

# 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, and children must be accompanied by a responsible adult. 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](mailto:CGarcia@ebparks.org), Naturalist Trail Gail at 510-544-3258 or [GBroesder@ebparks.org](mailto:GBroesder@ebparks.org), Naturalist Susan Ramos at 510-544-3187 or [SRamos@ebparks.org](mailto:SRamos@ebparks.org),

**June 19** Hayward Shoreline – Winton Ave. easy  
 Enjoy cool bay breezes and expansive views along a portion of the Bay Trail. Bring binoculars to appreciate the wildlife on this 3.5-mile hike. No dogs. **Directions:** From I-880 in Hayward, take Winton Ave. west all the way to the Bay. Park along the road or in the park service yard at 3010 W. Winton Ave. Hayward CA 94545. Naturalist Christina Garcia

**June 26** Bay Farm Island - Spunkmeyer Field easy  
 Walk almost 6 flat miles around the Island known as Bay Farm/Harbor Bay in Alameda. We'll walk past a golf course, city streets and then along the Bay Trail. Meet at Spunkmeyer Field near the corner of Doolittle Drive and 970 Harbor Bay Parkway. Naturalist Susan Ramos.

**July 17** Garin-Dry Creek Pioneer moderate  
 Today's hike is an all-time favorite - four miles into a secluded canyon on a shady, single track trail. There is some uphill climbing on this moderately-strenuous route, and there may be some poison oak along the trails. You'll feel far away from the hustle and bustle of the city on this hike! **Directions:** From I-880 in Hayward, exit at Whipple/Industrial and go east on Industrial Parkway. Turn right on Mission Blvd., then take the next left, which is Garin Ave. Go up the hill to the park which is at the end of the road. Meet by the barn, 1320 Garin Ave, Hayward 94544. Naturalist Christina Garcia

**July 24** Carquinez Shoreline – Nejedley Staging area strenuous  
 Hills and views. Information, Naturalist Trail Gail

**August 21** Briones - Alhambra Staging Area strenuous  
 Water, water everywhere... or is there? Naturalist Trail Gail

**August 28** Redwood – Canyon Meadow moderate to strenuous  
 Hike about 5 miles- up Canyon Trail, along East Ridge to Phillips Loop, Eucalyptus trail and then back along the shady beautiful and hopefully cool forest floor of Stream trail. Naturalist Susan Ramos

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**September 18** Las Trampas *moderate/strenuous*  
 Expansive ridge top vistas and a variety of vegetation await us on this short, but steep climb up to the top of Las Trampas Ridge. The trail levels out comfortably along the top, with a few gentle ups and downs. Total distance is about 3 miles. **Directions:** From I-680 in San Ramon, take Crow Canyon Road west about 1 mile to Bollinger Canyon Road, turn right (north). Meet in the parking lot at the end of the road. 18612 Bollinger Canyon Road, San Ramon 94546. Naturalist Christina Garcia

**September 25** Anthony Chabot-Bort Meadow *strenuous*  
 Enjoy Autumn! Hike about 4 miles through a meadow, up and down hills, and along city streets. Some parts strenuous. Restroom facilities about ¼ of a mile from the trailhead. Naturalist Susan Ramos

**October 16** Wildcat Canyon, Alvarado Staging Area  
 Hills and views and history too! Naturalist Trail Gail

**October 23** Diablo Foothills - Livorna Road Staging Area *moderate/strenuous*  
 Travel through oak-studded grasslands on the gently rolling foothills of Mt. Diablo as we climb over Shell Ridge and along lovely Pine Creek. This moderately-strenuous hike covers 6 miles. Meet at Livorna Road Staging area. No Dogs, please. Note: No water or restrooms are available at the staging area. Use the facilities at the city park on Livorna Rd. **Directions:** From I-680 near Danville, take the Livorna Road exit. Head east about three miles to the Livorna Staging area located just west of Stonegate Drive in Alamo. Naturalist Christina Garcia

**October 30** Redwood-Trudeau *moderate/strenuous*  
 Hike through redwoods, along the ridge and past serpentine rocks during this 4 ½ mile walk. Naturalist Susan Ramos

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

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

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

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

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

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