

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.

July 11 **Coyote Hills** easy
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. Meet at the parking area in front of the Visitor Center. Parking fee applies.

July 18 **Chabot City Park, San Leandro** moderate/strenuous
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.

July 25 **Kennedy Grove** strenuous
Led by Trail Gail. From the bottom to the top we'll go, then around and back again. Expect hills and views on this strenuous walk. Meet at the main parking lot. For more information, please call (510)544-3258.

August 15 **Leona Canyon** moderate
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. **Directions:** From I-580 west in Oakland, take the Keller Ave exit and make a left off the exit. Turn right onto Keller Ave. and head up the hill. Turn left on Campus Drive then take an immediate right into the housing development driveway and turn left. Follow it to the end and you'll find the parking lot.

August 22 **Point Pinole** easy
Led by Trail Gail. Meet at the Atlas Road Entrance. Mostly flat, with an explosive past! 8+yrs. For more information, please call (510)544-3258.

August 29 **Redwood - Wayside Parking area** moderate to strenuous
Led by Susan Ramos. 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 left.

