

WEDNESDAY WALKS

Explore new trails and make new friends as you get in some healthy outdoor activity with our friendly, Naturalist-led walking group. Hikers of all ages and abilities are welcome. Hikes begin promptly at 9:30am, and usually end by noon, except for longer hikes. Reservations are not necessary for these drop-in programs.

For more information, please contact Naturalist Christina Garcia at 510-544-3282 or CGarcia@ebparks.org, Naturalist Trail Gail at 510-544-3258 or GBroesder@ebparks.org, Naturalist Susan Ramos at 510-544-3187 or SRamos@ebparks.org.

April 18 Five Canyons – Deer Canyon Trailhead *moderate*
This is a moderate 4-plus mile hike to scenic ridgelines and charming oak-covered canyons. No restrooms are available. **Directions:** From I-580 eastbound, take the Grove Way exit (exit 37) and turn left. Turn right onto E. Castro Valley Blvd., then turn right onto Five Canyons Pkwy. Stay on Five Canyons Pkwy. for one mile, then turn right onto Recreation Center Road. Street parking is marked at the private recreation center by the Deer Canyon Trailhead. Naturalist Susan Ramos

April 25 Sunol Regional Wilderness *moderate/strenuous*
Take a peek at Mother Nature's bloomers. See plenty of gorgeous wildflowers on a moderately-strenuous loop hike on the Canyon View and McCorkle Trails. **Directions:** From I-680 in Sunol, head south on Calaveras Road for about 4 miles. Turn left at Geary Road and follow it into the park. 1895 Geary Road, Sunol, CA. Meet at the Green Barn Visitor Center parking area. Naturalist Christina Garcia

May 16 Wildcat Canyon – Alvarado Staging Area *strenuous*
The early history of Wildcat Canyon is similar to the history of all of California. Learn and explore on this hilly walk. Trail Gail

May 23 Brushy Peak *moderate*
From a distance, this hill stands out along the east horizon. Learn the cultural significance of this east county landmark while appreciating the unique beauty of the area. Moderate, 4.2 miles. **Directions:** From I-580 in Livermore, exit north at Vasco Road and immediately turn right onto Northfront Road. After about .8 miles turn left onto Laughlin Road and proceed approximately two miles to the staging area at the end. No registration, drop-in, for info Naturalist Christina Garcia 510-544-3282

June 6 Crocket Hills *strenuous*
Ranchlands and views, this park has lots to offer. We'll explore this beautiful area, including a segment of the Bay Area Ridge Trail. No registration, drop-in, for info Trail Gail (510) 544-2233

June 20 Hayward Shoreline *easy, (but long)*
Walk along a portion of the Bay Trail, past a sewage treatment plant, landfill, and a restored marsh on this flat 8+ mile hike. Bring water, snack and wear hat, sunscreen and comfortable hiking shoes. Meet at Hayward Shoreline at the end of Grant Ave. in San Lorenzo. Naturalist Susan Ramos

WEDNESDAY WALKS

June 27

Garin-Dry Creek Pioneer

moderate

Today's hike is an all-time favorite - four miles into a secluded canyon on a shady, single track trail. There is some uphill climbing on this moderately-strenuous route, and there may be some poison oak along the trails. You'll feel far away from the hustle and bustle of the city on this hike! **Directions:** From I-880 in Hayward, exit at Whipple/Industrial and go east on Industrial Parkway. Turn right on Mission Blvd., then take the next left, which is Garin Ave. Go up the hill to the park which is at the end of the road. Meet by the barn, 1320 Garin Ave, Hayward 94544. No registration, drop-in, for info: Naturalist Christina Garcia 510-544-3282

Hike Rating: *Easy* = flat, *Moderate* = a few rolling hills, *Strenuous* = some quite steep or prolonged uphill sections of trail, *Challenging*= substantial elevation gain

Rain: We hike in most weather conditions, except for heavy rain. Hikes will only be canceled at the trailhead the day of the hike, as weather is difficult to predict in the Bay Area's microclimates. Hikes may be re-routed due to trail conditions.

Bring: Wear footwear with good traction. Bring water, sunscreen, hat, sunglasses, & layered clothing.

Dogs: Friendly dogs are welcome on most hikes, except as noted, but must be leashed at all times and waste must be bagged and carried out.

Hikers Responsibilities: Sign in and out. Let a leader know if you are turning back. Wait at trail junctions if you're unsure of the route.

Accommodations will be made for visitors with disabilities upon request. Please call the naturalist at least 48 hours prior to the hike if you are unsure of your fitness level or require assistance.