

SATURDAY & SUNDAY STROLLS

Wake up and walk into nature!
10am-noon, September - December 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, Sep 9: Huckleberry Botanic Regional Preserve Discover the rare plants of this hidden gem park on this 1.7 mile loop. Dogs not allowed on this hike. **Directions from Hwy 13:** From Hwy 13, take the Thornhill Drive Exit. Follow Thornhill all the way up until it merges with Snake Road. Make a left on Snake and follow it to the large intersection with Skyline Blvd. Make a left on Skyline and continue a short distance until you see the Huckleberry Botanic Preserve entrance on your right. **Directions from Highway 24:** Take the Fish Ranch Road exit (immediately east of the Caldecott Tunnel) and follow Fish Ranch Road 0.8 miles to Grizzly Peak Boulevard. Turn left and go 2.4 miles on Grizzly Peak to Skyline Boulevard. Turn left and drive .3 mile (past Sibley) to the Huckleberry preserve entrance on the left.

Sun, Sep 24: Martin Luther King Jr. Regional Shoreline (Tidewater Staging Area) Appreciate early autumn at the shore as we briskly walk around 4 flat miles, witnessing great views and wildlife. **Tidewater Staging Area Directions:** From North take I-880 toward Alameda. Take the High Street exit (#28) and merge onto Oakport Street. Then see below** From South take I-880 and exit at High Street. At the light turn left onto High Street and then turn left onto Oakport Street.** Turn right at Lesser Street, then turn right onto Tidewater Ave. Turn left into the Regional Park staging area.

Sat, Oct 21: Sibley (Old Tunnel Rd. Staging Area) Hike 3.5 moderate miles, looping through beautifully varied landscapes. **Old Tunnel Road Entrance Directions:** From Highway 24 take the Fish Ranch Road exit immediately east of the Caldecott Tunnel. If you are coming from the east, turn left onto Fish Ranch road, go a short distance, then make a right on old tunnel road and follow it to the parking area. If you are coming from the west, take exit 7A (Fish Ranch Road) but after .1 mile veer left onto Old Tunnel Road. Follow Old Tunnel Road to the parking area.

Sun, Oct 29: Lake Temescal (North Entrance) We'll take a double loop around the lake-one high, one low, about 2 miles round trip. **North Entrance Directions: From Hwy 13 (northbound):** Take Hwy 13 North to Highway 24 east (Walnut Creek). Exit Hwy 24 at Old Tunnel Road, and turn right at the exit onto Broadway. Proceed west to the north end parking lot entrance on the left. Parking fees may apply. **From Hwy 24 (eastbound):** Exit Hwy 24 at Old Tunnel Road, and turn right at the exit onto Broadway. Proceed west to the north end parking lot entrance on the left. Parking fees may apply.

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Sun, Nov 12: Redwood Regional Park (Canyon Meadow Staging Area) 3 level miles will bring us to redwoods, ladybugs, a stream, fungus and maybe even newts! **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.*

Sun, Nov 19: Leona Canyon Regional Preserve (Canyon Oaks Dr. Staging Area) Enjoy a 3 mile walk into the shady creek bed in this hidden gem of a park. **Canyon Oaks Drive Directions:** *From Hwy 580, take the Keller Ave exit. Go east on Keller, then left on Campus Drive. Turn right on Canyon Oaks drive and proceed through the parking lot to the trailhead.*

Sun, Dec 3: Lake Chabot Regional Park (Chabot Staging Area) Explore a beautiful and diverse area of the park on a 3.5 mile moderate hike. **Chabot Staging Area Directions:** *From I-580 westbound in Castro Valley, take the Castro Valley exit and turn left at Castro Valley Boulevard. At Redwood Road, turn right. (From I-580 eastbound, take the Redwood Road exit and turn left at Redwood.) After about three and a half miles you will turn right on Miller Road, and park in the lot on your left.*

Sun, Dec 17: Roberts Regional Recreation Area (Redwood Bowl) Hike 3 miles through shady forest and sunny chaparral with nice views. **Redwood Bowl 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. Pass this main entrance and continue down the road about .5 miles to the Redwood Bowl Staging Area. Restrooms are located in Redwood Bowl which we will pass at the beginning of our hike.*

Looking for more hiking opportunities?

WAKE UP AND WALK

Sibley Volcanic Regional Preserve – Sibley Entrance

6-8am, Sat, Dec 2

Get up and out onto the trail with the sun, as we explore the morning and the natural beauty that is on the early shift. Bring a flashlight for this 2-mile walk.

JUMPSTART THE NEW YEAR'S RESOLUTION HIKE

Redwood Regional Park – Trudeau Center

9am–noon, Sat, Dec 30

Get 2018 started on the right foot (early) out on the trail with a 5-mile hilly challenge hike that dips down to the creek and back up again, with redwoods, prairies, and more.