

BLACK DIAMOND

NATURALIST PROGRAMS

April 2010

All programs meet at the parking lot at the south end of Somersville Road unless otherwise noted. Programs requiring registration list a course code number after the Naturalist name. Use this number when making reservations by telephone or at www.ebparksonline.org. For more information call (510) 544-2750 or e-mail us at bdvisit@ebparks.org. Accommodations will be made for visitors with disabilities upon request.

Hazel-Atlas Silica Mine Tour

Saturdays & Sundays, March-November
Explore the underground through a guided tour; learn its history, geology, and technology. Ninety minute advanced registration tours are offered at 11am, 1pm, and 2pm. Call number below or go to www.ebparksonline.org. A 10am tour is available to groups of ten or more on weekends (not available for online registration). First-come, first-served tours are offered at noon and 3pm. Purchase tickets at the visitor center. Must be at least 7 years old, parent participation required. Dogs are not permitted on the tour.
Fee: \$3 per person. Parking \$5
Reg. Required: 1-888-EBPARKS

Sidney Flat Visitor Center

10am-4:30pm, Saturdays & Sundays
Stop by our park headquarters visitor center to view coalfield artifacts and photographs or say hello to our friendly resident snakes. Tickets for first-come, first-served Hazel-Atlas Mine tours at noon and 3pm may be purchased here (March-November). Please arrive at least one hour before tour time to sign-up. Participants must be age 7 or older. Parking \$5

Grassland Blooms

10am-12pm, Saturday, April 3
Bob Kanagaki
Delve into the green hills in search of spring color as we hike Stewartville and Pittsburg Mine trails. Rain cancels. Parking \$5



Vasco Caves Regional Preserve Hike

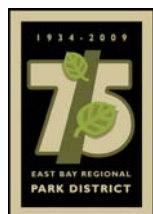
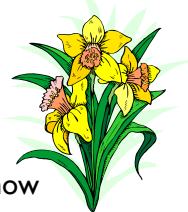
Round Valley Regional Preserve
9am-2pm, Saturday, April 3 & 25
Brushy Peak Regional Preserve
9am-2pm, Sunday, April 11
Interpretive Staff #23641, 23642, 23643
Come experience spring's riches among Vasco's spectacular rock outcrops and vernal pools—seasonal home of endangered amphibians and fairy shrimp. This is habitat for eagles and various nesting and migrating raptors hunting bountiful prey in robust restored grasslands. Archaeological sites contain Indian rock art, part of a complex reaching back nearly 10,000 years. This Preserve is accessible through guided tours only, staging from Round Valley Regional Preserves aboard District-provided bus transportation. 10+yrs
Fee: \$32 (non-res. \$36)
Reg. Required: 1-888-EBPARKS

Hazel-Atlas History

9-11am, Saturday, April 10
Bob Kanagaki #23628
We'll trace the steps of miners who toiled in these hills in the 1930s as we hike part of Chaparral Loop and explore the Hazel-Atlas Mine. 7+yrs
Fee: \$3. Parking \$5
Reg. Required: 1-888-EBPARKS

From the Gallery to the Grave

10am-12pm, Sunday, April 11
Outdoor Ed
Hard work and tragedy marked the lives of many mining families. Learn how they struggled with life and death, yet saw hope for the future as we visit this quiet, hillside cemetery.
Parking \$5



EAST BAY REGIONAL PARK DISTRICT
Black Diamond Mines Regional Preserve
5175 Somersville Road, Antioch, CA 94509

website: www.ebparks.org
telephone: 510-544-2750
e-mail: bdvisit@ebparks.org

registration website: www.ebparksonline.org

calendar of events

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Thursday Birding: East County

Round Valley Regional Preserve

9-11am, Thursday, April 15

Mike Moran

#23679

Spring's feathered magic flits, flies, swims, and soars! Plentiful passerines and resplendent raptors at Round Valley.

Reg. Required: 1-888-EBPARKS

Springtime Delta Lunch Cruise

Pittsburg Marina

9:30am-1pm, Saturday, April 17

Mike Moran

#23723

Come ply the serene waters of California's Delta on a spring cruise of the lower mighty Sacramento and San Joaquin Rivers. We'll board the beautiful double-decked Island Serenade and revel in the rich natural, cultural, and political history of California's Inland Coast. Lunch included. 5+yrs
Fee: \$44 (non-res. \$50)

Reg. Required: 1-888-EBPARKS

Nature's Pharmacy

10am-12pm, Sunday, April 18

Outdoor Ed

Universal healthcare in your backyard! We'll search the trails for medicinal plants used by generations of people and even try a few ourselves. Bring water, sunscreen, and hiking shoes. Parking \$5

Hazel-Atlas Mine Open House

12-4:30pm, Saturday, April 24

Now's your chance to explore nearly 1,000 feet of the Hazel-Atlas silica sand mine at your own pace! We'll have self-guided tours for participants age 7 and older at a reduced price, and a special underground room for younger participants.

7+yrs

Fee: \$1. Parking \$5



Thursday Birding: Raptor Baseline

Morgan Territory Regional Preserve

9-11:30am, Thursday, April 29

Mike Moran

#23700

The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey; hawks, falcons, and eagles. Help us document their variety and numbers in this fun, social citizen research project. No experience necessary – we'll teach you how to identify these birds. We'll meet at a different park on the last Thursday of each month. Join in for one or all. 10+yrs

Reg. Required: 1-888-EBPARKS

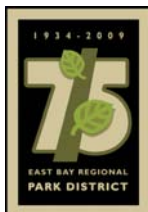


A Thousand-Leafed Healer

Achillea millefolium, commonly called Yarrow, is a perennial herb found throughout North America and Eurasia, including numerous East Bay Regional Parks. Its feathery, fern-like leaves lend the species its name *millefolium* (thousand leaves) and have been used as a cure-all by world cultures for thousands of years.

According to Greek legend, the (nearly) invincible Achilles ordered his soldiers to use yarrow to heal their wounds in battle. Achilles was eventually shot by a divine arrow which hit his one weakness—the heel of his foot—and eventually killed him; if only *he* had some yarrow on hand to stop the bleeding!

You can still enjoy yarrow's healing properties today—its fragrance, flowers, and stunning scenery in which it grows can do wonders to your health—even if you don't have a gash on your foot!



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