

SATURDAY & SUNDAY STROLLS

Wake up and walk into nature!
10am-noon, May - August 2017



Explore the East Bay Regional Parks and the natural wonders within. These free, naturalist-led hikes range from 1- 4 miles and are great for families or anyone looking for a fun group of people to hike with. Dogs are welcome at most locations. See www.ebparks.org/parks for maps and directions. For more information contact staff at (510)544-3187. No reservations required.

Sat, May 13: Oyster Bay (Neptune Dr.) Oysters in San Leandro? An old dump? Discover this hidden gem as we stroll along the Bay looking for straggling shorebirds and more! **Neptune Drive**
Directions: From I-880 in San Leandro, exit at Marina Blvd. and drive west. Turn right onto Neptune Drive. Parking is at the end of Neptune Drive.

Sun, May 28: Crab Cove Visitor Center Walk along the Bay Trail to the USS Hornet and learn about the military past of Alameda. **Crab Cove directions from Cities to the North:** Take I-80 West to I-880 South and take the Broadway exit. Turn right at the light onto 5th Street. Stay on 5th Street following the signs to Alameda. Go through the Webster Street Tunnel (Tube) to Alameda. Continue on Webster Street across town. Then see **below. **From Cities to the South, take I-880 North:** Exit at Broadway in Oakland. Turn right on Broadway, right on 7th Street, and right on Webster. Go through the Webster Street Tunnel (Tube) to Alameda. Continue on Webster Street across town. Then see **below. **From Walnut Creek:** take Highway 24 West to I-980, towards downtown Oakland. Exit at 11th/12th Streets. Continue on Brush Street to 5th Street. Turn left on 5th Street and stay in the left lanes, following the signs to Alameda. Go through the Webster Street Tunnel (Tube) to Alameda. Continue on Webster Street across town. ****From Webster St.:** Turn right on Central Ave., go one block, and turn left onto McKay Ave. Crab Cove is at the end of McKay on the left.

Sun, Jun 25: Crown Beach (Elsie Roemer Bird Sanctuary) Observe a variety of open landscapes with rich histories on a 3.5 mile flat walk to Doolittle Pond at MLK Jr. Regional Shoreline. **Elsie Roemer Bird Sanctuary Directions:** From I-880 (North or south) take the 23th street exit and go west on 23th. (From I-880 North you will need to get in the left lane to make a U-turn to take you across the freeway overpass.) Cross the bridge into Alameda, where 29th street becomes Park Street. Continue on Park all the way across the island to Shoreline Drive and turn left. Meet at the Birding platform overlooking the marsh. Platform located closer to Broadway on Shoreline Drive.

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Sun, Jul 2: Roberts Park (Main parking lot) Short 1.22 mile shady wooded loop, one of the trails featured in this year's Trail Challenge booklet! **Main Entrance Directions:** From Highway 13, take the Redwood Road exit and go east (uphill). At the top of the hill turn left onto Skyline Boulevard. Continue on until a stoplight and make a right to stay on Skyline (otherwise the roadway becomes Joaquin Miller Road and you will proceed downhill). A few miles farther on Skyline you will reach Roberts Regional Recreation Area on the right. Parking fees apply.

Sat, Jul 15: Redwood Regional Park (Trudeau Center) Hike a moderate 3.5 miles through unique CA native grassland and mixed forest. **Trudeau Directions:** (11500 Skyline Blvd.) From Highway 13, take the Redwood Road exit and go east (uphill). At the top of the hill turn left onto Skyline Boulevard. Go .5 mile and you will see the park entrance on the right.

Sat, Jul 30: Lake Chabot (Marina) We'll walk along the shady East Shore trail to Huck's trail and back, about 3.5 miles. Meet at the Marina Store. Parking and dog fees apply. **Marina Entrance Directions from southbound I-580 in San Leandro:** Take 580 south and exit at 150th/Fairmont Drive. Turn left onto Fairmont and follow Fairmont up the hill and down the other side. The marina entrance will be to the left at the bottom of the hill. **Directions from westbound I-580 in Castro Valley:** Take the Strobridge Avenue exit. Turn right on Strobridge, right on Castro Valley Boulevard, and left on Lake Chabot Road. Follow Lake Chabot Road about 2 miles until you see the Lake Chabot Marina park entrance on the right. Parking Fees apply.

Sun, Aug 13: Oyster Bay Regional Park (Neptune Dr.) See this park transitioning from trash to shoreline treasure on this relatively flat 2 mile walk. **Neptune Drive Directions:** From I-880 in San Leandro, exit at Marina Blvd. and drive west. Turn right onto Neptune Drive. Parking is at the end of Neptune Drive.

Looking for more hiking opportunities?

WEDNESDAY WALK

Redwood Regional Park (Canyon Meadow Staging Area)

Wed, Aug 2, 9:30am-1pm

REDWOOD REGIONAL PARK (CANYON MEADOW): Hike up and along almost the entire the East Ridge Trail, pass great views, grassland, bays and oaks, then drop down into the shady redwoods on this 6.2 mile moderate/strenuous hike. **Canyon Meadow Staging Area Directions:** In Oakland on Highway 13, take the Redwood Road exit and go east (uphill). At the top of the hill, cross Skyline Boulevard and continue on Redwood Road to Redwood Gate. Make a left onto Redwood gate and follow the road all the way to the last parking lot, which is Canyon Meadow Staging Area.