

**HEALTHY PARKS HEALTHY PEOPLE –
SEPTEMBER-OCTOBER 2012 ACTIVITIES**

BIKING: BEGINNING CYCLING

Various parks Recreation Staff
10am-noon, Sat, Sep 1, Sat, Oct 6

Outdoor exercise for all ages! Join Recreation staff on an easy bike ride along select portions of paved Regional Trails or the S.F. 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. Prior bicycling experience required. Sept. 1: 4-6 mile route, meet at the Pleasant Hill BART station. Oct. 6: 4-6 mile route, meet at the Delta Visitor Center at Big Break Regional Shoreline in Oakley. Info: 510-544-2553. Rain cancels.

BIKING: ROAD CYCLING

Various Parks Recreation Staff
1-3pm, Sat, Sep 1; Sat, Oct 6

Join Recreation staff on a fun weekend ROAD CYCLE along scenic bike trails. On these 10-12 mile rides, explore sections of the Bay Trail, Regional Trails, and bike-friendly streets that connect you to the great outdoors! Previous bicycling experience required. Bring a bike, helmet, snack, water bottle, camera/binoculars, and sense of adventure! Loaner bicycles available upon request. Sept. 1, Iron Horse and Contra Costa trails. Meet at the Pleasant Hill BART station, 8 mile route. Oct. 6, Big Break and Marsh Creek Regional Trails. Meet at the Delta Visitor Center at Big Break Regional Shoreline, Oakley, 8-10 mile route. Info: 510-544-2553. Rain cancels.

SATURDAY AND SUNDAY STROLLS

Various Parks Interpretive Staff
10am-noon, Sun, Sep 2, 16, 30 & Sat, Oct 6, 20, & 27

Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from 1-5 miles. Great for families. Dogs welcome on most hikes. See www.ebparks.org/parks for maps and directions. Sept. 2, Lake Temescal north entrance: Discover evidence of the Hayward Fault and historic railroads on this easy 2-mile double-loop. Sept. 16, Crab Cove Visitor Center: Enjoy excellent views of San Francisco and ponder Alameda's colorful history as we walk 4 miles of the Bay Trail to the USS Hornet, a National Historic Landmark. Sept. 30, Leona Canyon, Canyon Oaks Drive: Walk along a shady creek, then hike to the rim for a view of the lovely canyon. Moderate uphill climb, 3 miles. Sorry, no restrooms available. Directions: From I-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. Oct. 6, Sibley, Skyline Blvd. Staging Area: Bullfrogs will be jumping on this exploration of the park's creeks and ponds. A moderate 3.5 miles. Oct. 20, Lake Chabot Marina: Enjoy the autumn colors as we explore Honker Bay. An Easy four miles along the East Shore and Honker Bay trails. Oct. 27, Roberts Recreational Area: Scenic vistas abound on this beautiful 3-mile walk through madrone and redwood forests.



HIKES FOR TYKES

Various Parks Interpretive Staff
10:30-11:30am, Tue, Sep 4, 18 & Oct 2, 23
Enjoy some nature before naptime with your young child! Join a naturalist over hill and dale to explore the fabulous flora and fauna of the Regional Parks. Tools for exploration provided. Hikes average about one mile. Bring a snack. Strollers not recommended. Sept. 4: Sibley, Skyline Staging Area. Sept. 18: Crab Cove Visitor Center. Oct. 2: Temescal, Broadway entrance. Oct. 23: Redwood, Wayside parking area at Redwood Gate. See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.

WEDNESDAY WALKS

Various Locations Christina Garcia
9:30am-noon, Wed, Sep 5, 19, 26, Oct 3, 17, 24, 31
Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. For more information call (510)544-3282 or email CGarcia@ebparks.org. Sept. 5, Garin: A strenuous 6-mile hike into the shady northern canyons of Garin and beyond. Sept. 19, Redwood: An easy to moderate 4-mile stroll along a shady creek, followed by a potluck picnic lunch. Sept. 26, Las Trampas: A short, but strenuous, climb up and along the ridge for 3 miles. Oct. 3, Sibley: Explore the botanic and geologic wonders of two adjacent preserves on a moderate 5-mile hike. Oct. 17, Morgan Territory: Somewhat strenuous 4-mile loop. Oct. 24, Lake Chabot: All the way around the lake is 9 moderate to strenuous miles. Oct. 31, Dublin Hills: Moderate 5 miles out and back on the Calaveras Ridge Trail.

SENIOR STROLLS

Sunol Nancy Ceridwyn
1:30-2:30pm, Sat, Sep 8 #30154
1:30-2:30pm, Sat, Oct 6 #30248
Sept. 8: Ohlone Life on Alameda Creek—One-half mile stroll on flat or gradual rolling paths. Wander the meadow where Ohlone people may have set foot. Oct. 6: Who Changed My Wilderness?—Easy, short stroll on flat or gradual rolling paths. See the changes made by settlers and ranchers who called Sunol-Ohlone Wilderness their home. 50+yrs
Registration is required.

BIRDS AROUND THE FARM

Ardenwood Ira Bletz
7:30-9am, Tue, Sep 18
Join us as we stroll through gardens, groves and fields looking for hawks, songbirds and visiting migrants. Beginners welcome. No Ardenwood admission fee for this early morning adventure.

POLES FOR HIKING & WALKING: BASIC SKILLS

Kennedy Grove Jayah Faye Paley
9:30am-1pm, Thu, Sep 20 #30522
Discover how using POLES can help you improve your power and endurance on the trail. Learning basic skills helps preserve your joints, improves upper body strength and saves your knees. Regain, Maintain & Sustain! Easy level; poles provided. 18+yrs.
Registration is required.
Fee: \$35 (non-res. \$39)

USING POLES FOR MOBILITY & BASIC WALKING

Kennedy Grove Jayah Faye Paley

1:15-5pm, Thu, Sep 20 #30520

Learn skills to help improve balance, endurance, posture, confidence, walking gait, agility, function & strength. Feel TALLER! Easy- to-learn techniques and gentle exercises help people with mobility and joint challenges to navigate everyday obstacles and strengthen muscles that support your joints. Quality poles provided; discover optimal fit.18+yrs.

Registration is required.

Fee: \$35 (non-res. \$39)

THREE PARKS IN A DAY

Redwood Trail Gail

9am-1pm, Fri, Sep 21

Explore Redwood, Huckleberry, and Sibley and learn their hidden surprises. From shady streams to grassland, trails vary from single-track to paved, on this six-mile, 600-foot elevation gain hike. Meet at Skyline Gate on Redwood Road in Oakland.

Info: (510) 544-2233. 12+yrs

WELCOME TO AUTUMN BRIONES HIKE

Briones Trail Gail

9am-2 pm, Sat, Sep 22

Explore this secret wilderness from rolling hills to shady canyons. Leave the city behind and surround yourself with open space. Bring hiking shoes and a snack to share. Meet at the Bear Creek Staging Area off Bear Creek Road east of Orinda Village. Info: (510) 544-2233. 10+yrs

WOMEN ON COMMON GROUND

Various parks Katie Colbert

3-8pm, Sat, Sep 22 #30266

9:30am-noon, Sat, Oct 27 #30267

This is a series of naturalist-led programs for women who love the outdoors but whose concern for personal safety keeps them from enjoying their own parks. For a complete schedule contact (510) 544-3243, or kcolbert@ebparks.org. Sept. 22: Equinox Be-A-Kid Nature Wade, Sunol—Bring your best balance and wear shoes and pants that can get soaked and we will splash and wade through Alameda Creek to see what has befallen the stream at the season shift. Info: (510) 544-3243. Oct. 27: Seasonal Saunter, Sibley—Once upon a time, All Hallow's Eve marked the shift from autumn into winter. We'll celebrate this ancient holiday a little early with a leisurely hike through a hauntingly beautiful remnant of an even more ancient volcano.

Registration is required.

THE OVER THE HILLS GANG

Tilden Nature Area Dave Zuckermann

10am-12:30pm, Tue, Oct 2

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks. This month we'll explore an historic and original park. 55+yrs

BOTANIC GARDEN PRACTICE HIKE WITH POLES

Tilden Jayah Faye Paley

2-4:30pm, Fri, Oct 5 #30519

Explore this uniquely beautiful native California Botanic Garden and practice using poles on a variety of terrain. This afternoon walk will be an opportunity to connect with nature and each other as we enjoy this East Bay treasure. Previous poles class REQUIRED.18+ yrs.

Registration is required.

Fee: \$20 (non-res. \$22)

ROLLING HILLS HIKE

Crockett Hills Trail Gail

9am-2 pm, Sat, Oct 6

Traverse old ranchlands, learn their history, and enjoy magnificent views. We'll hike a segment of the Bay Area Ridge Trail. Bring hiking shoes and a snack to share. Info: (510) 544-2233. 10+yrs

WALK ON THE WILD SIDE

Ardenwood Trent Pearce

11am-noon, Sat, Oct 6

Join us as we explore field edges and fencerows on a 1+ mile walk. We'll look for birds, foxes, and insects around the wilder parts of the farm.

POLES FOR HIKING & EXERCISE: WITH HIKE

Various Jayah Faye Paley

10am-4pm, Sun, Oct 7, Redwood #30524; Sun, Oct 28 Sunol, #30525

Achieve power & whole body fitness with POLES. Learn how to use your core muscles to preserve your joints! Improve performance, endurance, and confidence. Reduce knee stress, improve back health, prolong agility. Variety of top quality poles provided. Discover best fit. Ages 18+.

Registration is required.

Fee: \$45 (non-res. \$51)

OIL CANYON ODYSSEY

Black Diamond Eddie Willis

9:30am-1:30pm, Sun, Oct. 28 #30243

Secluded valleys, serene vistas, and tales of "black gold" beckon us to the park's remote east end. We'll begin this rugged 5-mile hike at Star Mine group camp. 10+yrs

Registration is required.

WHO'S WHO IN ROSE HILL CEMETERY

Black Diamond Kevin Damstra

4:30-6:30pm, Wed, Oct. 31 30259

Hike up the hill to the Rose Hill Cemetery and discover who is interred here. What was life like? How did they die? Why is the cemetery up on a hill? And how did 19th century coal miners honor their family members who died? 10+yrs

Registration is required.