Coast redwoods soar toward the sky at the East Bay Regional Park District’s Redwood Regional Park, Oakland.
See “Save the Redwoods League Celebrating 100 Years of Protecting Redwoods,” page 2.

East Bay Skyline National Trail in Sibley Volcanic Regional Preserve, Oakland.
2018 Marks the 50th anniversary of the National Trails System.
See page 2.

Inside:
Swim Lessons and Jr. Lifeguards • page 4
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Regional Parks Are Better Today Thanks to Measure CC
A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

Regional parks in western Alameda and Contra Costa counties are better today than they were in 2004 thanks to Measure CC. Measure CC funding has helped remove flammable and hazardous material, improved public access to regional parks, and helped take care of the natural habitat that wildlife depends on. However, Measure CC is set to expire soon.

Safe and Healthy Forests/ Wildfire Hazard Reduction:
Wildfires are potentially devastating to our parks, homes, lives, and forests. Thanks to Measure CC over 500 acres of urban forests and brush along East Bay ridgelines have been thinned. Each year, the Park District spends over $1.6 million on fire hazard reduction – much of it thanks to Measure CC. Additionally, with the help of the Civicorps youth job training program, the Park District recently treated 75 targeted sites in Wildcat Canyon Regional Park, Tilden Regional Park, Tilden Nature Area, Sibley Volcanic Regional Preserve, and Claremont Canyon Regional Preserve.

Better Public Access and Park Services:
Thanks to Measure CC many regional parks, trails and open spaces in western Alameda and Contra Costa counties have been repaired and upgraded, including visitor centers, staging areas, trails, picnic tables, restrooms, and water fountains, among others – allowing for better park experiences and enhanced educational programs.

Enhanced Wildlife Habitat:
Thanks to Measure CC, many natural areas in western Alameda and Contra Costa counties have been restored and preserved, including shorelines, marshes, wetlands, and urban creeks – helping protect habitat for endangered species.

Over the past year, the Park District has been evaluating park needs in the Measure CC area and engaging the community and stakeholders about a potential measure extension – with no change in the tax rate structure. For more information, visit ebparks.org/MeasureCC.

New Castleridge Trailhead
Opened at Pleasanton Ridge

On March 10 the East Bay Regional Park District dedicated the newly-completed Castleridge Trailhead at Pleasanton Ridge Regional Park – significantly increasing public access.

Trailhead amenities include street parking for up to 50 vehicles, a water fountain, and restrooms. A multi-use trail extends from the trailhead to the northern ridgeline of Pleasanton Ridge.

The trailhead project was a joint partnership between the Park District and the City of Pleasanton. The new trailhead is located close to the intersection of Foothill Road and Old Foothill Road, west of the City of Pleasanton’s Alviso Adobe Community Park.

Celebrating 100 Years of Protecting Redwoods

Since 1918, Save the Redwoods League has worked to protect and restore redwood forests and connect people to peace and beauty. The League has pioneered innovative, science-based forest-restoration work, educated thousands of students about the uniqueness and resiliency of these wild marvels of nature, improved access to parkland, and helped create parks and reserves that have touched the lives of millions of people from all over the world.

The East Bay Regional Park District partners with the Save the Redwoods League to offer educational programs at Redwood Regional Park – just one of the places redwoods can be seen in the East Bay. These interactive programs introduce schoolchildren to the wonders of redwoods and use science tools to teach them about climate change.

Explore the legacy of the Save the Redwoods League by visiting StandForTheRedwoods.org, where you’ll find upcoming events, history, and 100 ways you can celebrate redwoods during the League’s centennial celebration.
Managing healthy forests is a high priority at the East Bay Regional Park District. With 121,000 acres of open space in 73 parks throughout 33 cities, EBRPD’s Acting Assistant Fire Chief Brad Gallup shares the Park District’s plans for maintaining safe and healthy forests.

Q. What is meant by “managing a forest?”
A. At the East Bay Regional Park District, our fire department and park operations crews are managing forests every day. In many areas within our Regional Parklands, both native and non-native (Eucalyptus, for example) forests grow densely and are in need of management. Parklands are regularly assessed for hazardous vegetation conditions, and action is taken to remove or reduce hazardous, overgrown, or dead/dying vegetation.

Q. What are the benefits of reducing vegetation in parks?
A. Keeping our neighboring communities safe from wildfire is one significant reason the Park District cares so much about managing its dense forests. The visiting public also wants to see and use safe trails that provide healthy biodiversity. Ensuring a healthy habitat for native plants and animals is very important. The Park District also is required to manage lands for habitat protection for animals and native plants. Rare or threatened species, like Pallid manzanita, red-legged frog, and Alameda whipsnake are protected.

Q. What is the Park District’s prescription for effective forest management?
A. Fire prevention and vegetation management efforts require coordination between the District’s fire staff, park staff, ecologists and biologists, and specialty crews like Civicorps, contractors, and volunteers. These crews use chain saws and hand tools to cut limbs or remove vegetation. They sometimes also use prescribed burning to reduce the fuel load. Volunteers pull weeds or invasive plants like yellow star thistle that choke off healthier native plants. Of course, goats, sheep and cows are used in select locations to graze grassland areas.

Q. Why change what nature has created?
A. Managing forests and other wildland hazardous vegetation is very complex, labor intensive, and in many cases, needs to be repeated periodically. Fortunately, the Park District has been able to get funding from FEMA as well as specific voter-approved funding through Measure CC to perform this important fire prevention work. Dense stands of trees, dead branches and logs on the forest floor, and brush all contribute to the heavy fuel load. Reducing brush and dead, dying or unsafe trees also makes native plants healthier and gives animals enhanced habitat in which to thrive.
SWIM LESSONS
Swim Lessons are a great start to a safe fun summer around the water. We offer a wide range of American Red Cross swim levels for ages 6 months through teens (Adult lessons offered at Roberts). The Contra Loma classes meet Mon/Wed or Tue/Thurs for four weeks. The Roberts Pool classes meet Mon-Thurs for two weeks. Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons.

JUNIOR LIFEGUARD
Ready for fun and adventure? Our eight, one-week sessions pack loads of lifeguarding skills and engaging activities. Each session has a different theme but will always cover CPR, first aid, and water rescue skills. Offered at six facilities, this day camp meets from 9am-4pm, Mon-Fri. Scholarships are available. Offered for ages 8-12. For more information on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. No onsite registration.

JUNIOR LIFEGUARD AIDE
Learn leadership, communication, and team building skills in the Junior Lifeguard Aide program. Participants assist instructors and act as role models to young Junior Lifeguard participants by demonstrating and teaching skills as well as setting up and leading activities as directed by the lead instructor. This is a great opportunity to get a foot in the door if you would like to be a lifeguard. Offered for age 13-15. For more information regarding the Aide program and to receive an application, contact Aaron Roth at aroth@ebparks.org or call (510) 690-6624.

JUNIOR CADET
This program will challenge teens ages 14-18 mentally and physically. Develop skills in teamwork, professionalism, communication and other skills employers look for when hiring. Cadets 15+ will earn a lifeguarding certificate. Cadets should expect daily physical fitness activities, swimming and rescue skill training, first aid lectures, emergency procedure drills and insider knowledge of how to become a lifeguard. For information and an application, contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

RECREATION

PET FIRST AID/CPR
MLK, Jr. Shoreline  Peter Pay 9am-1pm, Sat, Jul 14 #21535 Learn how to save a pet’s life during an emergency, minimize trauma after injury and safely transport an injured pet to the veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate included in fee. 12+yrs. Registration is required. Fee: $50 (non-res. $56)

FLY-FISHING INTRODUCTION
Tilden  Fish First! 7am-1pm, Sun, Jul 15 #21515-Aug 12 #21521 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 2.5 hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 12+yrs. Registration is required. Fee: $60 (non-res. $66)

ARCHERY - INTRODUCTION
Roberts  Redwood Bowmen 10am-12pm, Sat, Jul 21 #21565; Aug 18 #21572; 1:30-3:30pm, Sat, Jul 21 #21597; Aug 18 #21594 Gain 90-minutes of archery coaching and practice at an outdoor range, with all equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction. 8+yrs. (adult supervision required for ages 8-13yrs). Registration is required. Fee: $20 (non-res. $22). Financial aid available.

ARDENWOOD
Ardenwood is open Tues-Sun from 10am-4pm. House tours are available by reservation only (call (510) 791-4196). Admission fees apply. For program and fee info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

ANIMAL FEEDING
Chicken Coop  Interpretive Staff 3pm, every Thu - Sun Check for eggs and feed the livestock. Learn all the animals’ favorite foods as we help tuck them in for the evening.
APPLE CIDER PRESSING
Ardenwood  Mindy Castle
11:30am-noon, Sun, Jul 1
Come help squeeze the juice from apples and discover how long people have enjoyed this as a tasty fruit treat! Afterwards, we'll taste a sample of our hard work.

FISH DAY FISH PRINTING
Big Break  Cat Taylor
9:10am-3pm, Sat Jul 7
Discover the beautiful art of gyotaku! We will practise the art of fish printing as part of our Catch of the Day event. We will print on paper, but participants may furnish fabric for a special project. 5-9yrs.

FRESHWATER FISH FUN
Big Break  Interpretive Staff
2:30pm, Sat Jul 7
Fins, gills, tails and scales: come reel in some amazing facts about Delta fish.

CATCH OF THE DAY! FREE!
Big Break  Recreation Staff
9am-3pm, Sat Jul 7
California's 2018 FREE Fishing Day is July 7th! Come to Big Break and learn the basics of fishing. Gear, bait and instruction provided. Fishing is limited to one hour per participant. Families welcome! Children must be accompanied by an adult. Minimum age to fish is 6yrs. Info: (510) 544-2554 or mseccombe@ebparks.org.

RIDE THE RAILS - TRAIN RIDES
Ardenwood  Railroad
Various times, every Thu, Fri & Sun
Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. Check the daily schedule and meet the train at Arden Station or Deer Park.

PATTERSON HOUSE TOURS
Ardenwood  Patterson House Docents
Various times, every Thu-Sun
Tour the beautifully restored Patterson House Museum. Discover the history of this 19-room Queen Anne Victorian farm house listed on the National Register of Historic Places which operates as a museum of local history and Victorian life. Tours are led by docents dressed in 19th century clothing and take about 45 minutes. Check for tickets at the Train Station upon your arrival. Special 15 minute tours for children 6 and under offered Thursday and Friday at 2:30pm, Saturday and Sunday at 11:30am. Info: (510) 791-4196

FARMYARD STORY TIME
Ardenwood  Mindy Castle & Pia Loft
10:30-11:30am, Sun, Jul 1; 12:30-1:30pm, Sun, Aug 12
The Little Red Hen, the Billy Goats Gruff and other farm friends are waiting to meet you! Join the story circle for some classic barnyard tales before visiting the main characters.

DIGGIN' THE GARDEN
Ardenwood  Interpretive Staff
11am-12:30pm, Sat, Jul 7, Aug 4
Our garden has been growing all summer. Lend a hand weeding, watering and planting our healthy vegetables. Discover the secrets of heirloom vegetables. We might even taste a few!

STILT WALKERS
Ardenwood  Interpretive Staff
2-3:30pm, Sat, Jul 7, Aug 11; Sun, Aug 12
Want to be taller? Improve your balance? Give stilts a try. It's fun. Guess why old-fashioned pastimes once included stilt walking, running with tubers (potato-spoon race), testing your strength (tug-of-war) and hopping like a bunny (sack races). Join the fun and test your skills!

CHORES FOR LITTLE FARMERS
Ardenwood  Interpretive Staff
10:30-11am, Sat, Jul 7, 21, 28, Aug 4, 18
Bring the little ones to the farm to meet the chickens. We'll listen to a story, feel a hen's feathers, and search the coop for eggs.

SUMMER SUNDAY MORNING PADDLE NEW!
MLK, Jr. Shoreline  Recreation Staff
7-10am, Sun, Jul 8 #22148
Relish the beauty of a summer Sunday morning by kayak! We will set off in our stable two-person kayaks and explore the calm waters of San Leandro Bay. Kayaks, instruction and all associated safety gear provided. Adult registration/participation required with registered children ages 12-17yrs. Registration is required. Fee: $35 (non-res. $39)

KAYAKING BIG BREAK
Big Break  Cat Taylor/Recreation Staff
9-11:30am, Sat, Jul 21 #22155;
Aug 4, #22157;
1-3:30pm, Sat, Jul 21 #22156;
Aug 4 #22158
Come ply the welcoming and wondrous waters of the Delta on this beginner (& up) kayak excursion. We will start off with dry-land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Adult registration/participation required with registered children ages 8-17yrs. Registration is required. Fee: $30 (non-res. $34)

SUNSET & FULL MOON PADDLE
Big Break  Cat Taylor/Recreation Staff
6:30-9pm, Wed, Jul 25 #21852
Paddle as the light of the setting sun and the rising moon sparkles on the waves. After dry-land instruction, we will wend our way in steady and stable two-seater kayaks. Adult registration/participation required with registered children ages 10-17yrs. Registration is required. Fee: $30 (non-res. $34)

BROOKS ISLAND ADVENTURE
Brooks Island  Naturalists/Recreation Staff
10am-4pm, Sat, Jul 28 #22150; Sun, Jul 29 #22151;
Sat, Aug 18 #22152; Sun, Aug 19 #22153
This trip is a short paddle in stable, two-person kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserve shoreline, then come ashore to enjoy a naturalist guided two-mile hike around the island which is normally closed to visitors. Adult registration/participation required with registered children ages 16-17yrs. Registration is required. Fee: $85 (non-res. $95)

KAYAKING - SUNSET PADDLE
MLK, Jr. Shoreline  Recreation Staff
6-9pm, Fri, Aug 24 #21888
Relish the beauty of the sunset by kayak! We will set off just before sunset and explore the calm waters of San Leandro Bay. Kayaks, instruction, and all associated safety gear provided. Adult registration/participation required with registered children ages 12-17yrs. Registration is required. Fee: $35 (non-res. $39)

KAYAKING FOR FOLKS 50+
MLK, Jr. Shoreline  Recreation Staff
10am-2pm, Wed, Aug 29 #22147
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines for paddling. Then practice what you have learned touring San Leandro Bay. Registration is required. Fee: $52 (non-res. $58)
FREE OUTDOOR MOVIE NIGHT!
Ardenwood Recreation Staff
8:30-10pm, Fri, Aug 17
Join us for a FREE family movie, Babe, rated G, 92 minutes. Movie begins shortly after sunset (8:30pm) and is a great way to spend the evening with loved ones. Arrive early to secure a good seat, and enjoy your surroundings. Bring a flashlight, warm clothes, and a blanket or chair for sitting. No pets. Rain cancels. Info: (510) 544-2567

ROPE MAKING & HAY HOISTING
Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Jul 14, Aug 4
Start by making rope the old-fashioned way – with our antique machine. Then see how rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

GOOD MORNING FARM
Ardenwood Interpretive Staff
10:30-11am, Sun, Jul 15, Aug 26
Rise and shine little farmers! Say “Good morning!” to the sheep and goats and lend a hand as we prepare a morning snack for the farm animals.

THE TALES OF PETER RABBIT
Ardenwood Mindy Castle
11am-noon, Sun, Jul 15
Who is that in Ardenwood’s garden? Why it’s Peter Rabbit! Come down to Ardenwood where we’ll listen to Peter’s adventures, learn about rabbits, and clean up our own garden.

COOKING IN THE COUNTRY KITCHEN
Ardenwood Interpretive Staff
11am-lpm, Sun, Jul 15, 22, 29, Aug 5, 12, 26
Stop by our outdoor farm kitchen and take a tasty step back in time! Discover how to cook with a wood-burning stove and sample the special of the day, be it savory or sweet. Pick up a historic recipe to try at home.

WHEAT HARVESTING
Ardenwood M. Castle & C. Garcia
1:30-2:30pm, Sat, Jul 21, 28; Sun, Jul 22, 29
Follow a plump wheat berry’s journey from the farm’s field to your table. You’ll bring in the sheaves of grain and thresh it to separate the wheat from the chaff. Next we’ll mill the grain into wholesome, stone-ground flour.

BEGINNING EMBROIDERY
Ardenwood Mindy Castle
1-2pm, Sun, Jul 15
Victorians loved to embroider, and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

THE LITTLE RED HEN
Ardenwood Christina Garcia
1:30-3:30am, Sun, Jul 21, 28
Who will help mill some wheat into flour? You will, after we read this classic tale and meet the main character in the flesh, er, feathers.

CORN MOSAICS
Ardenwood Interpretive Staff
12:30-1:30pm, Sat, Jul 21, Aug 18
Learn how to turn our beautiful Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

PUPPET SHOW
Ardenwood Max Cade
11-11:30am, Sun, Jul 22, 29
Come see the story of the Little Red Hen performed by our farmyard puppets.

PLAY WITH DOUGH
Ardenwood Mindy Castle
12:30-1:30pm, Sun, Jul 22, 29
Experience the ancient art of bread making. Sift flour, knead the dough and shape your very own pretzel that we will bake in the wood-burning stove.

MEET THE CHICKENS
Ardenwood Interpretive Staff
11-11:30am, Sat, Jul 21, 28
Check out our coop full of chickens! Discover why they like to roam around the farmyard and scratch and peck at the ground while you feed them a little snack.

POLE WALKING & POLE HIKING
Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and enhances your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve your desired performance while learning how to avoid joint stress or strain. Carefully select the class that suits your physical ability and inclination. A variety of top quality poles are provided at all seminars. Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole walks for practice.

POLES for BALANCE AND MAINTAINING MOBILITY
Kennedy Grove Jayah Faye Paley
9am-1pm, Thu, Aug 2 #22104
Easy-to-learn pole techniques and gentle exercises empower people to maintain independence, navigate everyday obstacles, reduce risk of falling, restore spine function, improve stamina and walking form. Strengthen muscles that support weight bearing joints. Optional lovely practice pole walk (approx. 1/3 mile). Special equipment provided. Registration is required. Fee: $45 (non-res. $51)

POLES 2: BOTANIC GARDEN PRACTICE HIKE
Tilden Jayah Faye Paley
8:30-10:45am, Fri, Aug 24 #22110
Refine, enhance and learn new skills on gentle, varied terrain. EASY practice hike - connect with nature while improving confidence, pole performance and body awareness. Explore Beautiful Native Garden: Botanically experience California in springtime. “Test drive” different pole models; learn which fit you and will help you achieve your goals. Hike is about 3 miles. Registration is required. Fee: $55 (non-res. $61)

POLES: BASIC SKILLS & TECHNIQUES PLUS HIKE
Redwood Jayah Faye Paley
8:30am-3:00pm, Sat, Jul 28 #22103
Experience the Basic Skills & Techniques morning class plus a lovely, shaded practice hike. Learn individualized strategies for improving your trail performance. “Test drive” different pole models; learn which fit you and will help you achieve your goals. Hike is about 4 miles. Registration is required. Fee: $55 (non-res. $61)

POLES: BASIC HIKING SKILLS & TECHNIQUES
Roberts Jayah Faye Paley
8:30am-1:00pm, Sat, Aug 25 #22111
Morning session helps hikers learn poles, trail and body skills. Beginner to experienced hikers learn techniques without the additional challenge of the practice hike in the afternoon. Uphill: Improve power, endurance, spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees! Registration is required. Fee: $45 (non-res. $51)

TRAILS CHALLENGE FREE
We challenge you to complete 5 featured trails by December 1, 2018. The guidebook features trails for all fitness levels as well as tips for new trail users. Go “green” by downloading the guidebook at ebparks.org – print only what you need. Go to http://www ebparks.org/TC for more information, and to use AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log to Reservations. Kaiser Permanente is a major sponsor of this program.

A program in partnership with...
**MEET THE FARMER: WHAT’S THE BUZZ ABOUT BEES?**

_Ardenwood _ Interpretive Staff
10:30-11:30am, Sun, Aug 19

Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer’s best friend.

**MEET THE FARMER: GROWING A GREEN THUMB**

_Ardenwood _ Pia Loft & Ari Curtis
10:30-11:30am, Sun, Aug 19

Growing food is fun! Join us in our vegetable garden for hands-on practice while our farmer teaches us the tricks of the trade. Beginners and experts alike will have a great time growing their green thumb.

**GARDEN BUG SAFARI**

_Ardenwood _ Pia Loft
Noon-1pm, Sun, Aug 26

Discover the mysterious world of bugs as we explore our vegetable garden. We will observe these tiny farmers at work and tell their stories through arts and crafts.

**BIG BREAK**

**NATURE PHOTOGRAPHY EXHIBITION**

Big Break Cat Taylor
5-7pm, Fri, Aug 17, Sat, Aug 18, Sun, Aug 19

Have you taken a nature photo in one of the East Bay Regional Parks that you would like to share with others? Enter our photography exhibition! Email bigbreakvisit@ebparks.org for info. Entries due Aug 4. Reception/photo hike Aug 17. Photography display Fri, Aug 17 to Sun, Aug 19.

**WATERCOLOR LANDSCAPE**

Big Break Cat Taylor
10am-12pm, Fri, Aug 17, Sat, Aug 18, Sun, Aug 19

How could one depict a landscape before the invention of a camera? Let’s take in the scenery and get creative with watercolor paints!

**HOWLING AT THE MOON**

Big Break Nichole Gange
7:30-9pm, Wed, Jul 25

Crouch down and listen. We’re going to explore Big Break using our senses like a coyote during the full moon.

**SUMMER FOLIAGE**

Big Break Interpretive Staff
2-3pm, Sat, Jul 28

Take in the Delta’s delightful colors of summer and learn about the trees in our park.

**CRITTER CLUES**

Big Break Interpretive Staff
2-3pm, Sun, Aug 5

Discover which animals roam our wetlands! Examine chewed branches, listen to bird calls and keep a lookout for animal tracks as you become a Big Break critter detective.

**ARACHNID ADVENTURES**

Big Break Interpretive Staff
2-3pm, Sat, Aug 11

Our eight-legged residents are prowling the park! For food? Drop by to learn about spiders and join us in fun arachnid activities!

**PERSEIDS METER SHOWER**

Big Break Cat Taylor
8-9:30pm, Sat, Aug 11

Enjoy this annual celestial event as meteors dance across a backdrop of stars. Bring a flashlight, blanket or reclining chair and dress for evening breezes. Meet at amphitheater.

**RAMBUNCTIOUS REPTILES**

Big Break Interpretive Staff
2-3pm, Sun, Aug 19

Snakes, Turtles, Lizards, Oh My! Come join us on a sunny stroll while learning about local reptiles.

**CHALK THE WALKS**

Big Break Nichole Gange
6-8pm, Tue, Aug 21

Transform the park patio into art. Join the 7th annual international Chalk the Walks event of spreading joy, optimism and inspiration through the magical power of sidewalk chalk. Chalk provided.

**BOUNTIFUL BIRDS**

Big Break Interpretive Staff
2-3pm, Sat, Aug 25

Fly on in for some winged-wonder. We’ll soar through fun facts about beaks, eggs, feathers & feet!

**BLACK DIAMOND**

Greathouse Visitor Center is open 10am-4:30pm, weekends March through November. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Parking Fee: $5.

**HAZEL-ATLAS SILICA-SAND MINE TOUR**

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov

Greathouse Visitor Center - Explore the recently extended tour route on a 1-hour, guided, small-group tour. Reservation tours offered at 10am (only for groups of 10-15), as well as 11am and 2pm. First-come, first-served tours offered at noon and 3pm. Additional first-come, first-served tours may be offered, when demand is high and staffing permits. Reserve in advance online or by phone. Day-of ticket sales available only at Greathouse Visitor Center, where tours begin. 7+ yrs. Fee: $5.

**BEAT THE HEAT HIKE**

Black Diamond Eddie Willis
8:30-10am, Sun, Jul 1

Take an early hike through woodlands and chaparral, then cool off near one of the mine openings. Meet at upper parking lot.
**July 2018**

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1. **Ardenwood**: Train Rides, Farmyard Story Time, Apple Cider Pressing, Patterson House Tours, Fun With Felting, Animal Feeding
3. **Black Diamond**: Beat The Heat Hike, Hazel Atlas Mine Tours
4. **Crab Cove**: Family Nature Fun Hour, Fish Feeding Time
5. **Del Valle**: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play
6. **Sunol**: Wild Wonders, Critter Crafts

**Contrary Loma**: Leaders in Training, Park’n It Day Camp

**Coyote Hills**: Wednesday Walks

**Del Valle**: Days of the Pioneer Campfires

**Anthony Chabot**: Campfire Programs

**Ardenwood**: Independence Day Celebration

**Crab Cove**: Alameda 4th of July Parade, 4th of July Open House

**Del Valle**: Scenic Boat Tour

**Ardenwood**: Train Rides, Patterson House Tours, Animal Feeding

**Del Valle**: Days of the Pioneer Campfires

**Anthony Chabot**: Campfire Programs

**Ardenwood**: Train Rides, Farmyard Story Time, Apple Cider Pressing, Patterson House Tours, Fun With Felting, Animal Feeding

**Black Diamond**: Beat The Heat Hike, Hazel Atlas Mine Tours

**Crab Cove**: Family Nature Fun Hour, Fish Feeding Time

**Del Valle**: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play

**Sunol**: Wild Wonders, Critter Crafts

**Tilden**: Talk With The Animals, Meet the Reptiles, Spider Safaris

**Feeding Time**

**Hazel Atlas Mine Tours**

**Discoveries, Freshwater Fish Fun**

**Fish Printing, Testing The Water, Delta Discoveries**

**Black Diamond**: Beat The Heat Hike, Hazel Atlas Mine Tours

**Camp of Curiosities**

**Crab Cove**: Alameda Walks, Family Nature Fun Hour - Campfire, Fish Feeding Time

**Del Valle**: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play

**Del Valle**: Campfires

**Pittsburg Library**: Gift of Green

**Quarry Lakes**: Bird Walk

**Sunol**: Wild Wonders, Critter Crafts

**Tilden**: Farm Chores For Littles, Bee Count!
Regional in Nature

1
Big Break: Coffee Talk & Delta News

2
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

3
Kennedy Grove: Poles for Balance & Maintaining Mobility

4
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Del Valle: Days of the Pioneer Campfires

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Chores For Little Farmers, Meet The Chickens, Patterson House Tours, Horn Mosaics, Stilt Walkers, Animal Feeding

Black Diamond: Baby Snakes, Hazel Atlas Mine Tours

Coyote Hills: Hotshot Hummingbirds, Discovery Days, Canine Capers Walk

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Crown Beach: Searching for Shorebirds

Del Valle: Fishing - Bass Basics, Lakeside Cup of Joe, Incredible Edible Insects, Beach Blast, Scenic Boat Tour, Nature Journaling, Patio Play, Campfires

McLaughlin Eastshore: Birds of a Saturday Morn

Roberts: Poles: Basic Hiking Skills & Techniques

Sunol: Wild Wonders, Critter Crafts

Tilden: Farm Chores For Littles, Super Chill Nature Experience

10
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

11
Alameda Bay Trail: Alameda Walks

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Meet The Chickens, Patterson House Tours, Victorian Table Top Games, Stilt Walkers, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Arachnid Adventures, Perseids Meteor Shower

Black Diamond: Hazel Atlas Mine Tours

Coyote Hills: Nectar Garden Fun Day, Discovery Days, Cart of Curiosities

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Nature Journaling: Tracks and Signs, Patio Play, Campfires

Point Pinole: Birds of a Saturday Morn

Robert: Archery Introduction

Round Valley: Quiet Night Hike

Sunol: Wild Wonders, Critter Crafts, Nature is Lit

Tilden: Farm Chores For Littles, Spidering

12
Ardenwood: Train Rides, Meet The Farmer, Cooking In The Country Kitchen, Patterson House Tours, Farmyard Story Time, Stilt Walkers, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Second Sundays Campfire

Black Diamond: Hazel Atlas Mine Tours

Contra Loma: Nature's Corner

Coyote Hills: Discovery Days, Ohlone Village Site Tour

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Lakeside Cup of Joe, Beach Blast, Scenic Boat Tour, Patio Play, Campfires

Garin: Bird Walk

Sunol: Wild Wonders, Critter Crafts

Tilden: Farm Chores For Littles

13
Ardenwood: Train Rides, Meet The Farmer, Cooking In The Country Kitchen, Patterson House Tours, Rabbit Rendezvous, Old-Fashioned Fun, Animal Feeding

Big Break: Testing The Water, Delta Discoveries, Critter Clues

Black Diamond: Hazel Atlas Mine Tours

Contra Loma: Nature's Corner

Coyote Hills: Discovery Days, Willows Hike

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Del Valle: Snake Feedings, Beach Blast, Scenic Boat Tour, Patio Play

Hayward Shoreline: Birding The Shoreline

Sunol: Wild Wonders, Critter Crafts

Tilden: Tule Berry Basket, Talk With The Animals, Tule Float-Make a Mini Tule Boat

14
Big Break: Big Break Littles

Sunol: Outdoor Discoveries: Star Power

Tilden: Little Farm Camp

15
Leona Canyon: The Over-The-Hills Gang

Redwood: Hikes for Tykes

Ardenwood: Toddler Time

MLK Jr Shoreline: Hikes for Tykes

Tilden: The Over-The-Hills Gang

Point Pinole: Wednesday Walks

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Del Valle: Days of the Pioneer Campfires

Martin Luther King Jr: Kayaking

Tilden: Poles 2: Botanic Garden Practice Hike

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Bunny Love, Animal Feeding, FREE Outdoor Movie Night!

Big Break: Nature Photography Exhibition

Del Valle: Days of the Pioneer Campfires

Tilden: Campfires, Bountiful Birds

Black Diamond: Baby Snakes, Hazel Atlas Mine Tours

Coyote Hills: Hotshot Hummingbirds, Discovery Days, Canine Capers Walk

Crab Cove: Family Nature Fun Hour, Fish Feeding Time

Crown Beach: Searching for Shorebirds

Del Valle: Fishing - Bass Basics, Lakeside Cup of Joe, Incredible Edible Insects, Beach Blast, Scenic Boat Tour, Nature Journaling, Patio Play, Campfires

McLaughlin Eastshore: Birds of a Saturday Morn

Roberts: Poles: Basic Hiking Skills & Techniques

Sunol: Wild Wonders, Critter Crafts

Tilden: Farm Chores For Littles, Super Chill Nature Experience

20
Shadow Cliffs: Lakeside Littles

Sunol: Outdoor Discoveries

Big Break: Chalk the Walks

MLK Jr Shoreline: Hikes for Tykes

Tilden: The Over-The-Hills Gang

Point Pinole: Wednesday Walks

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

Del Valle: Days of the Pioneer Campfires

Martin Luther King Jr: Kayaking

Tilden: Poles 2: Botanic Garden Practice Hike

Anthony Chabot: Campfire Programs

Ardenwood: Train Rides, Bunny Love,
Bird Walks

Birding for Beginners, Del Valle, July 21, page 11.
Birding the Shoreline, Hayward Shoreline, Aug 5, page 13.
Thursday Birding: Raptor Baseline, Various Parks, July 26, page 14.

Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house, and sweat house.

CART OF CURiosITIES (HPHP)
Coyote Hills Interpretive Staff
11:30-noon, Sat, Jul 7, 9-11am, Sat, Jul 28, 1-3pm, Sat, Aug 11.
The Curiosity Cart, filled with wonders of cultural and natural history, is hidden somewhere within the park. Find it and discover the secrets it shares!

HISTORY OF COYOTE HILLS (HPHP)
Coyote Hills Interpretive Staff
9:30-11:30am, Sun, Jul 8
Walk the Bayview trail while discovering the geologic, human, and military history of Coyote Hills. Meet at the Quarry Parking Lot. 5+yrs.

OHlone PEOPLE & Culture (HPHP)
Coyote Hills Interpretive Staff
1-2:30pm, Sun, Jul 8 & Aug 12

Learn about Ohlone people and their intimate relationship with nature, family, and their ancestors. We'll discuss the important values of generosity and fairness that continue to resonate with Ohlone people today. 8+yrs.

NECTAR GARDEN Fun Day (HPHP)
Coyote Hills Interpretive Staff
10-11:30am, Sat, Jul 14 & Aug 11
Come face-to-face with a caterpillar, chrysalis, or butterfly during this drop-in program. Make a butterfly-themed gift, and learn how to garden with plants that attract butterflies.

NATuRE JournalING (HPHP)
Coyote Hills Interpretive Staff
10-11:30am, Sat, Jul 14 & Aug 11
Make a nature journal and fill it with your sketches, leaf rubbings, and scientific observations as we explore the nectar garden and surrounding hills. Parent participation required. 5+yrs.

STORIES UNDER An OAK (HPHP)
Coyote Hills Interpretive Staff
11-noon Sat, Jul 21 & Sun, Jul 29
Settle in for story time under the canopy of a majestic oak. Parent participation required.

WILLOWS HIKE (HPHP)
Coyote Hills Interpretive Staff
1-2:30pm, Sun, Aug 5
Quarry Parking Lot — Come explore the least-explored part of the park as we visit the marsh, Ohlone village site, and Willows Trail. Wear sturdy shoes, sunscreen and bring water on this easy, flat 2.5-mile hike. 14+yrs.

THE HILLS Are Alive (HPHP)
Coyote Hills Interpretive Staff
8:30-11am, Sun, Aug 12
Go up and down the red hills to explore the geology, wildlife and human history of this very special place. Wear sturdy shoes, sunscreen and bring water on this steep 2.5-mile hike. 14+yrs.
Join us over tales and songs about worms, fungus, leaves and flowers, predators, prey, and more!

POETRY IN NATURE
Crab Cove  Emmanuel Williams & Michael Charnofsky
10:30am-noon, Sun, Jul 22
What can a crab teach me, or an egret… or the wind? What can I learn from nature? Create poetry, with local poet Emanuel Williams, as we explore the shore.

BUSY SUMMER BEACH CLEANUP
Crab Cove  Morgan Dill
10:30am-Noon, Sun, Aug 26
The best days of summer start on the beach. Help pick up washed-up litter, and maybe even find strange items to add to our Museum of Coastal Cleanup Oddities. Bring buckets and gloves, or borrow ours.

CELEBRATE NATIONAL ICE CREAM MONTH
Crab Cove  Susan Ramos
11am-1pm, Sat, Jul 21
Go on a beach walk to learn the secret sea ingredient contained in ice cream. Then lend a hand- cranking out the old fashioned frozen treat to celebrate National Ice Cream Month!

EARLY-EARLY GRUNION SEARCH
Crab Cove  Susan Ramos
12:30am-2:30am, Sat, Jul 14 #21779
12:30am-2:30am, Sun, Aug 12 #21784
Otis St. Parking Lot - On full and new moon nights, a fish called the grunion appears on sandy beaches to spawn. Help search the shore to see if they are here in the San Francisco Bay! Ages 11-18 require adult participation. Registration is required.

SEARCHING FOR SHOREBIRDS
Elise Roemer Bird Sanctuary  Susan Ramos
8:30-10:30am, Sat Aug 25
Beginners welcome and encouraged as we search for early returning shorebirds along the bay. Binoculars available to borrow.

ALAMEDA WALKS
Crab Cove  Interpretive Staff
9-10:15am
Sat, July 7: Crab Cove to Grand Ave: Explore the shoreline and learn about Crown Beach wildlife. Then observe fish at the Bath House, part of EBRPD’s Mobile Fish Exhibit. Sat, Aug 11: Encinal Beach to The Hornet: Appreciate amazing views of city skylines, the bay and wildlife as we discuss the past and future of surrounding lands and historic monuments.

CONCERTS AT THE COVE
Crab Cove  Interpretive Staff
5:30-7:30pm, Fri, Jul 13 & Aug 10
Start your weekend with free music and family fun as the sun sets over San Francisco Bay. The Visitor Center stays open until 8pm with activities on our deck starting at 4:30pm. Bring your blanket or lawn chair and a picnic dinner, or purchase local food and beverages here. Parking on Webster St. or Crown Beach lot at Otis. Sponsored by the Alameda Rotary Club, Regional Parks Foundation, and East Bay Regional Park District.

DECEMBER

DEL VALLE

All programs meet outside the Del Valle Visitor Center unless otherwise noted. Info: (510) 544-3146 or dvalvisit@ebparks.org.

LAKESIDE CUP OF JOE
Del Valle  Interpretive Staff
9-10am, Every Sat, Jul 7 to Aug 25
Wander over to the Visitor Center for a free cup of coffee and find out what’s happening around the park. How's the fishing, what wildlife has been seen, and what's planned for the weekend?

PATIO PLAY
Del Valle  Interpretive Staff
4-4:30pm, every Sat and Sun, Jul 7 to Aug 26
Discover the wonders of the lake and land through games, activities, and crafts.

DEL VALLE SNAKE FEEDINGS
Del Valle  Interpretive Staff
11-11:30am, Every Sun, Jul 7 to Aug 26
Meet our resident gopher snake, Julius Squeezey for an up-close and personal visit. If he is hungry, we’ll be able to feed him his lunch as well.

LAKE DEL VALLE SCENIC BOAT TOUR
Del Valle  Interpretive Staff
1-2:30pm, every Sat and Sun, Jul 7 to Aug 26
East shore boat concession - Catch a cool breeze as you explore the lake the easy way - by boat. Find out about the creatures below, above, and on land while you hear the history of the area. Bring a jacket, and binoculars, if you have them. Purchase tickets at the marina from 6am, or at the Visitor Center when it is open.

BEACH BLAST
Del Valle  Interpretive Staff
1-1:15pm, 3-3:15pm, 5-5:15pm, every Sat and Sun, Jul 7 to Aug 26
West shore beach - The whistle blows; lifeguards clear the water for a 15-minute swim break. Join us for a beachside nature break! We have games, animals, and more to explore before the whistle blows again!

NATIONAL ICE CREAM DAY!
Del Valle  Ashley Adams
2-3pm, Sun, Jul 15
Celebrate National Ice Cream Day at the lake and learn about this cool treat we all love! Try your hand at making it the old-fashioned way.

BIRDING FOR BEGINNERS
Del Valle  Constance Taylor
3-5pm, Sat, Jul 21
New to birding? This is the event for you! Learn basics like body shape, flight pattern, and habits on this easy hike along the shore. Binoculars provided.

STARGAZING AT DEL VALLE
Del Valle  Constance Taylor
8:30-10pm, Sat, Jul 11
Arroyo Road staging area - Be dazzled by the constellations of the summer sky! See star clusters, nebulae, and Tri-Valley. Stargazers will be there with telescopes. Bring blankets, flashlights, and dress in layers.

NATURE JOURNALING: TRACKS AND SIGNS
Del Valle  Constance Taylor
2:30-4:30pm, Sat, Aug 11
Nature is an open book if you know what to look for. Using journaling techniques to record observations and sharpen our senses, we’ll find the clues animals leave behind.

PERSEID METEOR SHOWER!
Del Valle  Constance Taylor
8-10pm, Sun, Aug 12
Del Valle and Mendenhall Rd. - Enjoy the Perseid meteor shower at its peak! Discover the stories of the summer constellations and marvel at the stellar display. Bring a blanket, flashlight, and dress in layers.

WOODLAND WANDER
Del Valle  Ashley Adams
9-11:30am, Sun, Aug 19
Public Boat Launch - Walk through woodlands and discover how wildlife depends on oaks. This 3-mile loop will begin along the lake and take us up into the hills for an eagle eye view.

INCREDIBLE Eatable insects
Del Valle  Constance Taylor
12-2pm Sat, Aug 25 #21613
Packed with protein and found absolutely everywhere, insects feed the world! Discover how other animals find and consume these delectable nuggets, then give it a try yourself with some insect edibles. Registration is required.
**SUNOL**

Unless otherwise noted, all programs meet at the Sunol Visitor Center, open weekends 10am-4pm. Info: (510) 544-3249 or svisit@ebparks.org.

### OUTDOOR DISCOVERIES

#### Sunol

**WILD WONDERS**

Sunol | Ashley Adams
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10:30am-noon, Mon, Jul 2, Jul 23, Aug 6, Aug 20

Come explore the world around you in this hands-on preschool and home school nature series! We will discover, adventure and create in the outdoor classroom of Sunol.

**Aug 6: Star Power #21462**

9-10am, Mon, Aug 19

Enjoy a vigorous (and potentially foggy) 4-mile round-trip hike to the top of Wildcat Peak... at sunset! Wear comfortable hiking shoes and bring water and a flashlight.

**WAX: IT’S THE BEE’S KNEES!**

Tilden Nature Area | Jenna Scimeca
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1-2pm, Sat, Jul 28

What’s the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and sample local honey.

#### TILDEN NATURE AREA

The Environmental Education Center is open Tue-Sun, 10am-4:30pm. The Little Farm is open daily. Info: (510) 544-2233 or tnarea@ebparks.org.

**Talking With the Animals**

Tilden Nature Area | Interpretive Staff
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11:10am-11:30am, Every Sun in Jul & Aug

Get up close and personal with the animals that call the Little Farm and Nature Area home. Learn how they move, how they find their food, and how they keep safe from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

**Fun With Felting**

Tilden Nature Area | Jenna Scimeca
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1-2pm, Sat, Jul 14

Come find out how we can turn sheep’s wool into cloth! Practice your hand at wet felting and make your own felted creation.

**NATURE IS LIT**

Sunol | Constance Taylor
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9-11am, Sat, Aug 18

From mesmerizing to horrifying, there’s always something mind blowing happening in nature. This program is straight outta Reddit headlines and into reality! Come out on a 5-mile hike for a supercut of nature’s best!

**Backyard Bounty**

Tilden Nature Area | Kate Holum
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1:30-3:30pm, Sun, Aug 5 #21584

First we'll make a berry gathering basket for the whole family! Illuminate your nocturnal neighbors have been up to. Fun for the whole family!

**TULE BOAT**

Tilden Nature Area | Trail Gail
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10am-1pm, Sun, Aug 5 #21584

We'll collect various tiny things, then look at them under the microscope. Perfect for tots!

**Summer Splashdown!**

Sunol | Ashley Grenier
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1-2:30pm, Sun, Jul 8, Aug 19, Aug 26

We’ll keep cool in the pools of Alameda Creek as we investigate the stream’s diverse wet wildlife with dipnets in hand. Wear closed-toe shoes.

**Fall Chores For Littles**

Tilden Nature Area | Brianna Contaxis-Tucker
--- | ---
1:30-2:30pm, Sat, Jul 21

Shake, stir, and steam a sweet treat and make ice cream. Come learn about ice cubes and sugar crystals.

**The Itsy-Bitsy Spider...**

Tilden Nature Area | Jenna Scimeca
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3-3:30pm, Sun, Jul 21

...went down the water spout and built a beautiful web! Join us for a hike around the farm to see where our littlest critters hide. Bring your magnifying glasses!

**Nature Journaling: Spectacular Skulls**

Del Valle | Constance Taylor
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3-4:30pm Sat, Aug 25

What is it? Why does it look like that? Learn how to “read” a skull to deduce who's head you're holding, and draw basic skull anatomy.

**Tule Berry Basket**

Tilden Nature Area | Jenna Scimeca
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10am-1pm, Sun, Aug 5 #21584

Dandelions and other wild plants from your backyard or garden can be nutritious and tasty. Learn how to identify these edible so-called weeds, help make a simple salad with them, then sample your efforts.

**Chores for Little Gardeners**

Tilden Nature Area | Jenna Scimeca
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1-2pm, Sat, Jul 29

Lend a hand weeding, watering and planting your healthy vegetables. We might even taste a few! Meet at the Kids’ Garden.

**Dancing with the Trees**

Sunol | Ashley Adams
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1-2:30pm, Sun, Jul 29

People have been dancing to music outdoors for centuries. Explore how nature influences the moves we make and get moving in this fun class for all ages and abilities!

**NATURE ROCKS!**

Sunol | Ashley Adams
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10am-12:30pm, Sun, Aug 12

Really, it does! Come see why geologists from near and far visit the park to marvel at the majesty formations and complex history behind the stones of Sunol.

**Tule Float – Make a Mini Tule Boat**

Tilden Nature Area | Trail Gail
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2:30-3:30pm, Sun, Aug 5 #21584

Enjoy a vigorous (and potentially foggy) 4-mile round-trip hike to the top of Wildcat Peak... at sunset! Wear comfortable hiking shoes and bring water and a flashlight.

**Backyard Bounty**

Tilden Nature Area | Kate Holum
--- | ---
1:30-3:30pm, Sun, Aug 5 #21584

First we’ll make a berry gathering basket, one of the most useful plants around, then go out and test their effectiveness in the Nature Area. 8+yrs. Fee: $5 (non-res. $7). Registration is required.

**Tule Float – Make a Mini Tule Boat**

Tilden Nature Area | Trail Gail
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2:30-3:30pm, Sun, Aug 5 #21584

Enjoy some edited footage from motion activated trail cameras. See what your nocturnal neighbors have been up to. Fun for the whole family!
YOU OTTER CARE
Tilden Nature Area  Kate Holm
1-2pm, Sun, Aug 12
... About otters! Come learn about these cute, furry visitors and their important role in the balance of nature.

NATURE EXPLORATION
Tilden Nature Area  Trail Gail
3-4pm, Sun, Aug 12
Awaken your five senses and your imagination while exploring nature. We'll look for critters, tracks, & slugs oh my! Dress to get dirty and maybe wet.

THE SKY IS FALLING – EVENING WALK
Tilden Nature Area  Trail Gail
8-11pm, Sun, Aug 12
The sky isn't falling, it's the Perseid Meteor Shower! We'll walk to the peak hoping to see shooting stars, the remaining pieces of a comet, before heading back. Bring flashlight. Dress for an evening hike. 8+yrs.

SPIDERING
Tilden Nature Area  Anthony Fisher
2-3:30pm, Sat, Aug 18
Late summer is a good time for spidering. Meet a pet tarantula, and then out into the field to look for wild spiders!

SUPER CHILL NATURE EXPERIENCE
Tilden Nature Area  Anthony Fisher
2-3:30pm, Sat, Aug 25

TILDEN ATTRACTIONS – HIKE
Tilden Nature Area  Trail Gail
9am-3:30pm, Sun, Aug 26
Experience Tilden a different way – on foot. Nature Area, Carousel, Steam-Train, and Gardens we’ve got it all. We’ll hike to the different attractions and discover their history & connection. 8+yrs.

OTHER PARKS

GIFT OF GREEN
Pittsburg Library  Kevin Dixon
1-2pm, Sat, Jul 7
Nearly everything we hold dear depends on the world of plants. Dig into the lives of plants during this kid-centered afternoon at the Pittsburg Library: 80 Power Ave. Pittsburg, CA. 5-12 yrs. Info: (510) 544-2750.

BIRD WALK
Various Parks  Kristina Parkison
8-10am, Sat, Jul 7 – Quarry Lakes, Aug 4 – Garin
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8+yrs. Info: (510) 544-3220.

CAMPFIRE PROGRAMS – ANTHONY CHABOT
Anthony Chabot  Interpretive Staff
8-9pm, every Sat in Jul & Aug
Campground Amphitheater - Free! Join us for after-dark fun! Learn about the parks and nature around you through games, songs, photos and stories around the campfire. We’ll have a new topic each week. Even if you’re not camping, you’re welcome to join us for the program! Dress warmly. Info: (510) 544-3187.

DAYS OF THE PIONEER CAMPIRES
Del Valle  Interpretive Staff
7:30-9, Every Fri Jul 6 to Aug 24
Campground Amphitheater - What was Del Valle like before there was a lake? Discover the valley’s history through hands on activities and stories during this family campfire. Memorial Day weekend to Labor Day weekend.

DEL VALLE CAMPFIRES
Del Valle  Interpretive Staff
8:30-9:30pm, Every Sat Jul 7 to Aug 11
Campground Amphitheater - The evening glow gives way to the roaring fire, as families gather along the creek side. We will discover the wonders of the park and this camping tradition each Saturday night. Memorial Day weekend to Labor Day weekend.

COFFEE BREAK
Various Parks  Kristina Parkison
9:30-10:30am, Mon, Jul 9
Join us for this casual coffee break to learn about the parks and nature around you through games, songs, photos and stories around the campfire. We’ll have a new topic each week. Even if you’re not camping, you’re welcome to join us for the program! Dress warmly. Info: (510) 544-3187.

TUESDAY TWILIGHT: GOING BATTY
Lake Chabot  Susan Ramos
7:30-10pm, Tue, Jul 24
Marina - Hike to the shallow end of the lake to watch for bats and other night-time critters. Bring a blanket to sit on and a flashlight for the way back. Info: (510) 544-3187.

TWILIGHT ADVENTURE
Diablo Foothills  Kevin Dixon
6-9pm, Sat, Jul 28 #21728
Orchard Staging Area - Hike up steep trails in the evening breeze, then return to the starting place just before moon rise. (10+yrs) Info: (510) 544-2750.

CANINE CAPERS WALK
Hayward Shoreline  Kristina Parkison
1-3pm, Sat, Jul 28 #21623
Winton Ave Staging Area - The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure to nurture our inner and outer-selves by exploring the natural world around us as we hike park trails. 8+yrs. Registration is required.

BIRDS OF A SATURDAY MORNING
Various Parks  Anthony Fisher
8-10am, Sat, Aug 11 & 25
Check out the latest shorebird models, freshly minted in the Arctic! Some hillside birds as well.

QUIET NIGHT HIKE
Round Valley  Kevin Dixon
6-10pm, Sat, Aug 18 #21806
On a quiet, but not silent night, we’ll amble through Round Valley, over broad trails, to look and listen for signs of predators and prey. (12+yrs) Info (510) 544-2750.

REGISTRATION INFORMATION
Register at www ebparksonline.org
Hikes for Tykes @ HPHP
Various Parks  Interpretive Staff
10:30-11:30am, Tue, Jul 3, 17, 31 & Aug 7, 21
Enjoy some nature before naptime with your young child! Join a naturalist who will take you over hill and dell to explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strolllers are not recommended for most hikes.
Jul 3: Anthony Chabot (Bort Meadow), Jul 17: Crab Cove, Jul 31: Oyster Bay (Neptune Dr), Aug 7: Redwood (Canyon Meadow), Aug 21: MLK Jr. Shoreline (Arrowhead Marsh)
See www ebparks.org/parks for maps and directions. Info: (510) 544-3187.

Otter Patrol: Searching for Signs
Lake Temescal  Morgan Dill
10:30-noon, Sun, Aug 19
North Entrance - River otters are on the rebound in our waterways, and we’ll look for clues (and maybe even a sighting!) of these sliding and wrestling, belly flopping, and somersaulting mammals on this level one-mile loop.
Info: (510) 544-3187.

Daylight to darkness Full Moon hike @
Roberts and Redwood
Michael Charnofsky & Celeste Burrows 6:30-9:45pm, Sat, Aug 25 #21878
Chabot Space And Science Center - Learn about the “reasons for the seasons” and listen for owls as evening falls on a 3 mile hike. After a sunset trail dinner (bring your own), view prominent astronomical features. Hike back to Chabot Space and Science Center in the light of the full moon for free telescope viewing. 10+ years. Registration is required.

Family Night hike @ HPHP
Contra Loma  Virginia Delgado
7-9pm, Fri, Aug 31
Boat Launch area - Bring family and friends to see how the reservoir comes to life as the sun goes down, while enjoying a 3 mile walk around the water. (4+ yrs). Info (510) 544-2750.

Volunteer
French Broom Removal/ Restoration Project
Redwood Staff
9am-1pm, 1st Sat of the month. 9:30am-1:30pm, 2nd Sun of the month.
Help remove invasive French Broom at various locations in the park. Tools, protective equipment and snacks will be provided. Please call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels the event.

Invasive Species Removal/ Habitat Restoration @
Huckleberry, Sibley 9:30am- Sat, Jul 14, Aug 11: Huckleberry 9am- Sun, Jul 15, Aug 19: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided.
Info: (510) 544-3112, sibley@ebparks.org. Registration is required.

Wildlife Volunteers: Riparian Re-Leaf
Coyote Hills  “Doc Quack”, Certified Wildlife Biologist 9:30am-noon, Sat, July 21 #22164
Help the park’s wildlife by planting willow, cottonwood, and sycamore saplings. Physical labor is involved with this project. By participating, you’ll earn your “Wetland Partners” patch. Meet in the overflow parking lot adjacent to the entrance gate kiosk. All ages welcome, parent participation is required. Deadline to sign-up is Jul 13. Meet in the parking lot adjacent to the entrance kiosk. Bring outdoors clothing (long pants), water replant boots or hiking boots (closed-toed footwear), gloves, hats and gloves, water, and sunscreen. Registration is required.

Third Thursdays at the Beach
Crab Cove  Interpretive Staff 10am-noon & 1-3pm, Thu Jul 19 & Aug 16 Otis Drive Park Entrance - Volunteers are needed in our Demonstration Garden to help with maintenance, including weeding, pruning, mulching and other park projects. One-time or on-going help welcome. Please wear long pants, closed-toe shoes, hat, and bring a water bottle.
Info: (510) 544-3187.

Earth Day 2018
Loving our parks, keeping them clean. Volunteers at Point Pinole.

Saturday & Sunday Strolls @ HPHP
Various Parks  Interpretive Staff
10am-noon, Sun, Jul 15, Sat, Jul 21 & Sun Aug 12.
Each week we explore a different park and its natural wonders. Hikes range from 2-5 miles. Great for families. Dogs welcome on most hikes.
Sun, Jul 15: Lake Chabot (Chabot Staging Area) - Explore a beautiful and diverse area of the park on a 3.75 mile moderate hike up to expansive views.
Sat, Jul 21: Redwood (Canyon Meadow Staging Area) - Appreciate the cool shade of the redwood canopy on this moderate 3 mile exploration of our local second-growth forest.
Sun, Aug 12: Huckleberry Botanical Regional Preserve - Enjoy a shady 2-mile loop through this botanically wonderland.
Info: (510) 544-3187.

Wednesday Walks @
Various Parks  Interpretive Staff
9:30am-1pm
Discover the natural and human history of our beautiful parklands, explore new trails and improve your health with a friendly walking group. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels.
Jul 11 - Coyote Hills, led by Christina Garcia. Walk through the cattail marshes and around these gentle hills at the edge of the Bay. The easy, 3.5-mile loop will take us by a 2000-year-old shellmound. No dogs, please.
Jul 18 - Chabot Park, led by Susan Ramos. Hike up to the Dam, along Bass Cove, Columbine Trail and back on this almost 6 mile, moderate to strenuous trek. Directions: From southbound Hwy 580 in San Leandro, take the Estudillo/ Dutton Ave exit. Merge onto MacArthur, then turn left onto Estudillo Ave. Follow Estudillo to the intersection of Sylvan Circle. The park driveway is at this intersection.
Jul 25 - Kennedy Grove, led by Trail Gail. Parking Lot – From the bottom to the top we’ll go, then around and back again.
Aug 15 - Leona Canyon, led by Christina Garcia. Traverse the beautiful canyon from side to side and south to north on this moderate, 4-mile hike. Our foray into the “Canyon of the Cats” will begin at the south end near Keller Ave and Campus Drive.
Aug 29 - Redwood, led by Susan Ramos. Wayside Parking area - Hike up the Orchard and French trails to Mill Trail and back along the shady Stream Trail for a strenuous to moderate 4.5+ miles. Directions: In Oakland on Highway 13, take the Redwood Road exit and go east (uphill). At the top of the hill, cross Skyline Boulevard and continue on Redwood Road to Redwood Gate. Make a left onto Redwood gate and follow the road past the kiosk to the Wayside Staging area on the right.
Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed for further information. For programs that indicate “Registration is required,” register by calling 1-888-EBPARKS (1-888-327-2757), option 2, or by calling the number listed.

ONLINE registration is available if the program title displays this symbol. Go to www.ebparksonline.org. When registering online, use the course code printed next to the program date(s).

WALK-IN: Come to the District Headquarters between 8:30am and 5pm Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next to the Dunsmuir House and south of the Oakland Zoo off I-580. See map below.

BY PHONE: Phone registration requires a VISA or Mastercard. The Reservations Office is open between 8:30am-4:00pm Mondays through Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.

BY MAIL: Call the Reservations Office at 1-888-EBPARKS (327-2757) option 2, to request a mail-in registration form. Registration is payable by check only up to 15 days before the program.

FEE PAYMENT: Fees must be paid in full at the time of registration. Fees may be paid by money order, VISA, Mastercard, cash, or pre-printed check for walk-in registration. Make checks payable to EBRPD. Programs registered in the parks may be paid for by check up until the day of the program if space is available. Returned checks will be charged a $25 Returned Check charge. Non-resident fees apply to anyone living outside Alameda or Contra Costa Counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program.

CANCELLATION POLICY: REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. CANCELLATION POLICY: At least five business days advance notice is necessary for a full refund. Failure to notify the Reservations Office at least five business days in advance of your cancellation will result in forfeiture of the program fee. The Reservations Office is open Monday through Friday. The last day to cancel a Saturday or Sunday program is the prior Monday.
Take the PATH to a Healthier YOU!

Join a Healthy Parks Healthy People Wellness Walk.

Learn more inside this Activity Guide
or go to ebparks.org/activities/hphp/hphpbayarea.htm

Memberships Now Available at Select Regional Parks and Local REI Stores

Becoming a Regional Parks Foundation member has never been easier!

Members receive:
• Personalized Regional Park Foundation Membership Card
• Free Unlimited Day-Use Parking
• Free Annual Dog Pass (Up to 3 Dogs)
• Free Swimming During Swim Season
• Free Admission to Ardenwood Historic Farm on NON-Event Days.

Memberships can also be purchased online anytime at RegionalParksFoundation.org/Join.

Date        Program                        Park
July 1      Beat the Heat                 Black Diamond Mines Regional Preserve
July 8      History of Coyote Hills      Coyote Hills Regional Park
Aug. 5      Willows Hike                 Coyote Hills Regional Park
Aug. 5      Birding the Shoreline        Hayward Regional Shoreline
Aug. 25     Baby Snakes                  Black Diamond Mines Regional Preserve
Aug. 31     Family Night Hike            Contra Loma Regional Park

PRODUCED BY: East Bay Regional Park District, Regional Parks Foundation, and the Rotary Club of Alameda

Information: 510-544-3185 or ebparks.org
Crab Cove Visitor Center • 1252 McKay Ave., Alameda

REGIONAL PARKS FOUNDATION
Supporting East Bay Regional Parks

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