Celebrate our 85th anniversary every Friday, now through the end of the year!
• FREE day use parking, swimming, fishing, dog entry, horse trailers, and boat launching, including entrance to Ardenwood Historic Farm on non-event days.
• Does not include state fees.

Inside:
FREE Concerts in the Parks • page 11
Crab Cove Fish Festival • page 11
Summer Programs for Youth • page 4
Kayaking Opportunities • page 5
Volunteer Opportunities • page 14

Photo: Allan Mendez

FREE PARK FRIDAYS
200 Miles of Regional Trails
See page 2
Improving Air Quality & Health with 200 Miles of Regional Trails

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

Thanks to the foresight of former East Bay Regional Park District board members, staff, and trail enthusiasts, the Park District has an extensive network of over 200 miles of regional trails. I’m proud to have been part of that effort, first as Trails Coordinator at the Park District, and now as General Manager.

In the early 1980s, the Park District completed a Regional Trails Master Plan – the first of its kind in the nation. The plan proposed a system of inter-connected, multi-use regional trails connecting people to parks, parks to other parks, and to transit hubs.

Investment began in 1988 when local voters approved Measure AA to invest $225 million in Regional Parks, including regional trails. Voters continued that investment 20 years later in 2008 when they approved Measure WW with 72% of the vote. In 2010, the Park District received a $10.2 million federal TIGER II grant to close critical gaps in the regional trail system.

Today, the Park District’s regional trails continue to provide recreational opportunities for walking, running, biking, and horseback riding. They have increasingly served as a popular green transportation network to safely connect communities, schools, and businesses to transit stations.

To reduce the impact of traffic congestion and carbon pollution, more planned trails in the coming years include:

- Albany Beach Bay Trail – Buchanan to Gilman St. (1 mile)
- Lone Tree Point Bay Trail at San Pablo Bay Shoreline (½ mile)
- Point Molate Bay Trail in Richmond (1 mile)
- Marsh Creek Regional Trail – Vineyards Parkway to Round Valley (3 miles)
- Bay Area Ridge Trail – Garin Regional Park to Vargas Plateau Regional Park (5 miles)

See you in your Regional Parks... and on your Regional Trails!

Coming Soon to East Bay Regional Parks

In Oakland, a new grand shoreline regional park is being planned at the Oakland touchdown of the Bay Bridge. The park—officially named the Judge John Sutter Regional Shoreline after East Bay civic and environmental leader and former East Bay Regional Park District board member John Sutter—includes a historic and newly renovated Bridge Yard building, a new shoreline pier/observation deck, and access to the existing Bay Bridge Trail and the San Francisco Bay Trail. The Bridge Yard building will serve as the recreational anchor for the park. The observation deck is expected to be completed in 2019.

In Concord, a 2,500+ acre regional park is planned in the former Concord Naval Weapons Station. The Navy is set to transfer the land, temporarily named Concord Hills Regional Park, to the District this July and will undergo land use planning to determine future recreational facilities, trails and habitat restoration.

In Berkeley, the old Brickyard site at McLaughlin Eastshore State Park will soon be transformed into a recreation area with 45 new parking spots, bike racks, restrooms, a water fountain, interpretive signage, walking paths for recreation and nature watching, and improved connections to the San Francisco Bay Trail. The project also includes restoration of natural habitat, such as beaches, wetlands, and upland areas.

The Bridge Yard Building
Former maintenance facility for the Key System electric passenger trains.
Bay Area’s Farming Past Comes Alive

Each year the Park District’s historic farms—Ardenwood Historic Farm in Fremont and Little Farm in Tilden Regional Park—provide thousands of school children and adults with a look at the Bay Area’s farming past and an understanding of where food comes from. For many of us today, especially children, farming is an activity from a bygone era. But for residents in the 1800s to the 1930s, farming was the main way of life. These two farms provide visitors with unique experiences of the livestock raised and the crops cultivated and an understanding of what it takes to produce food.

Consider a visit to Ardenwood or Little Farm for a learning experience like none other.

New Park Rules

- eBikes Now Allowed on Some Paved Regional Trails
- Dogs Required on Leash in Parks When Cattle are Present

Class I and II eBikes are allowed on the Alameda Creek Trail (Paved Only), Big Break Trail, Contra Costa Canal Trail, Delta De Anza Trail, George Miller Trail, Iron Horse Trail, Lafayette Moraga Trail, and Marsh Creek Trail.

For more information on Park District rules, visit ebparks.org/rules.

Wildfire Protection Public Awareness Campaign

Wildfire protection is a year-round effort, from reducing hazards through trimming trees and brush to fighting fires with manpower, equipment, and air resources. However, it is also important that homeowners, including the Park District’s 70,000+ fence-line neighbors, do their part to reduce fire risks.

In 2019, as was the case in 2018, the Park District will continue to provide information to the public about what they can do at home to reduce fire fuels. Reducing wildfire fuels is important to prevent small fires from becoming large disasters.

The best way the public can help provide wildfire protection includes creating and maintaining a defensible space of 30-100 feet around their home, including:

- Removing all dead plants, grass, weeds and overgrown brush.
- Cleaning leaves, needles, and debris from roofs and rain gutters.
- Keeping tree branches 10 feet away from chimney, roof and other trees.
- Mowing grass to a maximum of 4 inches.

For more information visit ebparks.org/about/fire/wildfire_prevention.htm.

Health Matters

Kaiser Permanente and East Bay Regional Park District are proud partners with the mutual goal of promoting health and fitness.

Health Tips:

Summer Hydration

Dehydration is most common in the summer’s heat.

1. Drink six to eight glasses of water per day.
2. Carry a water bottle with you during the day.
3. Eat fruits and vegetables with high water content.

Healthy Parks Healthy People
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 five facilities, this day camp meets from 9am-4pm, Mon-Fri. Scholarships available. 8-12yrs. For info on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. No onsite registration.

JUNIOR LIFEGUARD AIDE

Learn leadership, communication, and team building skills. 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. 13-15yrs. Applications are required. Info/Application: contact Aaron Roth at aroth@ebparks.org or call (510) 690-6624.

SWIM LESSONS

Offered at Contra Loma Lagoon and Roberts Pool. Swim lessons are a great start to a safe, fun summer. We offer a wide range of American Red Cross swim levels for ages 6 months through teens. Adult lessons offered at Roberts. Classes at both locations meet Mon-Thu 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 CADET

Offered at Lake Anza only. This program will challenge teens ages 14-18 mentally and physically to embrace the EBRPD Lifeguard Service’s core values of integrity, honesty, respect, service, and safety. Junior Cadets do this through developing skills in teamwork, professionalism, and communication. 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. Cadets 15+ will earn a lifeguarding certificate. Applications are required. Info/Application: contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

RECREATION

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
10am-noon, Sat, Aug 17 #26031; 1:30-3:30pm, Sat, Jul 20 #26019; Aug 17 #26022 Gain 90-minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30 minutes of classroom instruction. 8+yrs. Registration is required. Fee: $50 (non-res. $56)

FIRST AID FOR DOGS

Big Break Peter Pay
9am-1pm, Sat, Aug 10 #26002

Learn how to save a pet’s life during an emergency, minimize a pet’s 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. Additional $5 material fee for the book “First Aid for Dogs”, required at time of class. 12+yrs. Registration is required. Fee: $50 (non-res. $56)

FLY-FISHING INTRODUCTION

Tilden Fish First!
7am-1pm, Sun, Jul 14 #25993; Aug 11 #25997

This exciting and informative day is geared

PARK’N IT DAY CAMP

Mon-Fri, 9am-4pm
Jun 24-28, Don Castro #24219
Jul 8-12, Contra Loma #24382
Jul 15-19, Coyote Hills #24384
Jul 22-26, Miller Knox #24423
Jul 29-Aug 2, Ardenwood #24376

Spend a whole week exploring and playing in the Regional Parks!
Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts and crafts, sports, and active fun in the great outdoors. (10% family discount for registration of second child of the same family; only applies when both children register and pay in one transaction - either by phone or online). 5-12yrs.

LEADERS IN TRAINING

Mon-Fri, 8:30am-4pm
Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! LITs must first apply and interview for positions. They will receive a tee shirt, training, 35 community service hours, and job-skills development from staff. LITs are encouraged to work for more than one camp session. Download an application at www ebparks.org/lit or contact Megan Seccombe, Recreation Coordinator, at mseecombe@ebparks.org or call 510.544.2554. 13-17yrs.
Fee: $50

Do you like working with kids and being outdoors?
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. 12+ yrs.
Registration is required.
Fee: $60 (non-res. $66)

FISHING – BASS BASICS  
Various parks  Recreation staff
8-11am, Sat, Jul 13 #26057 Contra Loma;

Learn the basics of bass fishing including gear selection, tackle/rigging, bait, and fish behavior. This course is designed for those who have some fishing experience but want to gain knowledge, specifically about bass fishing. Valid California fishing license required for ages 16+yrs. Gear provided. 12+yrs. Registration is required.
Fee: $25 (non-res. $29)

Registration information – register beginning May 28
www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2

FLOAT TUBE FISHING  
Contra Loma  Recreation staff
10am-1:30pm, Sat, Aug 17 #26061

This course is designed for the intermediate to advanced angler and will introduce the sport of float tube fishing. Participants will be given on land instruction on float-tubing gear and techniques, followed by instructor-guided fishing for bass on the Contra Loma Reservoir. Valid California fishing license required for ages 16+yrs. Gear provided. 16+yrs.
Registration is required.
Fee: $35 (non-res. $39)

KAYAKING / BOATING

Registration is required.
KAYAKING FOR FOLKS 50+  
MLKing Jr. Shoreline  Recreation Staff
11am-3pm, Thu, Aug 22 #26052

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 by kayak.
Fee: $52 (non-res. $58)

KAYAKING BIG BREAK – LONGER PADDLE  
Big Break  Recreation Staff
9am-12:30pm, Sun, Jul 7 #26036;
Sun, Aug 4 #26037

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We’ll start off with dry-land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Adult participation required for ages 10-16yrs. (adult registers). 10+yrs.
Fee: $40 (non-res. $44)

SUNSET & FULL MOON PADDLE  
Big Break  Recreation Staff
6:30-9pm, Wed, Aug 14 #26046

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 our steady and stable two-seater kayaks. Adult registration/participation required with registered children ages 10-17yrs.
Fee: $30 (non-res. $34)

BROOKS ISLAND ADVENTURE  
Brooks Island Naturalist/ Recreation Staff
9:30am-3:30pm, Sat, Aug 24 #26054;
Sun, Aug 25 #26056

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 Regional 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.
Fee: $85 (non-res. $95)

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and performance. Pole skills enhance your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to expand your capabilities while learning how to avoid joint stress or strain. 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 poles are provided. 16+yrs.
Registration is required.
Fee: $75 (non-res. $83)

HIKING POLES: BASIC SKILLS & TECHNIQUES PLUS HIKE  
Redwood  Recreation Staff
8:30am-3pm, Sat, Aug 31 #25980

Comprehensive training helps hikers improve performance and confidence on the trail.
“Test drive” quality pole models on a beautiful Redwood hike; learn which poles fit you best.
Fee: $75 (non-res. $83)

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE  
Roberts  Recreation Staff
8:30am-1pm, Thu, Aug 1 #25981

Morning session helps hikers to learn poles, trail, and body skills. Beginner to experienced hikers learn techniques without the additional challenge of the practice hike in the afternoon.
Fee: $49 (non-res. $55)

Fishing lessons, games, activities, crafts and more!
ARDENWOOD

A program in partnership with . . .

KAISER PERMANENTE. thrive

TRAILS CHALLENGE FREE
Take the Trails Challenge and join thousands of hikers and bikers. Complete at least 5 of the 20 trails featured in the guidebook by December 1! The trails are for all fitness levels. Free printed guidebooks and T-shirts are available at participating Visitor Centers (while supplies last). Go “green” by downloading the guidebook at www.ebparks.org/TC. The trails are also available on the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and submit your Trail Log. Kaiser Permanente is a major sponsor of this program.

REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm, Oct-May; 8:30am-5:30pm Jun-Sep. Info: (510) 544-3169. See www.nativeplants.org for information about docent training, special events and classes, and to sign up for our e-newsletter.

DOCENT-LED GARDEN TOURS
2pm, Sat; 11am & 2pm, Sun
Meet at the Botanic Garden Visitor Center. Rain cancels. Free.

GARDEN OPEN HOUSE
1pm-4pm, Sun, Aug 18
Explore the Botanic Garden and hear from docents about California’s spectacular plant diversity, natural history, and ethnobotany. Free.

FAMILY FRIENDLY TOUR
2pm-3pm, Sun, Aug 18
This is a docent-led, family-friendly theme tour, Plant Adaptations to Habitat. Discover how different types of plants - from the desert to the mountain-
ROPE MAKING & HAY HOISTING
Ardenwood  Pia Loft
1-1:30pm, Sat, Jul 13
Make rope with our antique machine, and then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

STILL WALKERS
Ardenwood  Interpretive Staff
2-2:30pm, Sat, Jul 13
Want to be taller? Improve your balance? Give stilts a try. It’s fun! Guess why farmers used these fun tools in the past.

BEGINNING EMBROIDERY
Ardenwood  Mindy Castle
11am-noon, Sun, Jul 14; 1:30-2:30pm, Sun, Aug 11
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.

GORGEOUS GOATS
Ardenwood  Interpretive Staff
2-2:30pm, Sun, Jul 14
Let the little ones lend a hand giving our goats some much needed exercise and grooming attention. See if your kids like working with our kids.

FARM CHORES FOR KIDS
Ardenwood  Interpretive Staff
10:30-11am, Sun, Jul 21, 28
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 other morning chores.

PLAY WITH DOUGH
Ardenwood  Mindy Castle
1:30-2:30pm, Sun, Jul 21, 28
Experience the ancient art of bread making. Knead the dough and shape your very own pretzel that we will bake in the wood-burning stove.

WHAT’S THE BUZZ ABOUT BEES?
Ardenwood  Pia Loft
11:30am-12:30pm, Sat, Aug 3
Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer’s best friend.

RABBIT RENDEZVOUS
Ardenwood  Interpretive Staff
12:30-1pm, Sat, Jul 20; 2-2:30pm, Sun, Aug 4, 18
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.

GARDEN CHORES FOR KIDS
Ardenwood  Interpretive Staff
1:30-2:30pm, Sat, Aug 3, 17
Our garden has been growing this spring. Lend a hand weeding, watering and maybe planting some seeds. Discover the secrets of heirloom vegetables as we get our hands dirty.

SWEET AS HONEY
Ardenwood  Mindy Castle
11am-noon, Sun, Aug 4
For thousands of years, people have been enjoying bees’ sweet treat. Stop by the Country Kitchen to taste some honey and sample a treat hot from the stove.

WAX: IT’S THE BEE’S KNEES!
Ardenwood  Mindy Castle
1-2pm, Sun, Aug 4
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 taste some Ardenwood honey.

CORN MOSAICS
Ardenwood  Interpretive Staff
11:30am-12:30pm, Sat, Aug 17
Learn how to turn our Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

BERRY PICKING
Ardenwood  Interpretive Staff
10:30-11:30am, Sun, Aug 11, 18
Summer’s succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

TASTING THE PAST
Ardenwood  Mindy Castle
11:30am-12:30pm, Sun, Aug 11, 25
Join us as we experience the culinary tastes of Ardenwood’s hard-working harvesters of the past. Each program will highlight a recipe originating from the native country represented by the farm’s historic staff.

LEARN THE ROPE
Ardenwood  Interpretive Staff
2:30-3pm, Sun, Aug 11
Learn how a few twists and turns on our antique machine makes rope making a cinch.

FUN WITH FELTING
Ardenwood  Mindy Castle
1:30-2:30pm, Sun, Aug 25
Have some good, clean fun as we learn how felt is made from sheep’s wool, and then make a felt toy to take home.

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The morning (eastern) side of Mount Morgan Territory
Cypress Staging Area; 9-11:30am, Thu, Jul 25 #26113
Discover how these tiny birds may look fierce! Join us as we dispel myths and uncover the truth about hummingbirds.

HEROINES OF FRONTIER FASHION
Big Break  Interpretive Staff
10:30-11:30am, Sun, Jul 28
Join us as we explore the art of fabric and learn how it has been utilized in the past.

DELTA DISCOVERIES
Big Break  Interpretive Staff
11am-2pm, every Sat & Sun
Discover the wonders of the Delta through hands on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER
Big Break  Interpretive Staff
9-10am, every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we’ll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

BIG BREAK LITTLES
Big Break  Interpretive Staff
10-11am, Mon, Jul 1, Aug 12
Bring the little ones out to the park to uncover the truth about hummingbirds.

DUNES DAY RESTORATION!
Big Break  Interpretive Staff
8:30-10:30am, Sun, Jul 21
Help restore a small piece of the historic dunes as we remove invasive weeds and reestablish native plants! Bring water, gloves, hat, closed-toed shoes, dress for weather and prepare for general grubiness.

CRAYFISH CRUSADERS
Big Break  Interpretive Staff
2-3pm, Sun, Jul 21
Join us in our search for crayfish with a net and magnifying glass and uncover the truth about military crabs.

THURSDAY BIRDING: RAPTOR BASELINE
Various Parks  Interpretive Staff
9-11am, Thu, Jul 25 #26113
Join us as we explore the raptor diversity in the region with a raptor expert.

Marsh Creek: Cypress Staging Area; Aug 29 #26114 Morgan Territory
The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help docu-
**July 2019**

**Regional in Nature Activity Calendar**

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**Shadow Cliffs**: How Does Our Garden Grow?

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

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**Anthony Chabot**: Campfire Programs

**Ardwenwood**: Animal Feeding, Farmyard Story Time, Old-Fashioned Fun, Patterson House Tours, Rabbit Rendezvous

**Del Valle**: Days of the Pioneers

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

**Crab Cove**: Concert at the Cove

**Del Valle**: Days of the Pioneers

**Anthony Chabot**: Campfire Programs

**Ardwenwood**: Animal Feeding, Farming For Climate Change, Patterson House Tours, Rope Making & Hay Hoisting, Stilt Walkers, Wake Up The Farm

**Big Break**: 5th Annual Big Break Local Artist Exhibit, Delta Discoveries, Testing The Water

**Black Diamond**: Night Challenge

**Coyote Hills**: Discovery Days

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

**Del Valle**: Beach Break, Nature Hike, Night with a Naturalist

**MLKing Jr. Shoreline**: Kayaking

**Sunol**: Nature Crafts, Wild Wonders

**Tilden Nature Area**: Farm Chores For Littles, Insect Expeditions, Meet the Reptiles

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**Ardwenwood**: Animal Feeding, Beginning Embroidery, Gorgeous Goats, Hens Lay Eggs, Patterson House Tours, Train Rides, We All Scream For Ice Cream!

**Big Break**: 5th Annual Big Break Local Artist Exhibit, Delta Discoveries, Second Sundays Campfire, Testing The Water

**Big Break**: 5th Annual Big Break Local Artist Exhibit, Delta Discoveries, Dunes Day Restoration!, Testing The Water

**Contra Loma**: Nature’s Corner

**MLKing Jr. Shoreline**: Hikes for Tykes

**Sunol**: Animal Feeding Time, Nature Crafts, Wild Wonders

**Tilden Nature Area**: Farm Chores For Littles, Insect Expeditions, Meet the Reptiles

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**Ardwenwood**: Animal Feeding, Beginning Embroidery, Gorgeous Goats, Hens Lay Eggs, Patterson House Tours, Train Rides, We All Scream For Ice Cream!

**Sibley**: Sunset Over Sibley

**Sunol**: Animal Feeding Time, Nature Crafts, Wild Wonders

**Tilden Nature Area**: Fly-Fishing

**Shadow Cliffs**: Lakeside Littles

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**Garin**: Weekday Bird Walk

**MLKing Jr. Shoreline**: Hikes for Tykes

**Del Valle**: Beach Break, Nature Hike

**Big Break**: Tiny Bird, Big Personality

**Garin**: Wednesday Walks

**Sunol**: Wednesday Night Bat Watch

18

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

**Del Valle**: Water, Wildlife, Wilderness: Boat Tour

19

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

**Del Valle**: Days of the Pioneers

20

**Anthony Chabot**: Campfire Programs

**Ardwenwood**: Animal Feeding, Farmyard Story Time, Old-Fashioned Fun, Patterson House Tours, Rabbit Rendezvous

**Big Break**: 5th Annual Big Break Local Artist Exhibit, Delta Discoveries, Testing The Water

**Black Diamond**: Night Challenge

**Coyote Hills**: Discovery Days

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

**Del Valle**: Beach Break, Nature Hike, Night with a Naturalist

**MLKing Jr. Shoreline**: Kayaking

**Sunol**: Nature Crafts, Wild Wonders

**Tilden Nature Area**: Farm Chores For Littles, Insect Expeditions, Meet the Reptiles

21

**Ardwenwood**: Animal Feeding, Farm Chores For Kids, Patterson House Tours, Play With Dough, Puppet Show, Train Rides, Wheat Harvesting

**Big Break**: 5th Annual Big Break Local Artist Exhibit, Crawling Crustaceans, Delta Discoveries, Dunes Day Restoration!, Testing The Water

**Contra Loma**: Nature’s Corner

**Coyote Hills**: Discovery Days, Ohlone Village Site Tour

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

**Del Valle**: Beach Break, Nature Hike

**Sibley**: Sunset Over Sibley

**Sunol**: Animal Feeding Time, Nature Crafts, Wild Wonders

**Tilden Nature Area**: Chores for Little Gardeners, Talk With The Animals, The Itsy-Bitsy Spider

22

**Sunol**: Outdoor Discoveries: Dragonflies

23

**Crab Cove**: Sea Squirts

**Sunol**: Summer Splashdown!

**Temescal**: Tuesday Twilight

24

**Carquinez**: Wednesday Walks

25

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

**Marsh Creek**: Thursday Birding

26

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

**Del Valle**: Days of the Pioneers

27

**Anthony Chabot**: Campfire Programs

**Ardwenwood**: Animal Feeding, Farming For Climate Change, Patterson House Tours, Wake Up The Farm, We All Scream For Ice Cream!

**Big Break**: Delta Discoveries, Family Game Night and Campfire, Testing The Water

**Contra Loma**: Family Night Hike

**Coyote Hills**: Cart of Curiosities, Discovery Days, Night of the Moth

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

**Del Valle**: Beach Break, Nature Hike, Night with a Naturalist

**Sunol**: Nature Crafts, Wild Wonders

**Tilden Nature Area**: Farm Chores For Littles, Insect Expeditions, Meet the Reptiles

28

**Ardwenwood**: Animal Feeding, Farm Chores For Kids, Patterson House Tours, Play With Dough, Puppet Show, Train Rides, Wheat Harvesting

**Big Break**: Delta Discoveries, Insect Detectives, Testing The Water

**Black Diamond**: Beat The Heat Hike

**Coyote Hills**: Discovery Days

**Crab Cove**: Family Nature Fun, Fish Feeding, Sunday Stroll

**Del Valle**: Beach Break, Dragons of Del Valle, Hideaway Hike - Bobcat Cove, Nature Hike

**Garin**: Roving Ranger: Riparian Ruminations

**Sunol**: Animal Feeding Time, Nature Crafts, Wild Wonders

**Tilden Nature Area**: Talk With The Animals, Wax: It’s the Bee’s Knees!, We All Scream for Ice Cream!

30

**Oyster Bay**: Hikes for Tykes

**Tilden**: Over-The-Hill Gang: Inspiration Point

31

**Sunol**: Wednesday Night Bat Watch

1

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

**Crab Cove**: Early Early Grunion Search

**Robert**: Poles: Basic Hiking Skills & Techniques

2

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

**Del Valle**: Days of the Pioneers

3

**Anthony Chabot**: Campfire Programs

**Ardwenwood**: Animal Feeding, Garden Chores For Kids, Patterson House Tours, Wake Up The Farm, What’s The Buzz About Bees?

**Arroyo Staging Area**: Summertime Stargazing

**Big Break**: Delta Discoveries, “Liquid, Solid, Gas - Water Makes a Splash!”, Testing The Water

**Black Diamond**: Bat Monitoring

**Coyote Hills**: Cart of Curiosities, Discovery Days

**Crab Cove**: Family Nature Fun, Fish Feeding
Celebrating 85 Years of Regional Parks

Del Valle: Beach Break, Nature Hike, Night with a Naturalist
Quarry Lakes: Bird Walk
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Tule Float-Make a Mini Tule Boat

4
Ardenwood: Animal Feeding, Patterson House Tours, Rabbit Rendezvous, Train Rides, Sweet As Honey, Wake Up The Farm, Wax: It’s The Bee’s Knees!
Big Break: A Squadron of Planes or Pelicans!, Delta Discoveries, Kayaking - Longer Paddle, Testing The Water
Contra Loma: Nature’s Corner
Coyote Hills: Discovery Days, Ohlone People & Culture
Crab Cove: Family Nature Fun, Fish Feeding, Native Plant and Butterfly Gardening
Del Valle: Beach Break, Nature Hike
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With The Animals

6
Huckleberry: The Over-The-Hills Gang
Leona Canyon: Hikes for Tykes

7
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
Shadow Cliffs: Trails Challenge

8
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides

9
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Crab Cove: Concert at the Cove
Del Valle: Days of the Pioneers

10
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farmyard Story Time, Free Outdoor Movie Night!, Garden Bug Safari, Patterson House Tours, We All Scream For Ice Cream!
Big Break: Delta Discoveries, First Aid for Dogs, Frolicking Frogs, Moonlight & Meteors, Testing The Water
Contra Loma: Fishing - Bass Basics, Nature’s Corner
Coyote Hills: Discovery Days, Fantastic Flowers, Nectar Garden Fun Day
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Beach Break, Nature Hike, Night with a Naturalist
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Off Your Gourd

11
Ardenwood: Animal Feeding, Beginning Embroidery, Berry Picking, Learn The Ropes, Patterson House Tours, Train Rides, Tasting The Past
Big Break: Delta Discoveries, Second Sundays Campfire, Testing The Water
Briones: A Taste of Honey
Coyote Hills: Discovery Days, Nature Yoga, Willows Hike
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Beach Break, Nature Hike, Puma Prowl
Point Pinole: “Sunday Early-ish Birds-Dotson Marsh”
Sibley: Who Built the Sibley Labyrinth?
Sunol: Animal Feeding Time, Nature Crafts, Summer Splashdown!, Wild Wonders
Tilden Nature Area: Fly-Fishing Introduction, ”Look Kids, A Chicken!”, Talk With The Animals

12
Big Break: Big Break Littles
Sunol: Outdoor Discoveries: Meteor Power 
Tilden Nature Area: Monday Birding

13
Big Break: Big Break Littles
Coyote Hills: Weekday Bird Walk
Crab Cove: Sea Squirts
Shadow Cliffs: How Does Our Garden Grow?

14
Big Break: Sunset and Full Moon Paddle
Sunol: Wednesday Night Bat Watch

15
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Crab Cove: Third Thursdays in the Garden
Del Valle: “Water, Wildlife, Wilderness: Boat Tour”

16
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Big Break: Nature Photography Exhibition
Del Valle: Days of the Pioneers

17
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Corn Mosaics, Garden Chores For Kids, Patterson House Tours, Wake Up The Farm
Big Break: Delta Discoveries, Nature Photography Exhibition, Testing The Water
Black Diamond: Twilight on the Trail
Contra Loma: Float Tube Fishing, Nature’s Corner
Coyote Hills: Cart of Curiosities, Discovery Days, Lovely Lavender
Crab Cove: Early Morning on the Mudflat, Family Nature Fun, Fish Feeding, Songs and Stories by the Shore
Del Valle: Beach Break, Late Bloomers, Nature Hike, Night with a Naturalist
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders 
Tilden Nature Area: “Blackberries, More Than an Edible Fruit”, Farm Chores For Littles, Lake to Lake Watershed Walk

18
Ardenwood: Animal Feeding, Berry Picking, Old Fashioned Butter Makin’, Patterson House Tours, Rabbit Rendezvous, Train Rides, Wax: It’s The Bee’s Knees!
Big Break: Delta Discoveries, Nature Photography Exhibition, Rabbits Rarely Seen, Testing The Water
Black Diamond: Evening Cemetery Hike
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding
Crockett Hills: Sunday Early-ish Birds
Del Valle: Beach Break, Nature Hike
Hayward Shoreline: Birding The Shoreline Roberts: Hiking And Psyching
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: “Look Kids, A Chicken!”, Talk With The Animals

19
McLaughlin Eastshore: Monday Birding
Shadow Cliffs: Lakeside Littles

20
Big Break: Chalk the Walks
Elsie Roemer Bird Sanctuary: Hikes for Tykes
Tilden: The Over-The-Hills Gang: Tilden Botanic Garden

21
Ardenwood: Toddler Time
Briones: “Wednesday Walks: Briones, Alhambra”

22
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
MLKing Jr. Shoreline: Kayaking for Folks 50+

23
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Del Valle: Days of the Pioneers

24
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farmyard Story Time, Old-Fashioned Fun, Patterson House Tours
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Bat Monitoring
Brooks Island: Kayaking
Coyote Hills: Discovery Days, Knap-In: Stone Tool Making
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Beach Break, Galls: More than Meets the eye!, Nature Hike, Night with a Naturalist
Diablo Foothills: Nature’s Corner
Sunol: Nature Crafts, Wild Wonders 

25
Anthony Chabot: Sunday Stroll
Ardenwood: Animal Feeding, Farmyard Story Time, Fun With Felting, Patterson House Tours, Train Rides, Tasting The Past
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Homestead Hike
Brooks Island: Kayaking
Coyote Hills: Discovery Days, Knap-In: Stone Tool Making
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Beach Break, Nature Hike
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Talk With The Animals

26
Point Pinole: Monday Birding - Atlas Road
Sunol: Outdoor Discoveries

27
Crab Cove: Sea Squirts

28
Ardenwood: Toddler Time
Redwood: Wednesday Walks
Sunol: Wednesday Night Bat Watch

29
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Morgan Territory: Thursday Birding

30
Ardenwood: Animal Feeding, Patterson House Tours, Train Rides
Del Valle: Days of the Pioneers

31
Anthony Chabot: Campfire Programs
Ardenwood: Patterson House Tours
Big Break: ‘MUD’ology, Delta Discoveries, Testing The Water
Black Diamond: Bat Monitoring
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: 3rd Annual Crab Cove Fish Festival
Del Valle: Beach Break, Nature Hike, Night with a Naturalist
Hayward Shoreline: Canine Capers Walk
Redwood: Hiking Poles: Skills & Techniques Plus Hike
Sunol: Nature Crafts, Wild Wonders 
Tilden Nature Area: Farm Chores For Littles
ment their variety and numbers in this fun, social, community science research proj-
ect. No experience necessary - we'll teach you how to identify these birds. Join in for one or all. Registration is required.

FAMILY GAME NIGHT & CAMPFIRE
Big Break Interpretive Staff 7-9pm, Sat, Jul 27
Summer evenings are perfect for a game night along with a glowing campfire! Bring your favorite card or board game, skit ideas, and cozy blanket. S'mores provided!

INSECT DETECTIVES
Big Break Interpretive Staff 2-3pm, Sun, Jul 28
What scuttles through our wetlands? Use your discovery skills to find out who they are, where they go and what they do.

LIQUID, SOLID, GAS - WATER MAKES A SPLASH!
Big Break Interpretive Staff 12:30 to 2pm, Sat, Aug 3
Where does the water come from? Where will it go? Come discover through hands-on water activities.

A SQUADRON OF PELICANS
Big Break Interpretive Staff 2-3pm, Sun, Aug 4
Discover how American white pelicans use their adaptations to thrive in the Delta!

FROLICKING FROGS
Big Break Interpretive Staff 2-3pm, Sat, Aug 10
Discover how these amphibians hop around the park in search of food and family.

NATURE PHOTOGRAPHY EXHIBITION
Big Break Interpretive Staff 10am-4pm, Fri, Aug 16 & Sat, Aug 17 & Sun, Aug 18 #26108
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! Entries due August 4, 1MB min file size, 8" x 10". Email bigbreakvisit@ebparks.org for full instructions. Reception/photo hike: Aug 16. Photography display: Aug 16 - 18.

MOONLIGHT & METEORS
Big Break Interpretive Staff 8:30-10pm, Sat, Aug 10
Enjoy an evening in the park! Let’s take a lovely stroll and early look at the Perseid "shooting stars" shower.

RABBITS RARELY SEEN
Big Break Interpretive Staff 2-3pm, Sun, Aug 18
Delve into the world of our fluffy, floppy eared friends that frolic through the park!

CHALK THE WALKS
Big Break Interpretive Staff 6-8pm, Tue, Aug 20
Transform the park patio into an art. Join the 8th annual international Chalk the Walks event of spreading joy, optimism, and endurance. 5+yrs.

‘MUD’OLOGY
Big Break Interpretive Staff 10-11:30am, Sat, Aug 31
Delta dirt is considered some of the finest around. Let’s get our hands muddy as we become scientists and compare different soils from the region.

BLAND DIAMOND
Due to construction, Greathead Visitor Center will be closed from mid-June to mid-September. During this time, Sidney Flat Visitor Center will be open on weekends from 10am to 4:30pm. Info: (510) 544-2750 or bdvivisit@ebparks.org. Programs meet in parking lot at South end of Somersville Road unless otherwise noted. Weekend parking fee: $5.

NIGHT CHALLENGE
Black Diamond Kevin Dixon 5:30-10pm, Sat, Jul 20 #25763
Get to know these beautiful hills after dark while really stretching your legs. We’ll walk about 8.5 miles while climbing at least 1500 feet of steep, uneven terrain. (12+yrs). Registration is required.

BEAT THE HEAT HIKE
Black Diamond Eddie Willis 8:30-10am, Sun, Jul 28
How does life thrive in these hot, dry hills? Meet our park’s most resilient residents on this rugged morning hike and then cool off in our underground mine. 8+yrs.

BAT MONITORING
Black Diamond Interpretive Staff 7-9:45pm, Sat, Aug 3 #25787, & Aug 24 #25793, & Aug, 31 #25795
Stay after hours to help monitor our bat colonies as they emerge from the hills and into the night sky. This program requires walking uphill on terrain transitioning from asphalt to steep, uneven sandstone. 7+yrs. Registration is required.

TWILIGHT ON THE TRAIL
Black Diamond Kevin Dixon 7:15-10:15pm, Sat, Aug 17 #25820
We’ll join the late-soaring hawks and then the early owls as we walk through sunset into twilight and out under a fullish rising moon. 4 1/2 steep trail miles. 9+yrs. Registration is required.

EVENING CEMETERY HIKE
Black Diamond Eddie Willis 6-8pm, Sun, Aug 18
Long ago, miners left their mark on these hills. Take a hike to historic Rose Hill Cemetery to learn their tales of spirit, heroism, tragedy, and endurance. 5+yrs.

HOMESTEAD HIKE
Black Diamond Eddie Willis 8:30-10am, Sun, Aug 25
Head out early to explore the remains of an early coal mining family’s homestead while taking in sweeping views of the Delta. 8+yrs.

COYOTE HILLS
Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: (510) 544-3220 or chvisit@ebparks.org.

DISCOVERY DAYS
Coyote Hills Interpretive Staff 11am-3:30pm, every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 11am for an introduction to the topic of the week, or participate at your own pace.

OHOLNE VILLAGE SITE TOUR
Coyote Hills Interpretive Staff 1:30-3:30pm Sat, Jul 6 & Aug 18, 31
10-noon & 1:30-3:30pm, Sun, Jul 7 & 21
Walk one-half mile through vibrant marsh habitat to a more than 2,000-year-old Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house, and sweat house.

CANINE CAPERS WALK
Coyote Hills Kristina Parkison 9-11am, Sat, Jul 13 #25713
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 and learning about the natural world around us. 8+yrs. Registration is required.

NECTAR GARDEN FUN DAY
Coyote Hills Kristina Parkison 1-3pm, Sat, Jul 13; 10-11:30am, Sat, Aug 10
Come face-to-face with a caterpillar, chrysalis, or butterfly. Make a butterfly-themed gift, and learn how to garden with plants that attract butterflies.

CART OF CURIOSITIES
Coyote Hills Kristina Parkison 3-4:30pm, Sat, Jul 27
1-3pm, Sat, Aug 3; 9-11am, Sat, Aug 17
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!

NIGHT OF THE MOTH
Coyote Hills Kristina Parkison 8:30-10:30pm, Sat, Jul 27
Celebrate National Moth Week by participating in our first-ever moth bioblitz, and help us discover which different species of moths pollinate our night blooming plants here at Coyote Hills. 6+yrs.

OHOLNE PEOPLE & CULTURE
Coyote Hills Francis Mendoza 1:30-3pm, Sun, Aug 4
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.

FANTASTIC FLOWERS
Coyote Hills Kristina Parkison 1:30-3pm, Sat, Aug 10
Flowers are beautiful, but also functional! Come learn the ways flowers enhance our lives and the lives of animals around us. Make paper flowers to take home! 7+yrs.

NATURE YOGA
Coyote Hills Francis Mendoza 8:30-9:30am, Sun, Aug 11
Let’s emulate nature and do yoga outside. Wear comfortable clothing, bring water...
and a mat (a limited supply of mats can be loaned out). 14+ yrs.

**WILLOWS HIKE**

Coyote Hills  
1:30-3:30pm, Sun, Aug 11

Come discover 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. Meet at the Quarry parking lot.

**LOVELY LAVENDER**

Coyote Hills  
1-3:30pm, Sat, Aug 17 #25753

Lavender possesses known calming influences—make soap to bring home and take a little “peace” of the park with you! Learn the history of lavender and tour our garden while enjoying lavender flavored refreshments. 8+ yrs. Registration is required.

**KANAP-IN: STONE TOOL MAKING**

Coyote Hills  
10am-3pm, Sat, Aug 24 & Sun, Aug 25

The ancient skill of stone tool making is the focus of this “knap-in.” Join experienced stone tool makers during this informal, weekend opportunity to learn about the methods used locally and worldwide to transform chert, obsidian and other stones into spear points, arrowheads and drills. Bring leather gloves, long pants, close-toed shoes and protective eye wear if you want to test your knack for knapping.

**CRAB COVE**

Crate Cove Visitor Center is open Wed-Sun, 10am-5pm, and offers aquariums and exhibits about San Francisco Bay. For information about naturalist programs or other activities, call (510) 544-3187, or ccove@ebparks.org. July 4th: Visitor Center open 1-5pm.

**SEA SQUIRTS**

Crate Cove  
10:30-11:45am

Tue, Jul 9, 23 & Aug 13, 27

Share a morning of shoreline fun with your pre-school age child. We’ll play games, explore nature, share stories, and do a craft related to the theme of the day! Please no older or younger siblings (exception: infants). 3-5yrs. Fee: $5 ($7 non-res.)

12:30-2pm: 1:45pm: Shell Quest & Natural History

Jull 9: Skulls and Skeletons Within #25784; Jul 23: Low Tide Summer Adventure #25809; Aug 13: Marvelous Mollusks #25811; Aug 27: Seaweed Surprise #25812.

Registration is required.

**FREE CONCERTS IN THE PARKS**

**CONCERTS AT THE COVE**

Crate Cove  
Interpretive Staff

5:30-7:30pm, Fri, Jul 12, Aug 9, Sep 13

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.

**3RD ANNUAL CRAB COVE FISH FESTIVAL**

Crab Cove  
Interpretive & Recreation Staff

10am-4pm, Sat, Aug 31

Join us for a day of fish fun with first-come, first-served fishing lessons, fishy games and activities, fishy crafts, and a Fish-on-a-Bicycle Parade! 10am-4pm: Mobile Fish Exhibit – drop by to see the fish of the East Bay! 11am & 1pm: Behind-the-Scenes Aquarium Tour: meet at Mobile Visitor Center. 10am-noon & 1-4pm: Fishing – 1-hour fishing lessons (gear provided). Sign up at Fishing Trailer. Space is limited. Each participant must be present at time of registration. Noon-12:30pm: Fish on a Bicycle Parade – Dress up your bike or yourself as a fish and join us for a loop around the festival. Prizes for the best decorated bikes! 3-3:30pm: Fish Feeding – Find out what’s on the menu for the residents of the Visitor Center aquariums.

**CONVERSE AT THE COVE**

Crate Cove  
Interpretive Staff

9:30am-1pm, Thu, Jul 4

‘Swim’ along the Alameda hometown parade route (or a section of it) with our Mobile Visitor Center as we promote the love of nature and the Regional Parks, or just enjoy the show from the sidewalk.

**4TH OF JULY OPEN HOUSE**

Crate Cove  
Interpretive Staff

2-5pm, Thu, Jul 4

Drop by to celebrate our nation’s birthday and the beauty and diversity of our Bay with family-friendly activities throughout the afternoon. Note: Visitor Center will open at 1pm due to the parade.

**EALY MORNING ON THE MUDFLAT**

Crate Cove  
Morgan Guenther

8-9:30am, Sat, Aug 17

Experience the magic of a calm, cool morning at the Cove, as we discover the wonders of the mudflat during low tide. Wear shoes/boots that can get muddy.

**SONGS AND STORIES BY THE SHORE**

Crate Cove  
Morgan Guenther

11am-noon, Sat, Aug 17

An interactive hour of nature fun for the whole family! Join us for tales and songs about worms, fungus, leaves and flowers, predators, prey, and more!

**MINUS LOW TIDE WALK**

Crate Cove  
Susan Ramos

9:30-10:30am, Sat, July 6

Take a walk on the mudflat and rocky shore searching for crabs, snails, barnacles and much more. Wear old shoes or rain boots for this hands-on exploration!

**ALAMEDA WALKS**

Crate Cove  
Susan Ramos

9:00-10:15am, Sat, July 13

Crate Cove To Grand Ave: Explore the shoreline and learn about Crown Beach wildlife. On the way back, get a behind-the-scenes look at our Aquarium Lab.

**GRUNION FISH SEARCH**

Crate Cove  
Susan Ramos

12am-2am, Wed, July 3 #25853

Thu, Aug! #25857

During midnight high tides, grunion fish dance on sandy beaches! Search the shore to see them spawning in the San Francisco Bay. Registration is required. 11+ yrs. Under 18 requires adult participation.

**DEL VALLE**

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

**NATURE HIKE**

Del Valle  
Interpretive Staff

10am-noon, every Sat & Sun, Jul 6-Aug 31

What is hiding in those hills? Discover the answer as we search for clues on this guided hike. Meet at Campground Store.
PUMA PROWL  
Del Valle  
2-4pm, Sun, Aug 11  
Take a walk on the wild side and find out about California’s biggest cat! We’ll stroll the hills of Del Valle while discovering the secret life of Bay Area Mountain Lions.

LATE BLOOMERS  
Del Valle  
9:30am-12:30pm, Sat, Aug 17  
Explore Arroyo Del Valle and look for late-blooming wildflowers! Though many blooms are gone until next spring, there are plenty of hardy and colorful species which flourish in the summer heat.

SUMMERTIME STARGAZING  
Del Valle  
8:30-10pm, Sat, Aug 24  
Astronomy does not have to wait until fall! Visit Del Valle to explore the night sky under purple, yellow, red, and take on many wacky shapes. Once you notice them, you’ll find them everywhere! Meet at the Bridge Parking area.

GALLS: MORE THAN MEETS THE EYE!  
Del Valle  
9:30am-12:30pm, Sat, Aug 24  
Get to know nature’s coolest homes! These amazing structures can be hot pink, purple, yellow, red, and take on many wacky shapes. Once you notice them, you’ll find them everywhere! Meet at the Bridge Parking area.

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

NATURE CRAFTS  
Sunol  
10am-noon, every Sat & Sun, Jul 6 - Aug 31  
Discover the natural world through your artistic side. We will explore the wild side of Sunol with a different craft each week.

OUTDOOR DISCOVERIES!  
Sunol  
10:30am-noon, Mon  
Explore the world around you in this hands-on preschool and home school nature series! Join us as we discover, create, and experience the beauty of Sunol. (4-8yrs)

MEET THE REPTILES  
Sunol  
10am-noon, every Sat & Sun, Jul 6 - Aug 31  
Meet the reptiles of Sunol with a different craft each week.

INSECT EXPEDITIONS  
Sunol  
10:30-11am, every Sun, Jul 7 - Aug 25  
Step inside our Visitor Center and meet the resident animals. Find out what and how they eat as you watch us feed our not so furry friends!

OUTDOOR DISCOVERIES!  
Sunol  
10:30am-noon, Mon  
Explore the world around you in this hands-on preschool and home school nature series! Join us as we discover, create, and experience the beauty of Sunol. (4-8yrs)

MEET THE REPTILES  
Sunol  
10am-noon, every Sat & Sun, Jul 6 - Aug 31  
Meet the reptiles of Sunol with a different craft each week.

THE ITSY-BITSY SPIDER  
Tilden Nature Area  
Jenna S. Collins  
1-2pm, Sun, Jul 7 & 21  
Get up close and personal to the animals that call the Little Farm and Nature Area home. Learn how they move, find their food, and keep safe from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

CHORES FOR LITTLE GARDENERS  
Tilden Nature Area  
Trent Pearce  
1-2pm, Sun, Jul 7 & 21  
Get up close and personal with snakes and turtles as we explore ectotherms in all their glory. All ages of herpetologists welcome.

LOOK KIDS, A CHICKEN!  
Tilden Nature Area  
Anthony Fisher  
1-2pm Sun, Aug 11 & 18  
Dear Chicken,  
What kind are you? Where do you come from? How many eggs do you lay? What’s that red thing on your head?  
Signed: Curious Human Person.
**FUN WITH FELTING**
Tilden Nature Area  Jenna S. Collins
1-2pm, Sun, 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. Meet at the EEC.

**WE ALL SCREAM FOR ICE CREAM!**
Tilden Nature Area  Jenna S. Collins
3-3:30pm, Sun, Jul 14 & 28
Put together some ice, salt, cream, sugar, and a little muscle power to learn how we make delicious old-fashioned ice cream. Meet at the EEC.

**TWILIGHT HIKE TO WILDCAT PEAK**
Tilden Nature Area  Trent Pearce
7-10pm, Sat, Jul 20
Enjoy a vigorous (and potentially foggy) 4-mile round-trip hike to the top of Wildcat Peak… at sunset! Bring comfortable hiking shoes, water, and a flashlight.

**WHAT’S THE BEE’S KNEES?!**
Tilden Nature Area  Jenna S. Collins
1-2pm, Sun, 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. Meet at the Little Farm classroom.

**LAKE TO LAKE WATERSHED WALK**
Tilden Nature Area  Trail Gail
1-2pm, Sat, Aug 3
Bull Rush or Tule has many uses, one is to make boats. Join a naturalist and make a mini tule boat, then we’ll go out and see if they float!

**OFF YOUR GOURD**
Tilden Nature Area  Trail Gail
3-4pm, Sat, Aug 10
Make a simple gourd craft at the Little Farm, and learn how they grow.

**EDIBLE FRUIT**
Contra Loma  Interpretive Staff
10am-noon
Thu, Jul 4; Sun, Jul 21; Aug 4; Sat, Aug 10, 17
Diablo Foothills (Castle Tree)  Interpretive Staff
Sat, Aug 24
Staff Come and visit with Park District Naturalists and staff at our table, where we’ll help reveal some of the hidden secrets of local nature, show cool places to visit in the parks, and get you started on nature crafts. Info: (510) 544-2750.

**BLACKBERRIES, MORE THAN AN EDIBLE FRUIT**
Tilden Nature Area  Trail Gail
2-3pm, Sat, Aug 17
With some warm weather and a little luck, we can experience this natural fruit, firsthand. Not all blackberries are the same, or are they?

**TAKE A WALK ON THE WILD SIDE**
Tilden Nature Area  Trail Gail
9-11am, Sat, Aug 24
Trek to the top of the world. We’ll climb Wildcat Peak, watch for wildlife and experience our connection to the rest of the bay area. Bring water, snacks.

**Hikes for Tykes**
Various Parks  Interpretive Staff
10:30-11:45am, Tue
Enjoy some nature before naptime with your young child! Join a naturalist as they take you over hill and dell to explore the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes. See www.ebparks.org/parks for maps and directions. Info: (510) 544-3187.

**Bird Walk**
Various Parks  Kristina Parkison
8-10am, Sat, Jul 6 – Alameda Creek. Meet at Niles Staging Area; Aug 3 – Quarry Lakes. Meet at Isherwood Staging Area. The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8yrs. Info: (510) 544-3220.

**How Does Our Garden Grow?**
Shadow Cliffs  Ashley Grenier
10-11:30am, Tue, Jul 9 #25740, Aug 13 #25743

**Other Parks**

**Nature’s Corner**
Contra Loma  Interpretive Staff
10am-noon
Thu, Jul 4; Sun, Jul 21; Aug 4; Sat, Aug 10, 17
Diablo Foothills (Castle Tree)  Interpretive Staff
Sat, Aug 24
Staff Come and visit with Park District Naturalists and staff at our table, where we’ll help reveal some of the hidden secrets of local nature, show cool places to visit in the parks, and get you started on nature crafts. Info: (510) 544-2750.

**Wednesday Walks**
Various Parks  Interpretive Staff
10am-noon
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from two to five miles. Great for families. Dogs welcome on most hikes. Info: (510) 544-3187. See www.ebparks.org/parks for maps and directions.

**Saturday & Sunday Strolls**
Various Parks  Interpretive Staff
10am-noon
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from two to five miles. Great for families. Dogs welcome on most hikes. Info: (510) 544-3187. See www.ebparks.org/parks for maps and directions.

**Campfire Programs – Anthony Chabot**
Anthony Chabot  Interpretive Staff
8-9pm, every Sat in Jul & Aug
Free! Join us for after-dark fun! Learn about the parks and nature around you through games, songs, photos and stories around the campfire. Even if you’re not camping, you’re welcome to join us for the program! Dress warmly.
Info: (510) 544-3187.
more. Let's get outside! Parent/caregiver participation required. (1-5yrs).
Info: (510)-544-3249.

WEEKDAY BIRD WALK
Various Parks  Kristina Parkison
7:30-9:30am, Tue Jul 16: Garin. Meet at Visitor Center Barn; Aug 13: Coyote Hills.
Meet at Visitor Center
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes.  12+yrs. Info: (510)-544-3220.

WHERE IS OLD SURVIVOR?
Leona Canyon  Michael Charnofsky 9:30am-12:30pm, Sun, July 21
Meet at Visitor Center to take a nature walk and learn about two unusual redwood trees.
Info: (510) 544-2750.
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 and learning about the natural world around us. 8+yrs. Registration is required.

TRAILS CHALLENGE: SHADOW CLIFFS [HPHP]
Shadow Cliffs  Ashley Grenier 9-11:30am, Wed, Aug 7
It’s not too late to start your 2019 Trails Challenge! Join the Naturalist on this easy 2.8 mile loop and discover this urban oasis’ rich cultural and natural history.
Info: (510)-544-3249.

A TASTE OF BRIONES
Briones  Eddie Willis 9-11:30am, Sun, Aug 11
Hike down to an old pear orchard, once owned by John Muir’s friend, and literally taste a piece of the park. 3-miles round-trip, steep. Meet at Briones Road staging area. 8+yrs. Info: (510)-544-2750.

WHO BUILT THE SIBLEY LABYRINTH?
Sibley  Helena Mazzariello & Michael Charnofsky 10am-12:45pm: Sun, Aug 11 #25986
She built the Sibley labyrinth “as a gift to the world” in 1989. On a 3-mile hike, join us with Helena Mazzariello, the original builder, as she unravels mysteries and myths about labyrinths, their spiritual properties, and how she (secretly) created ours. 10+yrs. Registration is required.

SUNDAY EARLY-ISH BIRDS
Various Parks  Anthony Fisher 8-11am, Sun
Some of my best friends have feathers. They could be your friends too. Would you like to meet them?
Aug 18: Crockett Hills. Meet at Crockett Ranch Staging Area.

MONDAY BIRDING
Various Parks  Anthony Fisher 9am-noon, Mon
Breathe fresh air, seek feathery spirits, learn about yourself and others.
Aug 19: McLaughlin Eastshore State Park - Meet at the Seabreeze Mkt. lot.

TRAILS CHALLENGE:}

HICKING AND PSYCHING
Roberts  Michael Charnofsky 10am-noon, Sun, Aug 18
Fool each other with impressive truths and creative falsities about nature and science. Hike 3.5 moderate miles through beautiful redwood forest (that part’s true) as we share, trick and guess. Info: (510) 544-3187. 10+yrs.

BIRDING THE SHORELINE
Hayward Shoreline  Francis Mendoza 8:30-10:30am, Sun, Aug 18
Walk along an easy, flat 2 miles to the shoreline where we’ll look for shorebirds, waterfowl and passerines. Wear layers, sunscreen and bring water. 12+yrs. Meet at Western end of W. Winton Ave. Info: (510)-544-3220.

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. Call (510) 544-3127 or email redwood@ebparks.org to confirm meeting location as this can vary from month to month. Rain cancels.

INVASIVE SPECIES REMOVAL/HABITAT RESTORATION
Huckleberry, Sibley  Staff 9:30am - 3rd Sun of the month:
Huckleberry
9:30am- 2nd Sat of the month: Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided.
Info: (510) 544-3112. sibley@ebparks.org.

POST 4TH OF JULY BEACH CLEANUP
Crab Cove  Morgan Guentner 10:30am-noon, Sun, Jul 7
The picnics, fireworks and red, white and blue fun have filled the weekend, and it’s time to help pick up the litter left behind from the busy summer days on the beach. Bring buckets and gloves, or borrow ours. Info: (510)-544-3187.

BECOME A DELTA DOCENT
Big Break  Interpretive Staff 12:30-2:30pm, Mon, Jul 8 #26086
9am-3:30pm, Mon, Jul 15; Tue, Jul 16; Thu, Jul 18; 9am-4:30pm, Tue, Jul 23; 9am-3:30pm, Mon, Jul 29
If you love nature, learning, parks and people then join our family of Delta Docents! Develop skills to assist naturalists with school, weekend, evening programs and events to help connect people with nature. This 7-session training highlights Delta ecology, history, activities, games and presentation skills. It’s like nature camp for adults! No experience necessary. Info/Registration: Cat Taylor at (510)-544-3051 or ctaylor@ebparks.org.

THIRD THURSDAYS AT THE BEACH
Crockett Hills  Staff 9:30am- 2nd Sat of the month.
Meet at Crockett Hills. Meet at Crockett Ranch Staging Area.

NATIVE PLANT AND BUTTERFLY GARDENING
Crab Cove  Michael Charnofsky 9:30am-12:30pm, Sun, Aug 4 #25992
Help keep our wildlife-friendly gardens beautiful by pruning, weeding, mulching, and watering around the Visitor Center. Choose the work that inspires you. Birds and butterflies would thank you if they could! Community Service hours available for students. Snacks and refreshments served. Tools provided. 8+ yrs. Registration is required.

Members from the Dawoodi Bohra community in Fremont, preparing the ground to plant tress at Cull Canyon.
How to Register • Fee Payment

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.

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.

CREDIT CARDS: VISA and Mastercard are accepted for all fee programs except those that are registered at a park. Call the phone number in program description for info.

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.
Free Concerts in the Parks

EAST BAY REGIONAL PARK DISTRICT

June 22.....Lake Chabot
July 12......Crab Cove
Aug. 9 ......Crab Cove
Aug. 23 ....Contra Loma

Sept. 13 ...Crab Cove
Sept. 28 ...Judge John Sutter Regional Shoreline

Celebrate With Us!

FAM Fest!

FALL ARTS AND MUSIC FESTIVAL
AT THE BRIDGE YARD BUILDING

September 28, 2019

Location: Judge John Sutter Regional Shoreline
(At the Eastern Touchdown of the Bay Bridge in Oakland)

Celebrate the Parks’ 85th Anniversary with Us!

Easter Bay Regional Park District
1934 to 2019

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