

Register beginning August 9. Online: www.ebparksonline.org
By phone: 1-888-EBPARKS (1-888-327-2757), option 2



A program of EBRPD
in partnership with . . .
KAISER PERMANENTE **thrive**
FREE

TRAILS CHALLENGE

Thousands of people like you have participated in this program, last year over 10,000 people! The program challenges you to complete 5 of the featured trails in the guidebook by Dec. 1. The booklet features trails for all fitness levels and trail users as well as of tips for new trail users. We are encouraging participants to go "green" by using the downloadable version of the booklet and printing only what you need; hard copies are available for \$5. With registration you will receive instructions on how to access and download the guide booklet as well as other program materials, and a FREE organic T-shirt (while supplies last). A commemorative pin will be sent once you complete the challenge, pins will be mailed in the Fall (while supplies last). Kaiser Permanente is a major sponsor of this program. Registration is required: visit www.ebparks.org & click on the "Features" section to get started. No phone registrations.



KIDS CHALLENGE **FREE**

The 2011 Kids Challenge program is based on the California Children's Outdoor Bill of Rights, which recommends activities for every child to experience before entering high school. This program is self-paced and challenges youth to complete 5 of the 10 activities listed in the Bill of Rights. Some require parent participation and/or additional fees. Register to receive the guidebook and a special prize (1 per child, while supplies last). A commemorative patch and EBRPD Frisbee will be sent after completing the challenge (1 per child, while supplies last). Registration is required: call 1-888-EBPARKS (1-888-327-2757) option 2. Course code: 25907

RECREATION

ARCHERY-INTRODUCTION

Roberts Redwood Bowmen
1:30-3:30pm; Sat, Sep 3 #27609; Sat, Oct 1 #27610

Basic beginner recreational archery instruction. 30 minutes of classroom lecture in clubhouse reviewing safety, terminology, and a brief overview of recreational archery. 90 minutes of shooting instruction and practice on outdoor range. Equipment provided. 10+ yrs (10-13 parent supervision required). Registration is required.
Fee: \$50 (non-res. \$56)

LLAMAS-MYSTICS OF ANDES

Redwood LAMAS Outfitters
11am-2:30pm: Sat, Sep 17 #27588; 10am-1:30pm Sun, Sep 18 #27589;
11am-2:30pm: Sat, Oct 8 #27594; 10am-1:30pm Sun, Oct 9 #27595
The Quechua Andeans refer to llamas as 'Speechless Brothers.' Geo is a Llama Michie with over 25 years experience caring for, training, and packing with llamas. Under his guidance, learn how to groom,

feed, lead and interact positively with these specially trained animals. Reserve your own llama for the class, or, up to 3 people can share one llama. 8+ yrs (PPR).
Registration required.
Fee: \$70 per llama- 4 llamas max. per class (non-res. \$78)

BASIC LAND NAVIGATION

Roberts Susan Labiste
10am-3pm, Sun, Sep 25 #27680
Hit the trails without fear of getting lost. Learn the basics of map and compass reading, and triangulation for on-trail navigation. We'll try our newly learned skills on the trail in a hike with moderate elevation gain. Registration includes a compass and map. 14+ yrs. Registration is required.
Fee: \$23 (non-res. \$27)

SURVIVAL ESSENTIALS

Garin Susan Labiste
10am-3pm, Sat, Oct 1 #27681
Thinking of traveling to desolate locations? This introductory workshop will prepare you for your adventure; teaching you basic principles and methods of wilderness survival. Topics covered will include assembling survival kits, shelter building, fire starting techniques, emergency signaling, water purification, and more! 14+ yrs.
Registration is required.
Fee: \$23 (non-res. \$27)

KAYAKING/BOATING

KAYAKING FOR FOLKS 50+

Various parks Current Adventures
Noon-4pm, Sat, Sep 3 #27761 Lake Chabot; 10am-2pm, Sat, Oct 1 #27762 Quarry Lakes
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines in calm waters. Then practice what you have learned touring the lake in a single kayak (double kayaks available upon request). 50+ yrs.
Registration is required.
Fee: \$60 (non-res. \$66)

KAYAKING BIG BREAK

Big Break Regional Shoreline
Kevin Damstra & Mike Moran
9-11:30am, #27618 & 12:30-3pm, #27620 Sat, Sep 10
9-11:30am, #27622 & 12:30-3pm, #27623 Sat, Oct 8
Come ply the welcoming waters of Big Break on this kayak excursion for beginners (and up). We'll start off with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely Delta shoreline. 8+ yrs
Registration is required.
Fee: \$20 adult & senior, \$15 child (non-res \$22 adult & senior, \$17 child)

DISCOVER BAY KAYAKING

MLK, Tidewater Current Adventures
10am-2pm, Sat, Sep 10 #27763; 11am-3pm, Sun, Oct 9 #27764
You have mastered the calm waters, now

you are ready for the next level! This introductory course will teach the basic concepts of understanding bay kayaking, reading tidal charts, and understanding water flow. There will be lots of time to practice as we explore the Oakland Estuary. 10+ yrs.

Registration is required.
Fee: \$60 (non-res, \$66)

BROOKS ISLAND VOYAGE:

BRING YOUR OWN BOAT TRIP
Brooks Island Trail Gail
10am-3:30pm, Sat, Sep 10 #27578
Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own kayak and safety gear. Parent participation required. \$10 parking fee. 14+ yrs
Registration Required
Fee: \$20 (non-res. \$22)

BROOKS ISLAND ADVENTURE

Brooks Island California Canoe & Kayak
10am-4pm: Sun, Sep 18 #27028; Sun, Oct 16 #27041
This trip is short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a naturalist guided, two-mile hike around the island which is normally closed to visitors. Parking fee will be charged at Richmond Marina. 14+ yrs.
Registration is required.
Fee: \$85 (non-res. \$95)

KAYAKING

FAMILY DISCOVERY
Quarry Lakes Current Adventures
11am-3pm, Sun, Sep 25 #27766
Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+ yrs (PPR 5-13 yrs)
Registration is required.
Fee: \$60 (non-res. \$66)

CANOEING, CAMPING, FISHING = ADVENTURE **NEW!**

Del Valle Recreation Staff
10am, Sat, Oct 29-noon, Sun, Oct 30 #27579
Join us for an adventure while camping at Del Valle Regional Park. We will explore the lake in canoes, camp along the shoreline, explore the area, and hopefully catch our dinner. Our expert staff will guide you along the way. All gear is provided. 8+ yrs (PPR 8-17 yrs).
Registration is required.
Fee: \$80 (non-res. \$90)

DISCOVER KAYAKING

Lake Chabot Current Adventures
11am-3pm, Sat, Sep 24 #27758; Sat, Oct 22
#27760

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+yrs (PPR 5-13yrs)
Registration is required.
Fee: \$60 (non-res. \$66)

POLE WALKING

USING POLES FOR HIKING & OUTDOOR EXERCISE

Redwood Jayah Faye Paley
9:30am-4pm, Sat, Oct 1 #27679
POWER with Poles! Using your whole body while hiking feels GOOD. Vital, lifelong skills help reduce knee stress and prolong agility. Improve performance, endurance & confidence. Discover which poles fit you best and how to use core muscles to preserve your joints! Quality

BIKING

FREE BICYCLING SERIES

BIKING: BEGINNING CYCLING

Various parks Recreation Staff
1-3pm, Sat, Sep 3, Sun, Sep 11, Sat, Oct 1, Sun, Oct 16
Outdoor exercise for all ages! Join Recreation staff on an easy bike ride along select portions of paved Regional Trails or the SF Bay Trail. Pedal along for fantastic views of the regional parks and resident wildlife. Bring a snack, water bottle, and sense of adventure! Limited supply of loaner bikes and helmets available. Dress accordingly. Saturday, **Sept. 3**, **Oct. 1**, MLK Jr. Shoreline, meet at Tidewater Boating Center (4675 Tidewater Ave, Oakland), 5 miles RT. Sunday, **Sept. 11**, Iron Horse Trail, meet at Rudgear Rd staging area in Walnut Creek, 4.72 miles RT. Sunday, **Oct. 16**, Eastshore State Park, meet at Eastshore Fields on western end of Gilman Street in Berkeley, 5 miles RT. Info: 510-544-2553. Rain cancels.

BIKING: ROAD CYCLING

Various parks Recreation Staff
10am-1pm, Sun, Sep 4; 10am-2pm, Sun, Sep 25; 10am-2pm, Sun, Oct 2; 10am-1pm, Sat, Oct 22
Sundays, various dates and times
Join EBRPD Recreation staff on a fun

weekend ROAD CYCLE along scenic portions of bike trails. Enjoy spectacular views and learn new bike routes. Distances and attractions vary by location, generally 10-15 miles in length. Previous bicycling experience and good physical condition strongly recommended. May include sections of riding on sidewalks and/or street bike lanes. Bring a snack, water bottle, camera/binoculars, and sense of adventure! Helmets required, loaners available. Dress accordingly. Sunday, **Sept. 4**, Eastshore State Park, meet at Eastshore Fields on western end of Gilman St in Berkeley, 8 miles RT. Sunday, **Sept. 25**, Iron Horse Trail, Bike and Hike Bishop Ranch, meet at Sycamore Valley Rd and I-680 in Danville, 10 miles cycling + 2.48 miles hiking (some hills). Sunday, **Oct. 2**, Iron Horse Trail, Bike and Hike Las Trampas, meet at Rudgear Rd Park & Ride at Rudgear Rd and I-680 in Walnut Creek, 7.5 miles cycling + 3.08 miles hiking (some hills). Saturday, **Oct. 22**, Bike & Bird, meet at Tidewater Boating Center in MLK Jr. Regional Park (4675 Tidewater Ave., Oakland), 9.6 miles RT. Info: 510-544-2553. Rain cancels.

BIKING: USS HORNET TOUR & LUNCH

NEW!
MLK, Tidewater
Eric Ahnmark
10am-2pm, Sun, Sep 18 #27719
Join Recreation staff for a leisurely bike ride from Tidewater Boating Center to the USS Hornet (12 miles round trip). We'll take a tour of the WWII-era ship, enjoy lunch, and bike back along beautiful shoreline trails. Loaner bikes and helmets available upon request. 7+yrs.
Registration is required.
Fee: \$35 (non-res. \$39)

BIKING: BIKE & BUFFET

NEW!
Various Parks Eric Ahnmark
9am-1pm, Sat, Oct 29 #27720
Love bicycling? Love seafood? On this 'bike and eat' adventure to the Berkeley Marina, you'll enjoy breathtaking scenery and wildlife along the SF Bay Trail, 11.5 miles round trip. Work up an appetite just in time for lunch buffet at H's Lordships Restaurant. Loaner bikes and helmets available upon request. 7+yrs.
Registration is required.
Fee: \$35 (non-res. \$39)

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poles provided. 18+yrs.
Registration is required.
Fee: \$45 (non-res. \$51)

USING POLES TO ACHIEVE AND MAINTAIN MOBILITY

Kennedy Grove Jayah Faye Paley
12:30-4:30pm, Sun, Oct 9 #27649
Learn skills to help improve balance, posture, confidence, walking gait, agility, function & strength. Feel Taller! Easy to learn techniques and gentle exercises to help navigate everyday obstacles and enhance enjoyment of the outdoors. Variety of top-quality poles provided; discover optimal fit. 18+ yrs.
Registration is required.
Fee: \$35 (non-res. \$39)

FISHING

INTRO TO FLY-FISHING—Fish 1st!

Lake Anza Fish First!
7am-1pm, Sun, Sep 11 #27596; Sun, Oct 9 #27597
This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two and one-half hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. Registration is required.
Fee: \$60 (non-res. \$66)

FISHING—PANFISH BASICS

NEW!
Garin Recreation Staff
8-10am, Sat, Sep 17 #27553
Participants will learn the basics of catching panfish including rigging, knot tying, bait and gear selection, habitat and behaviors. There will be plenty of time for participants to practice what they have learned. Gear provided. A valid CA Fishing License is required for participants 16+yrs. 5+yrs (5-15yrs PPR).
Registration is required.
Fee: \$19 adult (non-res. \$21)
\$15 child (non-res. \$17)

FISHING—MY FIRST FISH! (GUARANTEED)

Various Parks Recreation Staff
4-6pm, Wed, Oct 5 #27563 Quarry Lakes;
Wed, Oct 19 #27564 Contra Loma
Come out to the lake and participate in this fun "derby style" class where kids will catch their first fish...guaranteed! Participants will practice casting, followed by catching a fish from an enclosed net in the lake. Gear provided. 5-17yrs (PPR).
Registration is required.
Fee: \$40 (non-res. \$44)



Photo by Allen Mendez

SHAKESPEARE FESTIVAL

Ardenwood
10am-5pm, Sat-Sun, Sep 10 & 11
Step back in time to the late 1500s to frolic with nobles and fools, minstrels and peasants. Enjoy jousting competitions, a medieval marketplace, history and entertainment, and much merriment. Children will have fun with games, arts and crafts, puppetry, and interactive fairy tales, and be knighted by Queen Elizabeth herself. FEE: \$17 adults (18-61 yrs); \$13 seniors (62+yrs); \$8 children (4-17 yrs.); children 3 years and under free. Advance tickets Aug. 1-Sept. 1 at 1-888-327-2757, option 2, or online at www.ebparksonline.org.



HARVEST FESTIVAL

Ardenwood Interpretive Staff
10am-5pm, Sat & Sun, Oct 8 & 9
Its harvest time on the farm! Bring family and friends for some down home country fun. Harvest Indian corn and popcorn and help fill our corncribs. Take home a share of our colorful corn for your holiday table. Enjoy magic shows, cider pressing, old-time music, and crafts. Visit the blacksmith, ride the train, and tour the beautifully restored Patterson House. Bring your own bags to take home your harvest.
FEE: \$8 adults; \$6 seniors (62+yrs.); \$5 children (4-17 yrs.); children 3 years and under are free.