



A program in partnership with . . .

KAISER  
PERMANENTE **thrive**

### TRAILS CHALLENGE **FREE**

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 feature trails in the guidebook by December 1. New for 2012 is the 'Trails Challenge' park membership, saving you money on park fees with a discounted membership; see website for more information. The booklet features trails for all fitness levels and trail users as well as 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 \$5.00. 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](http://www.ebparks.org) & click on the "Features" section to get started. No phone registrations.



### KIDS CHALLENGE 2012 **FREE**

The 2012 Kids Challenge program is based on the California Children's Outdoor Bill of Rights which recommends a fundamental list of experiences that every child would benefit from, 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 activities require parent participation and/or additional fees. Register to receive the guide booklet and a special prize to help you get started (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: 28161

## RECREATION PROGRAMS

### ARCHERY-INTRODUCTION & ♿

Roberts Redwood Bowmen  
1:30-3:30pm; Sat, May 12 #29573; Sat, Jun 9 #29575

Basic beginner recreational archery instruction. Start with 30 minutes of classroom lecture in clubhouse reviewing safety, terminology, and a brief overview of recreational archery, followed by 90 minutes of shooting instruction and practice on outdoor range. Equipment provided. 10+ yrs.

Registration is required.  
Fee: \$50 (non-res. \$56)

### LLAMAS-MYSTICS OF ANDES & ♿ & ♻️

Redwood LAMAS Outfitters  
11am-2:30pm; Sat, May 19 #29245; 10am-1:30pm, Sun, May 20 #29246

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.

Registration is required.  
Fee: \$70 per llama; 4 llamas max. per class (non-res. \$78)

### SURVIVAL ESSENTIALS & ♿

Garin Susan Labiste  
10am-3pm; Sat, May 26 #29579; Sat, Jun 23 #29580

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)

### BASIC LAND NAVIGATION & ♿

Coyote Hills  
Susan Labiste  
10am-3pm, Sat, Jun 2 #29578

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 fee includes a compass and map. 14+ yrs.

Registration is required.  
Fee: \$23 (non-res. \$27)

### GEOCACHING FOR ALL **NEW!** & ♿

Oyster Bay Recreation staff  
2-5pm, Sat, Jun 9 #29599

Join Recreation staff for an informative introduction to Geocaching. Learn about various GPS units and how to use them properly. We will then teach about Geocaching, followed by finding caches in the park with your newly learned skills. GPS

## Registration information — register beginning April 3

[www.ebparks.org](http://www.ebparks.org) or 1-888-EBPARKS (1-888-327-2757), option 2

units provided. 8+ yrs.  
Registration is required.  
Fee: \$18 (non-res. \$20)

### FISHING-MY FIRST FISH! (GUARANTEED) & ♿ & ♻️

Shadow Cliffs Recreation Staff  
5-7pm, Wed, May 2 #29355  
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. 5-17 yrs.

Registration is required.  
Fee: \$40 (non-res. \$44)

### USING POLES FOR HIKING & OUTDOOR EXERCISE ♿

Various parks Jayah Faye Paley  
1:30-6pm, Thu, May 17 #29607 Coyote Hills  
9:30am-4pm, Sat, Jun 30 #29608 Tilden  
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 which poles fit you best. Class includes nature pole hike. Ages 18+.  
Registration is required.  
Fee: #29607, \$28 (non-res. \$32); #29608, \$45 (non-res. \$51)

### BOTANICAL PARK PRACTICE HIKE WITH POLES ♿

Tilden Jayah Faye Paley  
2-4:30pm, Fri, Jun 1 #29609  
Explore the uniquely beautiful native California Botanic Garden and practice

using poles on a variety of gentle terrain. This afternoon hike will be an opportunity to connect with nature as you refine your skills, build confidence and improve your performance. Previous pole class required. 18+ yrs.

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

### USING POLES FOR MOBILITY & BASIC WALKING ♿

Temescal Jayah Faye Paley  
1:30-5:30pm, Fri, Jun 29 #29610  
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 challenges navigate everyday obstacles and strengthen muscles that support your joints. Quality poles provided; discover optimal fit for you. 18+ yrs.  
Registration is required.  
Fee: \$28 (non-res. \$32)

### PARK'N IT SUMMER DAY CAMP & ♿

All dates meet 9am-4pm, Mon-Fri  
Jul 18-22 Contra Loma #28884 (6-12yrs)  
Jul 18-22 Temescal #28887 (6-12yrs)  
Jul 9-13 Ardenwood #28888 (5-12yrs)  
Spend a whole week in the Regional Parks! Recreation Leaders, Lifeguards, and Naturalists provide safe supervision and an action-packed week of hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors. Ask about our family discount (not available online and is not given once online registration is completed). Extended care is available only for July 9-13 session at Ardenwood (from 8-9 a.m. and 4-5 p.m., \$30 additional fee).  
Registration is required.  
Fee: \$200 (non-res. \$220) Scholarships are available.

### PARK'N IT LEADERS IN TRAINING & ♿

Various parks Philip Coffin  
8:30am-4:30pm, Mondays-Fridays,  
Jul 18-22 Contra Loma #28890  
Jul 18-22 Temescal #28891



Jul 9-13, Ardenwood #28892  
Jul 16-20, Coyote Hills #28893  
Jul 23-27, Coyote Hills #28894  
Looking for work experience or a career in parks & recreation? Want to work with a team of other teens in a fun day camp? Apply to be a Leader-in-Training and get hands-on job training and leadership experience. Under staff guidance, work with other teens in supervising campers, leading games, and helping run camp! Leaders-in-Training engage in several hours of training, teambuilding games, leadership development, and more. Leaders-in-Training are encouraged to work for several camp sessions! For more information or to apply, call 510-544-2566 or email [pcoffin@ebparks.org](mailto:pcoffin@ebparks.org). Applications available March 1; due by April 1. Interviews are in April, and we will notify the lucky selections by May 1. After successful completion of the application and interview, LITs will be able to register. Fee: \$50 (\$56 non-res.) 13-17 yrs.

## Registration information — register beginning April 3

www.ebparksonline.org or 1-888-EBPARKS (1-888-327-2757), option 2

### INTRO TO FLY-FISHING—

#### Fish 1st! 𠄎 𠄎

Lake Anza Fish First!  
7am-1pm: Sun, May 13 #29600;  
Sun, Jun 10 #29601

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)

#### BEGINNING FLY CASTING 𠄎 𠄎 𠄎

Shadow Cliffs Lois Kilburn  
8am-noon: Sat, May 19 #29602;  
Sat, Jun 9 #29603

Learn knots, roll cast, pick-up and lay down cast, false casting, and how to select equipment and set up your fly rod. Class is taught by a National Champion tournament caster. 15+yrs.

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

#### BIKING:

##### BEGINNING CYCLING FREE 𠄎 𠄎

Various parks Recreation Staff  
10am-noon, Sat, May 5; Sat, Jun 2.

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. Some prior bicycling experience required. **May 5**, MLK Jr. Shoreline, meet at Tidewater Boating Center (4675 Tidewater Ave, Oakland), 5 miles round trip. **June 2**, Coyote Hills, meet at Visitor Center, 3.5 miles round trip. Info: 510-544-2553. Rain cancels

#### BIKING:

##### ROAD CYCLING FREE 𠄎 𠄎

Various parks Recreation Staff  
1-4pm, Sat, May 5; Sat, Jun 2

Join us for a fun weekend ROAD CYCLE along scenic bike trails. Enjoy spectacular views and learn new bike routes. Distances (generally 10-15 miles) and attractions vary by location. 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. **May 5**, MLK Jr. Shoreline, meet at Tidewater Boating Center (4675 Tidewater Ave, Oakland), 9 miles round trip. **June 2**, Coyote Hills, meet at Visitor Center, 11 miles round trip. Info: 510-544-2553. Rain cancels.

#### BIKING: USS HORNET TOUR

##### & LUNCH 𠄎

MLK, Tidewater Eric Ahnmark  
9:30am-4pm, Sat, Jun 9 #29437

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. 10+yrs. Registration is required.  
Fee: \$35 (non-res. \$39)

#### BIKING: ANGEL ISLAND ADVENTURE 𠄎 NEW!

Crown Beach Eric Ahnmark  
8:30am-4pm, Sat, May 19 #29572  
All aboard for this bike + ferry + lunch adventure to Angel Island! Pedal, then ferry, to the historic island and explore by boat, by bike, and by foot the sights and attractions of the Perimeter Trail. Work up an appetite in time for lunch at the Cove Café (ferry and lunch included in fee). 8 miles round trip. 10+yrs.

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

### NEW! BOATING IN THE REGIONAL PARKS

We are now offering canoe and kayak trips for your school or community group! Trips are tailored to meet your boating needs, ages 8+, fees vary on length of experience and size of your group. Call (510) 544-2553 or email recreation@ebparks.org for more information.

#### FULL MOON PADDLE NEW! 𠄎 𠄎

Jack London Aquatic Center  
Recreation staff  
6:30-9:30pm, Fri, May 4 #29305  
Navigate the calm waters of the Oakland Estuary by moonlight! Join Outdoor Recreation staff as we guide you in this unique kayaking experience. We'll set off just before sunset, and watch the moon rise in the night time sky. Whether a beginner or novice kayaker, you will be sure to enjoy this leisurely paddle. 16+yrs.  
Registration is required.  
Fee: \$35 (non-res. \$39)

#### KAYAKING FOR FOLKS 50+ 𠄎 𠄎 𠄎

Various Parks  
Current Adventures  
10am-2pm: Sat, May 5 #29568 MLK,  
Tidewater; Sat, Jun 9 #29569 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)

#### BOAT TO BROOKS

##### ABOARD DELPHINUS 𠄎 𠄎

Brooks Island Dolphin Charters  
9:30am-4:30pm, Sat, May 5, #28899  
Join us for a relaxed boat ride. Participants will be ferried to the island via skiff to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. This is a trip you don't want to miss! 12+yrs.  
Registration is required.  
Fee \$72 (non-res. \$80)

#### KAYAKING FAMILY DISCOVERY 𠄎 𠄎 𠄎

Lake Chabot Current Adventures  
Noon-4pm, Sun, May 6 #29566  
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  
Registration is required.  
Fee: \$60 (non-res. \$66)

#### MOTHER'S DAY PADDLE NEW! 𠄎 𠄎

MLK, Tidewater Recreation staff  
8-11:30am, Sun, May 13 #29267  
Bring mom out and treat her to a kayak-

ing experience she'll never forget! Explore the estuary, paddling along this remarkable waterway in between the cities of Oakland and Alameda. From the Tidewater Boating Center, we'll head toward Coast Guard Island before making the return trip. 18+yrs.  
Registration is required.  
Fee: \$35 (non-res. \$39)

#### DISCOVER KAYAKING 𠄎 𠄎 𠄎

Lake Chabot Current Adventures  
10am-2pm: Sat, May 19 #29466; Sat, Jun 23 #29565  
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  
Registration is required.  
Fee: \$60 (non-res. \$66)

#### BROOKS ISLAND ADVENTURE 𠄎 𠄎 𠄎

Brooks Island California Canoe & Kayak  
10am-4pm: Sun, Jun 3 #28915; Sun, Jul 15 #28916; Sat, Aug 11 #28917; Sat, Aug 25 #28918; Sun, Sep 16 #28919; Sun, Oct 7 #28920  
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. Park-

ing fee will be charged at Richmond Marina. 14+yrs.  
Registration is required.  
Fee: \$85(non-res. \$95)

#### DISCOVER BAY KAYAKING 𠄎 𠄎

MLK, Tidewater  
Current Adventures  
11am-3pm, Sat, Jun 16 #29570  
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. 8+yrs.  
Registration is required.  
Fee: \$60 (non-res. \$66)

#### FATHER'S DAY PADDLE NEW! 𠄎 𠄎

MLK, Tidewater  
Recreation staff  
8-11:30am, Sun, Jun 17 #29343  
Bring dad out and treat him to a kayaking experience he'll never forget! Explore the estuary, paddling along this remarkable waterway in between the cities of Oakland and Alameda. From the Tidewater Boating Center, we'll head toward Coast Guard Island before making the return trip. Ages 18+yrs  
Registration is required.  
Fee: \$35 (non-res. \$39)



## FREE HIKING SERIES

### HEALTHY HIKES

9-11:30am, Sat, May 19, Jun 16  
Join Recreation staff for the fitness hikes listed below. We'll start with health benefits and safety tips, then start on our hike. Walk a portion or the entire hike, increasing your distance as stamina improves. Get back into hiking and meet other like-minded hikers while staying healthy!

### HIKING WITH KIDS

Various parks  
1-2:30pm, Sat, May 19, Jun 16  
Kids can stay healthy, too, by participating in the kid-friendly hikes listed below, designed to make walking fun. Hikes include breaks for games, searches, and activities. Parents or guardians must accompany children.

**Sat., May 19,** Hayward Regional Shoreline: meet at Hayward Shoreline Interpretive Center. **Sat., June 16,** Martin Luther King Jr. Shoreline: meet at Tidewater Boating Center (4675 Tidewater Ave, Oakland).  
Info: (510) 544-2553.

Tour the beautifully restored Patterson House Museum. Discover its history on tours lead by docents dressed in 19th-century clothing. This Queen Anne Victorian farmhouse is listed on the National Register of Historic Places and is operated as a museum of local history and Victorian life. Get tickets at the Train Station. Tours for children 6 and under are offered Thursday and Fridays at 2:30 p.m., Saturdays and Sundays at 11 a.m.

### ANIMAL FEEDING

Ardenwood Interpretive Staff  
3pm, every Thu-Sun in May & June  
Feed the pigs, check for eggs, and bring hay to the livestock. Learn the animals' favorite foods as you help shut the farm down.

### TODDLER TIME

Ardenwood Ranger Ira  
11-11:30am, Tue, May 1, 8, 15, 22, 29, Jun 5, 12, 19

Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, chores, and fun. **May 1:** Goats.

**May 8:** Chickens. **May 15:** Sheep. **May 22:** Rabbits. **May 29:** Pigs. **June 5:** Goats. **June 12:** Chickens. **June 19:** Sheep. (1-4 yrs.)

### DIG IT UP

Ardenwood Adam Miskic  
11am-noon, Saturdays in May  
Tending to a garden takes a bit of dirty work. Help us cultivate our soil, water our plants, and get rid of those pesky weeds.

### BUZZING BEES PART 1

Ardenwood Melissa Fowlks  
1-2pm, Sat, May 5  
What's the buzz? Ever wonder what life's like for a bee? Explore these little critters and their importance to the farm. Create buzzy paper bees for our bee mural!

### AFTERNOON FUN & GAMES

Ardenwood Interpretive Staff  
2-3pm, Sat, May 5, 12 & 1-2pm, Jun 2, 23  
Life on a farm wasn't all work and no play. Join us for some old-fashioned fun! Enjoy classic American pastimes including stilts, tug-of-war, and the potato-spoon race.

### SUNFLOWER FERTILIZER EXPERIMENT

Ardenwood Jenna Scimeca  
1-2pm, Sun, May 6, 13, 27 & Sat, May 19  
Do plants grow better with help? Find out with an experiment. Help plant sunflowers and sprinkle them with different organic fertilizers. At the end of the month we'll see which grows the best! Take home sunflower seeds and create an experiment in your own backyard!

### FLORAL ADVERTISING

Ardenwood Adam Miskic  
11am-noon, Sun, May 6, 27  
Ever wonder which bugs like which plants and why? Head over to our heirloom vegetable garden to find out and discover ways to encourage helpful insect garden visitors.

## Registration information — register beginning April 3

www.ebparksonline.org or 1-888-EBPARKS (1-888-327-2757), option 2

### BUZZING BEES PART 2

Ardenwood Melissa Fowlks  
1-2pm, Sat, May 12  
Do you know what pollen baskets, a proboscis, or a stamen are? Learn how bees collect, store, and sip nectar. Help create beautiful flowers to complete our mural.

### FARM CHORES FOR KIDS

Ardenwood Jenna Scimeca  
11am-noon, Sun, May 13  
Running a farm is hard work. But it's fun too! Lend a hand cracking corn and feeding the animals. You'll check the chickens and help with many other morning chores.

### TUSSIE-MUSSIE FOR MOM

Ardenwood Sara Witt  
2-3pm, Sun, May 13  
Victorians assigned meanings to flowers and sent messages via "tussie-mussies." Select a few blooms and create your own floral message for Mother or someone special.

### SATURDAY RAIL ADVENTURE

Ardenwood Railroad Museum  
11am-3:30pm, Sat, May 19 & Jun 23  
All Aboard! Take a relaxing ride on Ardenwood's railroad around the fields and through the eucalyptus groves. Enjoy the view as you learn the farm's and railroad's history.  
Fee: All-day pass \$1/person

### HAY HOISTING

Ardenwood Interpretive Staff  
2-3pm, Sat, May 19 & 26  
Make rope with our antique machine, then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

### FROM MOO TO YOU

Ardenwood Melissa Fowlks  
11am-noon, Sun, May 20  
One stomach or four? Learn about our cows' digestive abilities and why they are such an important animal on the farm.

### ROPE AND RHYMES

Ardenwood Sara Witt  
Noon-1pm, Sun, May 20  
Jump into the fun as we crank out some cool new skipping ropes on our old-fashioned machine. Learn traditional jump rope jingles and practice the double-dutch.

### LAMBS, KIDS, & PIGLETS OH MY!

Ardenwood Fowlks/Scimeca  
1-2pm, Sun, May 20 & Jun 3  
When is a lamb called a sheep? Who's a nanny? Who's a kid? What's a pig's favorite food? Discover fun animal facts on an afternoon stroll around the farm.

### LOVELY LADIES CROQUET

Ardenwood Patterson House Volunteers  
1-3pm, Sun, May 20 & Jun 10  
Social requirements did not limit Victorian ladies to watching sports from the sidelines. Enjoy watching a "very Victorian" croquet game played by our elegant volunteers.

### CHORES IN THE VEGETABLE GARDEN

Ardenwood Interpretive Staff  
2-3pm, Sun, May 6, 20, 27 & Jun 3  
Lend a hand planting seeds and turning compost in our heirloom vegetable garden. Learn vegetable fact and lore. A few tender vegetables may be ready to taste.

### THE WONDERS OF WOOL

Ardenwood Melissa Fowlks  
12:30-2pm, Sat, May 26  
Learn about our fleecy friends and how we can transform their wool into beautiful, bright hues with a surprising dye agent. Get ready to get a little messy!

### MEET THE BUNNIES

Ardenwood Interpretive Staff  
10:30-11am, Sat, Jun 2 & 23  
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

### FREE DAY & OPEN HOUSE ON MEMORIAL DAY

Ardenwood Interpretive Staff  
10am-4pm, Mon, May 28  
Celebrate the holiday with a day of fun! Help with the morning chores (11 a.m.-noon). Ride the train, tour the Victorian farmhouse, and watch the blacksmith at work. Taste "farm baked" cookies from our outdoor Country Kitchen (11 a.m.-1 p.m.), and try your skills at old-time games (noon-1 p.m.). Take a stroll with an interpreter and learn what life was like long ago (2-3 p.m.) and give the animals their afternoon meal (3 p.m.).

### CAJUN/ZYDECO MUSIC FESTIVAL

Ardenwood  
Aug. 11. Ticket sales begin June 1  
Bring the family on Aug. 11 for a day filled with the best Cajun/Zydeco music, dancing and delicious Southern and Cajun food. Visit the farm animals, shop specialty vendors and join some dance lessons. Our 16th Annual Festival features national and local bands — Chubby Carrier and the Bayou Swamp Band, Andre Thierry & Zydeco Magic, and more!  
Advance tickets June 1-Aug. 4 \$18/adults (16+years), \$3/children (4-15 years). For tickets go to www.RegionalParksFoundation.org under "Events" or call (510) 544-2202.  
At-the-gate prices: \$22/adults, \$5/children, free 3 years and under.