited and most scenic parts of Black Diamond on an all-day, 9-mile tour with lots of crests and valleys. Come ready to hike!

– **January 1**
at Black Diamond Mines



Nickton

KING TIDES

Come experience the highest tides of the year and a glimpse into the future. Discover what causes king tides and explore the tidal zone on this walk and talk.

– **January 22**
at Radke Martinez



Birding Programs

LIL' BIRDERS CLUB

Bring your little adventurers out to explore the beautiful wetlands, learn simple birding techniques and have lots of fun!

– **January 7 and 14**
at Radke Martinez



Don McCallough

WINTER WATER BIRDS

Winter has arrived! Come learn about our flying, feathered friends as they stop to overwinter on the shorelines of the East Bay.

– **January 15** at Radke Martinez



Amphibian Programs

MORGAN'S DAMP DWELLERS

Check ponds for frogs and salamanders, and travel through cliff-top chaparral with sweeping views in one of our most naturally stunning parks.

– **January 15** at Black Diamond Mines



ENIGMATIC AMPHIBIANS

Salamanders rarely appear before us. They are delicate yet survive summer's heat and thrive in winter's cold. We'll search the places they dwell for a closer look.

– **February 5** at Briones Regional Park



Seanin Og

Fungus Program

FORAY INTO FUNGUS

In the middle of winter, liven up your Sunday with an exploration of mushrooms and their kin in the hills of Black Diamond.

– **January 8**
at Black Diamond Mines



Botany Program

EARLY BLOOMERS

Some flowers just can't wait around for other people's idea of spring. If you know where to look, you'll find fresh, bright colors emerging, right on time.

– **February 19** at Black Diamond Mines



Coyote Hills

REGIONAL PARK



The new year brings rain, green grass, flowers, migrating birds, and new opportunities to appreciate nature. As we enter this new year, we hope you'll make Coyote Hills a part of your celebrations. Make a resolution to get outside and join us for a hike. Come to one of our Storywalk programs to spark your curiosity for nature. Or join us in learning about the work of Black conservationists protecting wetlands and beyond.



Coyote Hills Interpretive Programs *For a complete list of Coyote Hills programs, please visit us online . . . ▶*

For all programs: Parking fees apply where charged. Parent participation required. For more information, call (510) 544-3220.

FIRST HIKE OF THE YEAR!

Start the new year right and join us for the first hike of the year at Coyote Hills! We will do a moderate hike along the Bayview trail and Red Hill trail. Enjoy looking for different plants and animals

while taking in breathtaking views of the bay and marsh! 7+yrs.

– **Jan 1** (Sun), 10am-Noon

No registration; drop-in.



STORYWALK ALONG THE MARSH

Join us for an outdoor storywalk as we explore the wonders of the marsh. Enjoy a stroll with stories, songs, and movement! Each session features a different nature themed book designed to spark curiosity in nature. All ages.

– **Jan 7, 14, 21, 28** and **Feb 4, 11, 18, 25** (Sat), 3-3:30pm

No registration; drop-in.

Devor Desanovic

WATER, WATER, EVERYWHERE

Explore the Coyote Hills watershed, discover where your water comes from, and learn how we are connected and responsible for our watersheds, wherever we live. Make your own paper watershed and use a watershed model to find ways to protect our precious water! 7+yrs.

– **Feb 4** (Sat), 10:30am-Noon
No registration; drop-in.

COMMON NATURE: PLANTS AND PEOPLE

Join us on a moderate 2-mile hike and explore the interconnectedness of plants and people. Learn about the importance of plants in Ohlone culture, both past and present. Reflect on your own relationship with plants and the role they play in our communities. 7+yrs.

– **Feb 11** (Sat), 10am-Noon
No registration; drop-in.

SOUNDS IN NATURE

The natural world is full of sounds all year round - from chirps, screeches, buzzing, to drumming! Tune in to listen and appreciate some of the most beautiful sounds in nature in community. Each session we will explore different unexpected sounds heard across Coyote Hills. This program is bilingual in Spanish/English. All ages.

– **Jan 7 and Feb 4** (Sat), 9-10:30am

No registration; drop-in.

SONIDOS EN LA NATURALEZA

¡El mundo natural está lleno de sonidos durante todo el año - desde chirridos, chillidos, zumbidos, hasta tambores! Disfrute algunos de los sonidos más bellos de la naturaleza en comunidad. En cada sesión exploraremos diferentes sonidos inesperados que se escuchan en Coyote Hills. Este programa es bilingüe en español/inglés. Para todas las edades. No se requiere inscripción.

– **7 de enero y 4 de febrero** (Sáb), 9-10:30am

KING TIDES WALK

What are King Tides? How do they affect plants, animals, and us? What can we learn from them? Find out the answers to these questions and more on a mostly flat, paved walk for up to 6 miles along the bay shore. 10+yrs.

– **Jan 21** (Sat) 9:30am-12:30pm

No registration; drop-in.

GET TO KNOW BLACK CONSERVATIONISTS!

In celebration of Black History Month, join us for an exploration of coffee, traditional cultural practices, and the work of Black conservationists protecting wetlands and beyond. All ages.

– **Feb 5** (Sun), 10-11:30am

Registration required.

SCAVENGER HUNT HIKE

Use your powers of observation to find natural and seasonal treasures on the trail. Find them all and earn a special prize! All ages.

– **Feb 18** (Sat), 10:30am-Noon

No registration; drop-in.



Crab Cove

VISITOR CENTER AND AQUARIUM

Winter Wonders Scavenger Hunt: TAKE THE CHALLENGE!

Winter may be known as a time to cuddle and hibernate, but not all animals are settling down; some are more active and visible in winter. Take some time to see who's out and about even now! What a way to start the new year! Explore your parks and find wild wonders right in front of your nose!



AMPHIBIANS ON THE MOVE

Able to live on both land and in water, amphibians can tell us a lot about the health of the ecosystem. Known to have damp skin that is sensitive to pollution and toxins, these small creatures need protection.

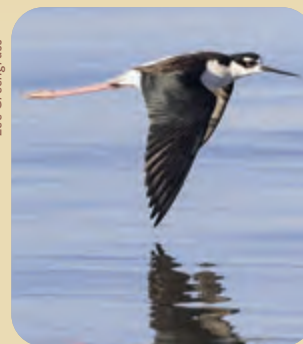
Did you find any Pacific tree frogs, California or rough-skinned newts in the parks? The seasonal pond at the largest Sibley quarry pit is a great place to look.



LADYBUGS HIBERNATING!

Yes, huddling together for safety, moisture retention, and energy-saving rest holds them over till the air warms enough for them to fly away around February.

Reinhardt Redwood Regional Park has been a consistent place to find ladybugs around the Prince and Stream Trails junction: observe them clustering on bushes, fence posts, and on logs.



Lee Greengrass

BIRD PIT STOP

Thousands of ducks, geese, and various shorebirds can be seen stopping for a bird buffet along the mudflats and shorelines as they migrate south or spend the winter here.

Visit one of the many shoreline parks to see the bounty of birds enjoying the tidal offerings. Big Break, Pt. Pinole, Miller Knox, MLK Jr. Shoreline, Crown Beach, Hayward Shoreline and more.



HARBOR SEALS SUNNING

Have you seen these marine mammals resting on the rocks or beaches along the coast? Seals use this time to warm up in the sun, after spending time fishing in the cold ocean and bay waters. If you have binoculars, look for their short forelimbs (or flippers), small ear holes, and for their inchworm-like movement.

Find the floating harbor seal platform near Encinal Beach in Alameda.



TROUT IN TRAINING

Rainbow trout and steelhead are the same species! Rainbow trout spend their whole lives in freshwater streams, rivers, and lakes. Steelhead trout hatch in streams and rivers, spend 1-2 years living and growing in freshwater, and then swim out to the ocean to become adults. Once 3-5 years old they will try to swim back up the same stream to spawn.

During high water events when stream flows are strong you can see rainbow trout swimming up Redwood Creek which is now part of Reinhardt Redwood Regional Park.



OVERWINTERING MONARCHS

Wings folded and clustered in dense wind-protected groves, monarchs overwinter until the sun warms them enough to signal it's time to breed and migrate. Their next stops will be milkweed plants, to lay 100 or more eggs!

Experience the wonder of monarchs overwintering before they begin flying off in February. Search Pt. Pinole Regional Shoreline and Ardenwood Historic Farm. Look for the eucalyptus forests!

Crab Cove Interpretive Programs

Information, call (510) 544-3187

For a complete list of Crab Cove programs, please visit us online

GUIDED TOURS

- Hikes for Tykes
- Wednesday Walks
- Weekend Strolls

DROP INTO THE VISITOR CENTER

- Fish Feeding
- Story Time
- Explore the Doug Siden Visitor Center (winter hours 10am-4pm)

VOLUNTEER OPPORTUNITIES

- Beach Clean Up
- Garden Restoration
- Sand Dunes



Del Valle

REGIONAL PARK



A Time for Reflection

With the start of a new year comes opportunity for new beginnings, a time to reflect and create resolutions. Looking back on the past provides us the insights we need to form fresh perspectives with which to view a new chapter. What better way to do this than to share this pivotal time with members of the community on a stroll along the lake!

Join us for a naturalist-led hike along the East Shore Trail for some fresh air and fresh perspectives, as we reflect on the many changes the surrounding landscape has undergone over time while getting an active start to the new year. Meet at the Arroyo Staging Area.

– **January 1** (Sun), 10am-1pm.



Davor Desancic

New Year, New Breeding Season

Prairie falcons are also anticipating new beginnings, as February commences the start of breeding season for these love birds.

California is a critical layover for these traveling birds, many of them stopping nearby! Want to see some of these visiting feathered friends? Grab your binoculars and head over to Brushy Peak to observe on your own or join our naturalist-led winter birding programs at Del Valle.

Love is in the Air

Prairie falcons are known to be monogamous for the duration of the breeding season. One of the ways males will entice and woo their potential mate is by bringing them food at the newly established nesting site during courtship.



Cold winter cues signal to millions of birds that it's time to hit the old highway to migrate south in search of reliable food supply. The Pacific Flyway (in red) is an important route for these birds.

Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us at ebparks.org •• ▶



WINTER BIRDING

– **Jan 14 and 28** (Sat.) 10am-Noon at East Shore/Dog Run trail.
No registration; drop-in.



Jerry Ting

WINTERTIME IN THE PARK

Join us after school to discover wintertime in the park. Topics will change each week with a guided activity led by visitor center staff.

– **Jan through Feb** (every Fri) starting January 6. Any time from 3:30-5pm at the visitor center.

No registration; drop-in.

SCIENCE SPOTLIGHT

Budding scientists and lifelong learners will enjoy these in-depth lessons. 10+ years. At the visitor center from 9-11am.

– **Jan 15** (Sun), Winter Adaptations

– **Jan 29** (Sun), Water Fowl

– **Feb 5** (Sun), Fish Tails

No registration; drop-in.

HIDEAWAY HIKE

Discover the critters that hide away from view as we hike along the trail to Bobcat Cove.

– **Feb 11** (Sat), 1-3pm, meet at the visitor center.

Registration required.



Davor Desancic

See ebparks.org/calendar for upcoming programs.



Mobile Education

Eyes on Ecosystems

WITH WILDLIFE CAMERAS

When wild animals are healthy and their populations are stable, it means the ecosystems they live in – and therefore the ecosystems we humans depend upon – are also healthy and stable.



Look but do not disturb wildlife cameras.

So here's a riddle ... how do a handful of wildlife biologists keep an eye on these animal populations that might be secretive, live in remote areas of the parks, and are spread out over thousands of acres? The answer ... wildlife cameras! Also called camera traps, these tools have long been a necessity in conservation work. The animals captured in these photos help our Stewardship Department understand larger questions like how burned land is recovering, how our East Bay mammal populations are doing, and what the overall health of our local ecosystems may be.

Here's a 'snapshot' of how these photos are used for conservation work in the Park District:

- We monitor how wildlife uses or returns to areas after fires. We can also learn how wildlife uses burned areas versus unburned areas.
- Photos help us understand how animal populations are doing in different ecosystems, like grasslands versus oak woodlands. For example, are sightings of species increasing or decreasing in different areas? How are animals behaving? Do individuals look healthy?
- We can better keep an eye on specific species of concern like overwintering western burrowing owls.
- Photos are used to inform the East Bay NatureCheck, an ecological health assessment "report card" for the environment that checks on the welfare of local wildlife in the face of fires, drought, increased urbanization, and climate change. To learn more about NatureCheck, read the Summer 2022 *Compass* magazine article found online here: bit.ly/EBNatureCheck



Bobcat with a freshly caught California ground squirrel.



Coyote traveling through a burned area.



Non-native, feral pigs cause widespread ecological damage in California.



Wildlife trash? Pack out what you pack in.



Deer munching on oak leaves at night.

Outdoor Recreation



Adult Pole Hiking



HIKING WITH POLES: SKILLS + OPTIONAL PRACTICE HIKE

Black Diamond Mines (Antioch)

Learn strategies for enhancing performance and confidence using poles for hiking. Uphill: Improve power, endurance, posture, upper body strength and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save your knees! Pole training session, including optional practice hike. All level hikers' welcome. A variety of top-quality poles are provided for your use.

– **Jan 28** (Sat), 8:45am-2:30pm, #46539

– **Feb 25** (Sat), 8:45am-2:30pm, #46564

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

Archery

ARCHERY INTRODUCTION

Roberts Recreation Area (Oakland)

Gain 90 minutes of archery coaching and practice at Redwood Bowmen Archery Club outdoor range. All equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction.

– **Jan 21** (Sat), 10am-Noon, #46528

– **Feb 18** (Sat), 10am-Noon, #46741

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



Kayaking Programs



KAYAKING BIG BREAK

Big Break Regional Shoreline (Antioch)

Come enjoy the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Ages 10 and up.

– **Jan 19** (Thur), Noon-2:30pm, #46520

– **Feb 22** (Wed), 2:30-5pm, #46527

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

Fishing Programs

TROUT BASICS

Del Valle Regional Park (Livermore)

Join us for this peak season of trout! Learn specialized gear and bait selection to catch rainbow trout, one of the most plentiful freshwater species in our lakes and reservoirs. Ages 16+ years requires a valid California fishing license. All gear provided.

– **Jan 14** (Sat), 8-11am, #46736

– **Feb 5** (Sun), 8-11am, #46748

Fees: Adult \$25 (non-res \$29); Child \$21 (non-res \$25) Registration required.

TROUT FISHING – INTERMEDIATE

Contra Loma Regional Park (Antioch)

Join us for this peak season of trout! Learn specialized gear and bait selection to catch rainbow trout, one of the most plentiful freshwater species in our lakes and reservoirs. Ages 16+ years requires a valid California fishing license. All gear provided.

– **Jan 21** (Sat), 8am-11am #46884

– **Feb 19** (Sun), 8am-11am #46937

Fees: Adult \$25 (non-res \$29); Child \$21 (non-res \$25) Registration required.



Outdoor Recreation Programs

For registration information and a complete list of Outdoor Recreation programs, please call 1-888-327-2757 (1-888-EBPARKS), option 2 or visit us online





Sunol Wilderness

REGIONAL PRESERVE

Be a Know-It-Owl

Winter Owl Odyssey

Have You Decided You're Going Owling?

HERE'S SOME HELPFUL TIPS

- ✓ **Study a field guide** to learn field markings, size, and other clues for proper identification.
- ✓ **Research owl calls** to bird by ear. Many owls have distinctive calls and listening carefully can not only help you identify the bird by sound but can also help you locate the bird for the best view.
- ✓ **Choose the proper optics.** Birding binoculars with wider lenses to capture more light are the best option for seeing owls in low light conditions, and a spotting scope can be effective to watch a perched owl without disturbing the bird.
- ✓ **Check your favorite park's website** to stay up to date on closing hours.



Spotting a highly camouflaged owl is a delightful experience! Chilly winter evenings provide a special opportunity to wander the woodlands in search of the birds, as owls are calling more frequently to attract mates or claim territory. The best time to see most owls is at dawn or dusk when these birds are more active and more easily spotted. A moonlit night can also be a great time for owling. The moon acts as a giant lamp providing more light for you to see an owl and for them to see small rodents and other prey scurrying about the forest floor.

Sunol Wilderness Regional Preserve provides the perfect habitat for four spectacular species – let's meet them!



Allyreid

◀ WESTERN SCREECH OWL

In contrast to their name, this owl's most common vocalization is not a screech at all. Instead, they make low trilling noises. The sound is often described as a bouncing ball, speeding up at the end like a dropped ping pong ball.



▲ BARN OWL

Their ability to locate prey by sound alone is the best of any animal that has ever been tested.



Thomas Durling

◀ GREAT HORNED OWL

The females are 25 percent larger than the males and they choose their mates for life.



Ken-ichi Hueda

◀ NORTHERN PYGMY OWL

This tiny owl hunts songbirds during the daytime.

Sunol Interpretive Programs

For a complete list of Sunol programs, please visit us online

For live program events, follow us on Facebook at Sunol Wilderness Regional Preserve!



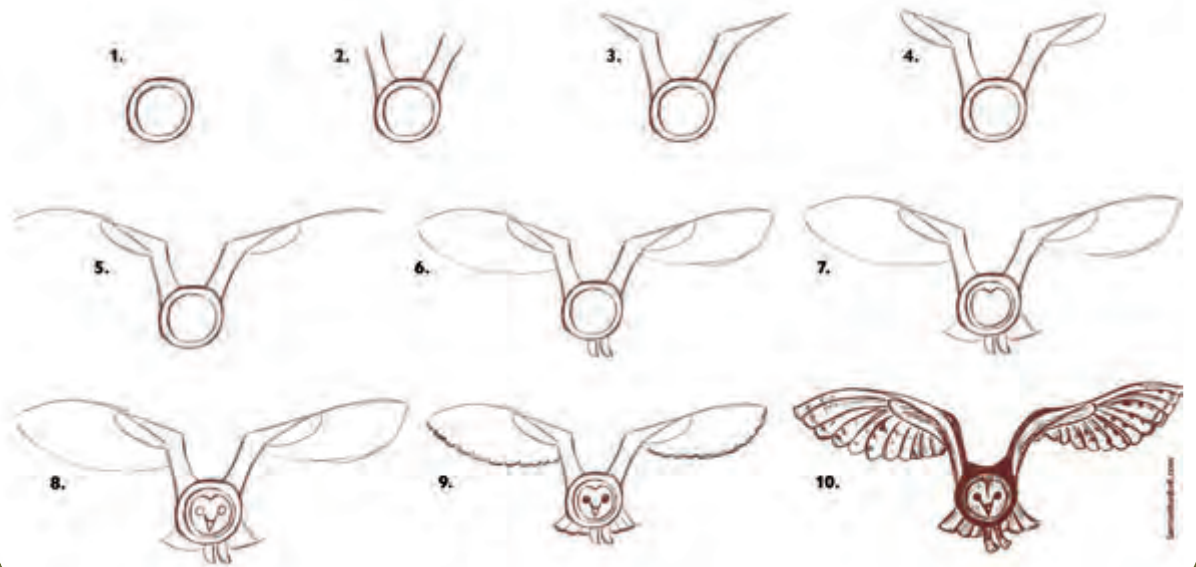
WHO'S CALLING?

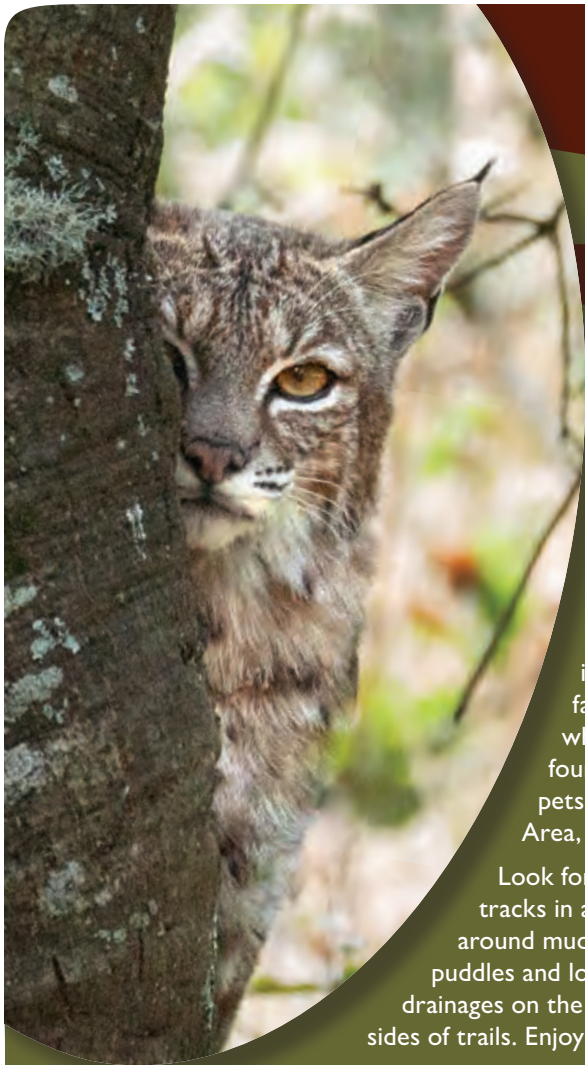
Rather venture into the wonderful world of owls with a group? Sign up for Who's Calling?
– Jan 15 and 22 (Sun), 5-7pm

BIRD WALK

Drop in for a daytime birding adventure with this bird walk.
– Feb 4 (Sat), 9-10:30am

Draw a Barn Owl in Flight!





Tilden NATURE AREA



Animal Tracks in the Mud: Cats vs. Dogs

There is often much confusion around the separation and identification of the tracks of dogs versus those of cats. Most commonly, a park visitor will misidentify the footprint of a domestic dog (*Canis familiaris*) as that of a mountain lion (*Puma concolor*). While this conundrum is an interesting one, let's instead focus on a member of the dog family (Canidae) and a cat (Felidae) whose tracks are more commonly found in the Nature Area. After all, no pets are allowed in the Tilden Nature Area, and mountain lions are quite rare!

Look for tracks in and around mud puddles and low drainages on the sides of trails. Enjoy!



IDENTIFY a COYOTE (*Canis latrans*) TRACKS

- **Symmetry** – dividing the track lengthwise yields two almost equal-looking halves.
- **The X** – An imaginary 'X' fits in the space between the toes and along the pad.
- **Sharp nails** – Usually, but not always present.
- **A smaller, triangular pad.**

IDENTIFY a BOBCCAT (*Lynx rufus*) TRACKS

- **Asymmetry** – dividing the track lengthwise yields two distinct-looking halves.
- **No X** – The arrangement of toes and pad preclude the 'X' space as compared to the coyote's tracks.
- **No nails** – Not never, but rare.
- **A larger, wider pad** – Look for an "M" shape at the front and three lobes at the rear.



WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m.

Special events, classes, docent training, and Friends of the Regional Parks Botanic Garden e-newsletter: nativeplants.org or call (510) 544-3169

PLANT ADAPTATION TO HABITAT TOUR

Please join us at the East Bay Regional Parks Botanic Garden for a special docent-led, family-friendly, Plant Adaption to Habitat Tour. On this tour, you will explore the different parts of California represented in the garden. Each section has a different type of habitat – from the desert to the mountains to the sea bluffs to the rain forest – to which the plants have adapted. Meet in front of the Botanic Garden Visitor Center. Rain cancels.

– February 12 (Sun), 2 pm



WEEKEND TOURS

Docent-led tours are currently being offered **Saturdays** at 2 p.m. and **Sundays** at 11 a.m. and 2 p.m. Meet at the Visitor Center. Maximum number of spots is 10 per tour. Rain cancels! Free.



See ebparks.org/calendar for upcoming programs. **15**



Volunteer PROGRAM

VOLUNTEER WITH US!

Martin Luther King, Jr. Day of Service

Across the nation people have turned their “day off” into a “day ON” by taking action and serving their communities on this federal holiday. Inspired by Dr. King’s steadfast commitment to service, folks come together to make positive change.

WANT TO CONTRIBUTE?

Join us to celebrate the 28th annual Martin Luther King, Jr. Day of Service!

When: Jan 16, from 9am-Noon

Where: Martin Luther King Jr. Regional Shoreline

How: Create a volunteer account and register for a time slot and location online!



Register here

Honoring Dr. King through service is an excellent way to begin each year with a commitment to making our communities better, and we hope you will join us for the 2023 Martin Luther King, Jr. Day of Service to clean up the MLK Jr. Regional Shoreline!



Volunteer Programs

For more information and a complete list of Volunteer Programs visit us online

EBRPD VOLUNTEER SERVICES
volunteers@ebparks.org | (510) 544-2229



East Bay Regional Park District

Healthy Parks Healthy People

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

DOC QUACK VOLUNTEER PROGRAMS

REGISTRATION: ebparks.org or 1-(888)-327-2757, option 2

INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2233

WILDLIFE VOLUNTEERS – “SHOREBIRD SANCTUARY” (#47025) AT MARTIN LUTHER KING JR. REGIONAL SHORELINE, OAKLAND

An exciting adventure over land and water to create nesting habitat for the threatened western snowy plover awaits you. You will help move bulk sand and shells, pull weeds, thereby crafting ideal courtship conditions for breeding plovers, avocets and stilts. By participating, you’ll earn your “Shorebird Sanctuary” patch. Physical labor is involved with this project. Parent participation required.

Registration deadline: January 27

– Feb 4 (Sat), 11:30am-2pm..... “Doc Quack”, Wildlife Biologist



WILDLIFE VOLUNTEERS – “CA BLACK RAIL HABITAT HELPERS” (#47026)

AT POINT PINOLE REGIONAL SHORELINE, RICHMOND

During this hands-on activity, you’ll create habitat for the state-threatened California black rail. We will remove non-native plants, pick-up trash, and plant wildlife friendly vegetation which restores nesting habitat for the California black rail. By participating, you’ll earn your “Black Rail Habitat Helper” patch. Physical labor is involved with this project.

Parent participation is required.

Registration deadline: February 17

– Feb 25 (Sat), 9:30am-Noon “Doc Quack”, Wildlife Biologist

