Regional in Nature
Activity Guide
MAY – JUNE 2020

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INSIDE

Above: New crew reducing fire fuels in Regional Parks. See page 2.

Be a Pup Pro! See page 3.

BE A PUP PRO!

Be Respectful, Share Your Parks

Bug it, Fix it, Use it
Leash your pup in designated areas
Keep your dog safe

East Bay Regional Park District
Healthy Parks Healthy People
New Crew Reducing Fire Fuels in Parks

MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE

The public’s concern over wildfire is as great as ever…and justifiably so. In 2017, we saw the North Bay Fires in the San Francisco Bay Area, in 2018, the Camp Fire in Butte County; and in 2019, we saw some of the most extreme wind and fire weather ever recorded in the East Bay – luckily with no major fire disaster here.

Since the Oakland Fire Storm in 1991, the Park District has invested robustly in fuels reduction and wildfire readiness. Today, the District has 46 full-time and on-call firefighters, eight fire deployment stations, two helicopters capable of dropping water, and four remote weather stations.

In 2019, we continued to invest in wildfire protection by adding an eight-person fuels reduction crew and two coordinators who are dedicated year-round to clearing and reducing fire hazards in our parks.

Wildfire protection enhancements:

• Helping establish the North Orinda Shaded Fuel Break from Briones Regional Park near Lafayette to Tilden Regional Park near Orinda.

• Thinning and removing overgrown vegetation on 800 acres using goats, mowers, and new fuels crew.

• Working with FEMA to remove or reduce hazardous vegetation in nine designated sites.

• Removing eucalyptus on two acres near homes and power lines in Wildcat Canyon.

• Removing 92 large, hazardous trees for park safety and fuels reduction.

Support Our Four-Hoofed Firefighters:

Grazing cattle also play an important role in wildfire protection by reducing vegetation and fire risks. Please take a look at our Be A Pup Pro educational campaign (next page), which we recently launched to encourage visitors to follow the dog rules, including leashing up around cattle.

Trailblazing Women of the East Bay Regional Park District

The year 2020 marks the 100th anniversary of women’s right to vote. The Park District is showcasing several women whose contributions in park management and environmental conservation have made the District one of the strongest in the nation.

Our trailblazing women have ranged from Dr. Aurelia Henry Reinhardt, President of Mills College, who advocated for the founding of the Park District and served on its first board of directors; and modern-day Board directors such as recreation and access-for-all visionary Carol Severin and environmentalist Jean Siri.

Women continue to play a vital role in the success of the Park District, and today they represent half of the Park District’s staff in executive, legal, finance, human resources, construction, park operations, and naturalist roles.
Walk for Better Health!

Walking outdoors is one of the best things you can do for your heart. Cardiovascular benefits include improving your heart's endurance and performance. Reducing heart attacks by 86% (combined with healthy lifestyle choices). Reducing risk of stroke by up to 50%.

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

New Judge John Sutter Regional Shoreline Park Set to Open

A new 45-acre shoreline regional park is set to open this June in Oakland at the eastern touchdown of the Bay Bridge. The park – named Judge John Sutter Regional Shoreline after East Bay civic and environmental leader and former Park District board member John Sutter – includes the historic and newly renovated Bridge Yard building for events, a recently constructed 600-foot observation pier with views of the bay, and access to the bicycle and pedestrian path on the eastern span of the Bay Bridge.

Historic Bridge Yard Building:
The restored 1930s-era Bridge Yard building, which was operated as the maintenance facility for the Key System trains, will serve as the future recreational anchor and activity hub for the park with interpretive and recreational programming, equipment rentals, food concessionaires, and space for events and conferences, including public events. The 24,000 square-foot building was renovated by Caltrans and the Bay Area Toll Authority (BATA) and has been leased to the Park District by Caltrans.

Bay Observation Pier:
A 600-foot observation pier was recently completed by BATA atop six pilings from the old Bay Bridge. The pier provides spectacular Bay views and connects visitors to the site's transportation history.

Bay Bridge Trail Access:
The new park also provides parking and access to the Alexander Zuckermann Bay Bridge Trail, which crosses the Bay Bridge to Yerba Buena Island and Treasure Island.

Judge John Sutter Regional Shoreline is an example of multi-agency collaboration between Caltrans, BATA and the Park District, and a result of the Park District's long-time efforts to reclaim the shoreline for public use.

Next time you go over the Bay Bridge, keep an eye out for visitors enjoying the Bay Area’s newest shoreline park.

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Be Respectful, Share Your Parks

The East Bay Regional Park District manages 73 Regional Parks within 125,000 acres in Alameda and Contra Costa counties. The Park District is one of the most dog-friendly districts in the nation and welcomes dogs with both on-leash and off-leash options in designated areas of the parks.

Dog owners comprise one of the largest user groups, and a recent survey showed dog walking was the preferred activity among 39% of respondents, second only to hiking.

To keep trails and parks enjoyable for everyone, including pups and park-goers, the District has begun a public information campaign to encourage all visitors to be respectful and share their parks.

“Being out in nature with our dogs is a huge benefit, for us and for them,” says Mary Barnsdale, a board member of Point Isabel Dog Owners. “It’s on us to keep the parks clean, respect wildlife, and be sensitive to the needs of other park users.”

Follow these tips to be a Pup Pro:

- Bag then Bin (the poop)
- Leash your pup in designated areas (parking lots, trailheads, picnic areas, paved trails, wildlife protection areas, etc.)
- Keep your dog safe (leash up around cattle and horses)

Visit www ebparks.org/PupPro for a quick guide to the dog rules.

Sallie and Cali (dog)
Anthony Chabot Regional Park

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Be A Pup Pro!
#PupPro
SUMMER PROGRAMS FOR YOUTH

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. Offered for ages 13-15. Applications are required, and due May 1. For more info and an application, contact Aaron Roth at aroth@ebparks.org or call (510) 690-6624.

JUNIOR LIFEGUARD PROGRAM
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. Offered for ages 8-12. For info on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. No onsite registration.

SWIM LESSONS
Offered at Contra Loma Lagoon and Roberts Pool. 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). Both locations classes meet Mon-Thur 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+ yrs. will earn a lifeguarding certificate. Applications are required and due May 1. For more info and an application, contact Tyler Waespi at twaespi@ebparks.org or call (510) 690-6625.

PARK’N IT DAY CAMP
Mon-Fri, 9am-4pm
Jun 8-12, Temescal #28491
Jun 15-19, Temescal #28490
Jun 22-26, Don Castro #28489
Jul 6-10, Contra Loma #28494
Jul 20-24, Miller Knox #28496
Jul 27-31, Ardenwood #28493
Aug 3-7, Coyote Hills #28495
Spent a whole week exploring and playing in the Regional Parks! Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors. 10% family discount for registration of second child of same family; only applies when both children register and pay in one transaction–either by phone or online. 5-12 yrs.
Fee: $200 (non-res. $220)

LEADERS IN TRAINING
Mon-Fri, 8:30am-4pm
Jun 8-12, Temescal
Jun 15-19, Temescal
Jun 22-26, Don Castro
Jul 13-17, Various
Jul 6-10, Contra Loma
Jul 20-24, Miller Knox
Jul 27-31, Ardenwood
Aug 3-7, Coyote Hills
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 wwwebparks.org or contact Morgan Evans, Recreation Coordinator, at mevans@ebparks.org or (510)544-2566 for a paper copy. 13-17 yrs.
Fee: $50

RECREATION
Registration is required.
ARCHERY - INTRODUCTION
Roberts Redwood Bowmen
10am-noon, Sat, Jun 20 #29198
1:30-3:30pm, Sat, May 16 #29197; Jun 28 #29199
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. 8-13 yrs (adult supervision required for children ages 8-13 yrs). Fee: $50 (non-res. $56)

LLAMAS – MYSTICS OF THE ANDES
Reinhardt Redwood
LAMAS Outfitters
1pm-4:30pm, Sat, May 9 #29267; May 30 #29273; Jun 6 #29277
10am-1:30pm, Sun, May 31 #29276; Jun 7 #29279
The Quechua Andeans refer to llamas as "Speechless Brothers." Learn how to groom, feed, lead, and interact positively with these specially trained llamas, under the guidance of Geo, a "Llama Michie," with over 25 years' experience. Up to two people can share one llama or reserve their own. Adult participation required for ages 8-17 yrs (adult registers).
Fee: $90 per llama - 6 llamas max. per class (non-res. $100)

FIRST AID FOR DOGS
Crab Cove Peter Pay
10:30am-2:30pm, Sat, May 30 #29195
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 book "First Aid for Dogs" required at time of class. 12+ yrs.
Fee: $50 (non-res. $56) plus $5 materials

FLY-FISHING INTRODUCTION
Tilden Fish First!
7am-1pm, Sun, May 10 #29150; Jun 14 #29194
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.
Fee: $60 (non-res. $66)

FISHING – BASS BASICS
Contra Loma Recreation staff
8-11am, Sat, Jun 20 #29213
Learn the basics of bass fishing including gear selection, rigging, fish behavior, and
KAYAKING / BOATING

Come out to the lake and participate in this fun ‘derby style’ class where youth will have a chance to catch their first fish! Participants will learn basic techniques of fishing, including casting, bait selection, and knot tying. Ages 5-12yrs. (participants must be accompanied by an adult). No guarantee participants will catch a fish.

Fee: $15 (non-res. $17)

MY FIRST FISH!  
Temescal Recreation staff  
5-7pm, Wed, May 6 #29215

Registration is required.

KAYAKING FOR FOLKS 50+  
MLK Jr Shoreline Recreation Staff  
10am-2pm, Wed, Jun 17 #29200

Learn kayaking skills with your peers at a pace that is right for you. On land we will cover paddling techniques, equipment selection, and boat safety. Then we will practice on the water by touring San Leandro Bay by kayak. 50+yrs

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

DISCOVER KAYAKING  
MLK Jr Shoreline Recreation Staff  
11am-3pm, Sat, Jun 20 #29212

Curious about kayaking, but don’t know how? Come learn the basics through this hands-on course that includes an on land introduction to water safety, trip planning, and paddle techniques. During the second half of the course you will practice on the water as we tour San Leandro Bay. Ages 12+yrs.

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

SUNSET PADDLE  
Tidewater Boating Center Recreation Staff  
6-9pm, Fri, May 29 #29201; Sat, Jun 6 #29202

Relish the beauty of the sunset by kayak! We’ll set off just before sunset and explore the calm waters of San Leandro Bay. Kayaks, instruction, and all associated safety gear provided. Adult participation required for ages 11-16yrs. Adult registers. 11+yrs.

Fee: $30 (non-res. $34)

BOAT TO BROOKS  
Brooks Island Dolphin Charters/ Interpretive Staff  
9:00am-3:30pm, Thu, May 7 #29130;  
10am-4:30pm, Fri, May 8 #29135

Join us for a relaxed, narrated boat ride to Brooks Island. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate and tea are provided. 12+yrs

Fee: $72 (non-res. $80)

Registration information — Register beginning April 1

www.ebparks.org/register or 1-888-327-2757 (1-888-EBPARKS), option 2

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers and 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 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.

Registration is required.

POLES: HIKING SKILLS & TECHNIQUES PLUS SHORT HIKE  
Coyote Hills Jayah Faye Paley  
8:30am-2pm, Sat, May 16 #28976

Celebrate Springtime! Comprehensive training helps hikers improve performance and confidence. Uphill: Improve power, endurance, and spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees! “Test Drive” poles on a short scenic hike; learn which poles fit you best. Registration is required.

Fee: $48 (non-res. $55)

POLES: HIKING SKILLS & TECHNIQUES PLUS PRACTICE HIKE  
Reinhardt Redwood Jayah Faye Paley  
8:30am-3pm, Sat, Jun 27 #29015

Poles training plus a lovely Redwood hike (approximately 4 miles) on varied terrain. Learn individualized, anatomically optimal strategies for enhancing your enjoyment of the outdoors, and improving performance and confidence on the trail.

Registration is required.

Fee: $65 (non-res. $73)

ARDENWOOD

An animal-feeding program with goats, sheep, chickens, and bunnies. Learn all the animals’ favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

ARDENWOOD  
Interpretive Staff  
3pm, Thu-Sun

Check for eggs and feed the livestock.

RIDE THE RAILS - TRAIN RIDES  
Ardenwood S.P.C.R.R.  
Various times, 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.
**TRAILS CHALLENGE** FREE

The Trails Challenge motivates you to complete 5 featured trails by December 1!

The Trails Challenge guidebook features trails for all fitness levels as well as tips for new trail users. Free printed booklets and 50/50 cotton/polyester T-shirts are available at participating Visitor Centers (while supplies last).

Go “green” by downloading the booklet – print only what you need. See www ebparks.org/TC for information on how to download the guidebook and other program materials including the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log.

*Kaiser Permanente is a major sponsor of this program.*

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**WAKE UP THE FARM**

*Ardenwood Interpretive Staff*

10:30-11am, Sat, May 2, 16, 30

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.

**FUN WITH FELTING** Art/Music

*Ardenwood Mindy Castle*

11am-noon, Sat, May 2, 23

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.

**CLOTHESPIN DOLLS** Art/Music

*Ardenwood Mindy Castle*

1-2pm, Sat, May 2, 30

Create and dress up your own darling doll. We’ll make them out of clothespins just the way they did more than 100 years ago. Meet at the Granary.

**CLASSIC TABLE TOP GAMES**

*Ardenwood Interpretive Staff*

2-3pm, Sat, May 2, 16, 30; Sun, May 24

Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jacob’s Ladder as you delve into our box of games from days-gone-by.

**GORGEOUS GOATS**

*Ardenwood Interpretive Staff*

10:30-11am, Sun, May 3, 17

Discover why goats are a farmyard mainstay. Lend a hand grooming our nannies and give them a snack as you learn all about these gentle farm friends.

**COOKING IN COUNTRY KITCHEN**

*Ardenwood Interpretive Staff*

11am-1pm, Sun, May 3, 24

Stop by the Country 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 an historic recipe to try.

**OLD-FASHIONED FUN**

*Ardenwood Interpretive Staff*

2-3pm, Sun, May 3, 17, 31; Sat, May 9, 23

Old-fashioned pastimes once included stilts walking, running with tubers (potato-spoon race), testing your strength (tug-o-war) and hopping like a bunny (sack races). Join the fun and test your skill!

**HENS LAY EGGS**

*Ardenwood Interpretive Staff*

10:30-11am, Sat, May 9, 23

Bring the little ones to the farm to meet the chickens. We’ll listen to a story, see what a hen’s feathers feel like, and search the coop for eggs.

**WE ALL SCREAM FOR ICE CREAM!**

*Ardenwood Mindy Castle and Christina Garcia*

11am-noon, Sat, May 9, 30; 1-2pm, Sat, Jun 27; 12:30-1:30pm, Sun, Jun 28

Lend a hand cranking up a batch of this delicious old-fashioned treat while hearing its colorful history. Victorians experimented with cucumber and fish-flavors — we’ll stick to vanilla or chocolate!

**BEGINNING EMBROIDERY** Art/Music

*Ardenwood Mindy Castle*

1-2pm, Sat, May 9, 23

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.

**SWEET AS HONEY**

*Ardenwood Mindy Castle*

11am-noon, Sat, May 16

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, Sat, May 16

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.

**GOURMET POPCORN**

*Ardenwood Interpretive Staff*

10:30-11am, Sun, May 17, 31

Who knew popcorn could be gourmet? We’ll spice up an old farm staple with exotic spices and flavors. Which batch will be the best? You can decide.

**ROPE MAKING & HAY HOISTING**

*Ardenwood Interpretive Staff*

1-2pm, Sun, May 24, 30

Expend some elbow grease shelling and grinding a tasty treat for the sheep, goats and chickens using our antique equipment. Make a new friend when you feed them by hand.

**WALKING TALL**

*Ardenwood Max Cade*

1-2pm, Sun, May 24

Think you need to join the circus to handle stilts? Think again! Stop by the farm, learn about their global history, and try them out for yourself.

**FARM CHORES FOR KIDS**

*Ardenwood Interpretive Staff*

10:30-11am, Sat, Jun 6, 13, 20, 27; Sun Jun 7, 14, 21

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.

**CORN MOSAICS** Art/Music

*Ardenwood Interpretive Staff*

Noon-1pm, Sat, Jun 6, 20; 2-3pm, Sun, Jun 28

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.
BEAUTIFUL TREES
Ardenwood  Christina Garcia
1-2pm, Sat, Jun 6
From Bald Cypress to Yew, lovely specimens trees fill the estate of George and Clara Patterson. Stroll the grounds, see some special trees and hear their stories.

RABBIT RENDEZVOUS
Ardenwood  Interpretive Staff
1-1:30, Sat, Jun 13, 27
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.

OLD FASHIONED BUTTER MAKIN’
Ardenwood  Interpretive Staff
10:30-11:30am, Sun, June 28
Join in the fun of an old-fashioned hay harvest! Hop into the hay wagon for a ride into the fields, then help load the freshly mown hay and haul it back to the hay boom to build a big stack. We’ll discover the difference between hay and straw as we bring in this year’s crop.

HAY HARVESTING
Ardenwood  Interpretive Staff
1-2:30pm, Sun, Jun 7, 14, 21
Before modern grocery stores, people needed to make their own staples at home. Discover an easy way to make butter from cream then sample your tasty concoction on crackers!

LIFE ON THE FARM
Ardenwood  Christina Garcia
1:30-2:30pm, Sat, Jun 20
Stroll around the farm with a naturalist. Peek into the outhouse and the milk house and discover what life was like 150 years ago.

GARDEN CHORES FOR KIDS
Ardenwood  Interpretive Staff
10:30-11:30am, Sun, June 28
Our garden has been growing. Lend a hand weeding, watering and maybe planting some seeds. Discover how to grow vegetables as we get our hands dirty.

RAIL ADVENTURE DAY
Ardenwood  S.P.C.R.R.
10am-3:30pm, Sat, Jun 20
This is a great opportunity to take a Saturday ride on the narrow gauge train and learn about the history of the original railroad that ran through Ardenwood. The train is operated by the nonprofit Society for the Preservation of Carter Railroad Resources (www.spcrr.org, www.facebook.com/spcrrmuseum). 4+yrs. Fee: All Day Pass $3/person plus park admission.

COFFEE TALK & DELTA NEWS
Big Break  Interpretive Staff
8:30-9am, Wed, May 6, June 3
From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion of science and events shaping the region.

MAMMALS OF THE MARSH
Big Break  Interpretive Staff
9am-12pm, Sat & Sun, May 23-24
Explore their similarities, differences, and adaptations to the unique habitat they call home.

DUNES DAY RESTORATION!
Big Break  Interpretive Staff
9-11am, Sun, May 3, June 7
Help restore a small piece of the historic dunes as we remove invasive weeds and re-establish native plants! Bring water, gloves, hat, closed-toed shoes, dress for weather and prepare for general grubbiness.

OWL PELLET DISSECTION
Big Break  Interpretive Staff
2pm-3pm, Sat, May 16
Join us as we explore the wild world of owls and their digestive contents. Pluck apart owl pellets to discover more about these predators’ diets.

TURTLEY AWESOME
Big Break  Interpretive Staff
2-3pm, Sun, May 24
Let’s make like turtles and take a slow stroll to explore how they make it from soft shell babies to hard shell biggies.

THURSDAY BIRDING: RAPTOR BASELINE
Various Parks  Michael Moran
9-11:30am, Thu, May 28 Big Break # 28696
June 25 Round Valley # 29172
The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey: hawks, falcons, eagles. Help us document their variety and numbers in this fun, social citizen science research project. No experience necessary- we’ll teach you how to identify these birds. Join in for one or all. Registration is required.

BEAUTIFUL BEES
Big Break  Interpretive Staff
2-3pm, Sat, May 30
Let’s get busy about bees! We’ll explore their surprising importance, make bees-wax wraps to take home, then stroll about to look for our flying friends.

SUMMER FOLIAGE
Big Break  Interpretive Staff
2-3pm, Sun, June 7
Take in Delta’s delightful colors of summer and learn about the trees in our park.

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. Meet at the Botanic Garden Visitor Center unless otherwise stated.

DOCENT-LED GARDEN TOURS
2pm, Sat; 11am & 2pm, Sun
Rain cancels.

FAMILY-FRIENDLY TOUR
2pm, Sun, May 17
This is a docent-led family-friendly theme tour on pollination. Dissect a California poppy, watch pollinators like butterflies at work, and learn how seeds disperse. Rain cancels.

CLASSES THROUGH THE FRIENDS OF THE REGIONAL PARKS BOTANIC GARDEN
10am-12:00pm, Sat, May 16, 30, Jun 13 – Drawing the Garden
10:30am-12pm, Sun, May 31 – Creating Hypertufa Containers

Healthy Parks Healthy People: Bay Area
Monthly walks that provide safe, low-impact physical activity and improve health and well-being of all participants, through regular use and enjoyment of the Regional Parks. Look for HPHP.
May 2020

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**Regional in Nature Activity Calendar**

9. **Alameda Bay Trail**: Love Your Mother (Earth) Beach Clean-Up
   Ardenwood: Animal Feeding, Train Rides, Patterson House Tours

6. **Alameda Creek Trail**: Bird Walk
   Ardenwood: Animal Feeding, Wake Up The Farm, Fun With Felting, Patterson House Tours, Clothespin Dolls, Victorian Table Top Games

5. **Big Break**: Dunes Day Restoration!, Testing The Water, Delta Discoveries, Springtime Snakes, Turtley Awesome Eggs

4. **Black Diamond**: Hazel Atlas Mine Tours, Geology Hike
   Coyote Hills: Discovery Days, Cart of Curiosities
   Crab Cove: Family Nature Fun, Fish Feeding
   Sunol: Wonderful Wildflower Crafts, Valley Stroll

3. **Tilden Nature Area**: Farm Chores For Littles, Insect Quest!, Closing the Farm

2. **Ardenwood**: Animal Feeding, Train Rides, Gorgeous Goats, Gourmet Popcorn, Patterson House Tours, Rope Making & Hay Hoisting, Old-Fashioned Fun
   **Big Break**: Testing The Water, Delta Discoveries, Arachnid Adventures

1. **Black Diamond**: Hazel Atlas Mine Tours, Butterfly Stroll
   **Big Break**: Testing The Water, Delta Discoveries
   **Black Diamond**: Hazel Atlas Mine Tours, Butterfly Stroll
   **Sunol**: Animal Feeding, Wild Wonders, Nature Crafts
   **Tilden Nature Area**: Farm Chores For Littles, Insect Quest!

25. **Juwari**: Memorial Day Free Day
   **Black Diamond**: Memorial Day Mine Tours
   **Coyote Hills**: Memorial Day Open House
   **Del Valle**: Boat Tour

26. **Sunol**: Animal Feeding, Wild Wonders, Nature Crafts
   **Tilden Nature Area**: Memorial Day Open House

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

31. **Ardenwood**: Animal Feeding, Train Rides, Patterson House Tours
   **Del Valle**: Days of the Pioneer
   **MLK Jr. Shreline**: Kayaking - Sunset Paddle

Anthony Chabot: Campfire Programs

Ardenwood: Animal Feeding, Wake Up The Farm, We All Scream For Ice Cream!, Patterson House Tours, Clothespin Dolls, Victorian Table Top Games

Big Break: Testing The Water, Delta Discoveries, Beautiful Bees

Black Diamond: Hazel Atlas Mine Tours
   **Coyote Hills**: Nectar Garden Fun Day, Discovery Days, Cart of Curiosities
   **Crab Cove**: First Aid for Dogs, Family Nature Fun, Fish Feeding
   **Del Valle**: Nature Hike, Boat Tour, Night with a Naturalist
   **Reinhardt Redwood**: Llamas
   **Sunol**: Wild Wonders, Nature Crafts
   **Tilden Nature Area**: Farm Chores For Littles, Insect Quest!, Closing the Farm

Sunol: Animal Feeding, Wild Wonders, Nature Crafts
   **Tilden Nature Area**: Trails Challenge Walks With a Naturalist, Talk With The Animals, Coloring the Animals, Nature Around Us
Black Diamond: Hazel Atlas Mine Tours, Oak: Root, Shoot and Fruit
Coyote Hills: Dust Marsh Bird Hike, Discovery Days, Ohlone People & Culture
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Boat Tour, Streamside Science
Huckleberry: Sunday Stroll
Reinhardt Redwood: Llamas
Sunol: Animal Feeding, Wild Wonders, Nature Crafts
Tilden Nature Area: Chores for Little Gardeners, Talk With The Animals, Jewel Lake Goat Walk

2
Quarry Lakes: Weekday Bird Walk
Sibley: Hikes for Tykes

3
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
Sunol: Wednesday Night Bat Watch

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

5
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours
Del Valle: Days of the Pioneer

6
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Beautiful Trees, Birds Of The Farm, Farm Chores For Kids, Patterson House Tours, Corn Mosaics, Farmyard Games
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Boat Tour, Night with a Naturalist
Dry Creek: Bird Walk
Martinez Shoreline: Morning at Martinez Shoreline
MLK Jr. Shoreline: Kayaking - Sunset Paddle
Reinhardt Redwood: Llamas
Sunol: Wild Wonders, Nature Crafts
Tilden Nature Area: Farm Chores For Littles, Creek and Pond Study, Botanical Watercoloring, Insect Expeditions

7
Ardenwood: Animal Feeding, Train Rides, Farm Chores For Kids, Old Fashioned, Butter Makin', Patterson House Tours, Hay Harvesting
Big Break: Dunes Day Restoration!, Testing The Water, Delta Discoveries, Summer Foliage
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: 21st Butterfly & Bird Festival, Discovery Days

8
Big Break: Big Break Littles
Sunol: Outdoor Discoveries

9
Big Break: Big Break Littles
Crab Cove: Sea Squirts: ABCs of Nature
Point Pinole: The Over-The-Hills Gang

11
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours

12
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours
Del Valle: Days of the Pioneer

13
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Patterson House Tours, Rope Making & Hay Hoisting, Rabbit Rendezvous
Big Break: Testing The Water, Delta Discoveries, Blissful Butterflies, Mammals of the Marsh
Black Diamond: Hazel Atlas Mine Tours
Contra Loma: Whose Tracks are Those!, Discovery Days, Wonders of Wetlands
Crab Cove: Annual Sand Castle & Sculpture Contest, Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Boat Tour, Night with a Naturalist
Garin: Canine Capers Walk
Sunol: Wild Wonders, Nature Crafts
Tilden Nature Area: Farm Chores For Littles, Explore the Nature Area, Insect Expeditions

14
Ardenwood: Animal Feeding, Train Rides, Farm Chores For Kids, Old Fashioned Butter Makin', Patterson House Tours, Hay Harvesting
Big Break: Testing The Water, Delta Discoveries, Craw-Dad Day
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Fishing - Bass Basics
Del Valle: Nature Hike, Boat Tour, Dragons, Night with a Naturalist
MLK Jr. Shoreline: Discover Kayaking

15
Shadow Cliffs: Lakeside Littles

16
MLK Jr. Shoreline: Hikes for Tykes

17
Ardenwood: Toddler Time
Bishop Ranch: Wednesday Walks
MLK Jr. Shoreline: Kayaking for Folks 50+
Sunol: Wednesday Night Bat Watch

18
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours
Crab Cove: Third Thursdays in the Garden

19
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours
Del Valle: Days of the Pioneer

20
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Rail Adventure Day, Farm Chores For Kids, Patterson House Tours, Corn Mosaics, Life On The Farm
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Carrizque Strait: Strait Solstice Hike
Contra Loma: Fishing - Bass Basics
Coyote Hills: Extreme Photography, Discovery Days, Cart of Curiosities
Crab Cove: Family Nature Fun: Dashing Dragonflies, Fish Feeding
Del Valle: Nature Hike, Boat Tour, Dragons, Night with a Naturalist
MLK Jr. Shoreline: Discover Kayaking
Roberts: Archery Introduction
Sunol: Wild Wonders, Nature Crafts
Tilden Nature Area: Farm Chores For Littles, Creek & Pond Study, Insect Expeditions

21
Ardenwood: Animal Feeding, Train Rides, Farm Chores For Kids, Old Fashioned Butter Makin’, Patterson House Tours, Hay Harvesting
Big Break: Testing The Water, Delta Discoveries, Craw-Dad Day
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Fishing - Bass Basics
Del Valle: Nature Hike, Boat Tour, Dragons, Night with a Naturalist
MLK Jr. Shoreline: Discover Kayaking

22
Crab Cove: Early Early Grunion Search
Sunol: Outdoor Discoveries

23
Crab Cove: Sea Squirts: Animal Olympics

24
Ardenwood: Toddler Time
Roberts: Wednesday Walks

25
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours
Round Valley: Thursday Birding

26
Ardenwood: Animal Feeding, Train Rides, Patterson House Tours
Del Valle: Days of the Pioneer

27
Anthony Chabot: Campfire Programs
Ardenwood: Animal Feeding, Farm Chores For Kids, Patterson House Tours, Rope Making & Hay Hoisting, Rabbit Rendezvous, We All Scream For Ice Cream!
Big Break: Testing The Water, Delta Discoveries, Arachnid Adventures
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Animal Tracking, Discovery Days, Native Knowledge Nature Walk
Crab Cove: Return of the Terns, Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Boat Tour, Night with a Naturalist
Reinhardt Redwood: Hiking Poles: Skills & Techniques Plus Practice Hike
Sunol: Wild Wonders, Nature Crafts
Tilden Nature Area: Farm Chores For Littles, Creek and Pond Study, Community Garden Design, Salves Not Balms

28
Ardenwood: Animal Feeding, Train Rides, Garden Chores For Kids, Patterson House Tours, We All Scream For Ice Cream!, Corn Mosaics
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Discovery Days
Crab Cove: Low Tide Exploration, Family Nature Fun, Fish Feeding
Del Valle: Boat Tour
Diablo Foothills: Diablo’s Dark Hollows
Tilden Nature Area: Talk With The Animals

29
Encinal Beach: Hikes for Tykes
Del Valle: Boat Tour
BIG BREAK LITTLES
Big Break Interpretive Staff
10-11am, Mon, June 8, Tue, June 9
Bring the little ones out to the park to
explore nature. Same program both days.
Dress to get dirty!

BLISSFUL BUTTERFLIES
Big Break Interpretive Staff
2-3pm, Sat, June 13
Who’s the king of the insects? The Mon-
arch! Flutter on in to explore the kingdom
of butterflies!

CRAW-DAD DAY
Big Break Interpretive Staff
2-3pm, Sun, June 21
Bring your craw-daddies and the rest of
the family! Time for some fun exploration
of our macro-invertebrate friends and
their role in our wetland ecosystem!

ARACHNID ADVENTURES
Big Break Interpretive Staff
2-3pm, Sat., June 27
Our eight-legged residents are prowl-
ing the park...for food! Drop by to learn
spiders and join us in some fun arachnid
activities!

BLACK DIAMOND

Greathouse Visitor Center is open 10am-
4:30pm, weekends March through No-
very. Info: (510) 544-2750 or bvisit@
ebparks.org. Programs meet in parking lot
at south end of Somersville Road unless
otherwise noted. Weekend parking fee: $5.

H A Z E L - A T L A S S I L I C A - S A N D M I N E
TOUR
Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Explore a restored sand mine before
descending the great staircase to the
new coal mine exhibit on this 90-minute,
small-group tour. Must be 7+ years old.
Reservations offered at 10am (only for
groups of 10-15), 11am, and 2pm. 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 at Great-
house Visitor Center.
Fee: $5

C O A L M I N E E X P E R I E N C E T O U R
Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Delve deeper into coal mining history on
this 30-minute, small-group coal mine
experience tour. Discover the sights and
sounds of the Mt. Diablo Coal Field. Must
be 7+ years old. Reservations at 10am.
Reserve in advance online or by phone.
First-come, first-served tickets may be
offered. Call ahead for availability.
Fee: $3

BIRD WALKS

Thursday Birding Various Parks,
May 28, Jun 25, page 7
Dust Marsh Bird Hike, Coyote Hills,
May 31, page 11
Weekday Bird Walk Various Parks,
May 5, 19, & Jun 2, page 13
Bird Walk Various Parks, May 2,
page 13
Bird Island Viewing Shadow Cliffs,
May 16, page 14

COYOTE HILLS

Coyote Hills Visitor Center is open Wed-
Sun, 10am-4pm. Meet at Visitor Center
unless otherwise stated. Info: (510) 544-
3200 or chvisit@ebparks.org.

DISCOVERY DAYS Art & Music
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.

MOTHER NATURE DAY Art & Music
Coyote Hills Francis Mendoza
10:30am-3:30pm, Sun, May 10
Drop by the visitor center on Mother’s
Day and make a nature card for that special
someone in your life. 5+yrs

OHLINE VILLAGE SITE TOUR Art & Music
Coyote Hills Interpretive Staff
1:30-3:30pm Sat, May 16
10-noon & 1:30-3:30pm, Sun, May 24
1:30-3:30pm Sat, Jun 6
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 recon-
structed shade structure, pit house, and
sweat house.

BUTTERFLY STROLL Art & Music
Coyote Hills Francis Mendoza
1-2pm, Sun, May 17
Caterpillars, chrysalises, and butterflies, oh
my! Go on a short walk around the visitor
center and nectar garden as we look for
these lovely lepidopterans in all of their
different stages of life. 5+yrs

MEMORIAL DAY OPEN HOUSE
Coyote Hills Francis Mendoza &
Interpretive Staff
10am-4pm Mon, May 25
This Memorial Day, drop by the visitor
center to learn about Ohlone culture, the
history of the military within the park, and
the wonders of nature that await you on
the trails.

M O M E N T A L D A Y M I N E T O U R S
MEMORIAL DAY OPEN HOUSE
Black Diamond Interpretive Staff
11am-4pm, Mon May 25
Hazel-Atlas Mine — On Memorial Day,
60-minute tours of Hazel-Atlas mine will
be offered on a first-come, first-served
basis at 11am, noon, 1pm, 2pm, and 3pm.
Tickets available at Greathouse Visitor
Center. 7+yrs. Parent participation is
required.

OAK: ROOT, SHOOT AND FRUIT
Black Diamond Interpretive Staff
9:30-11:30am, Sun May 31
We at Black Diamond treasure our oaks
and all the creatures they provide for. We’ll
share some of their secrets and visit with
them in their hillside homelands. 6+yrs

OIL CANYON ODYSSEY HHP
Black Diamond Kevin Dixon
6-10pm, Sun June 14 #29146
End of Frederickson Lane — Our park is
known not just for its black diamond, but also
for its black gold. Wander out into Oil Can-
yon, past a methane spring, and return along
Sand Creek. 10+yrs. Registration is required.

NATIVE WILDFLOWER HIKE
Coyote Hills Interpretive Staff
10-11am, Mon May 3
Learn about Ohlone people and their inti-
mate 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
**ANNUAL SAND CASTLE AND SCULPTURE CONTEST**

**Crab Cove**

Enjoy a day at the beach with friends and family either building a unique work of art or strolling to admire others' creations. Register at 9am for this free event with viewing and judging at noon. Award presentation: 1pm. Categories include castles and sculptures by youth, families, and adults. The event is cosponsored by the East Bay Regional Park District, Alameda Recreation & Parks, and the Bay View Women's Club. Stop by our information table to learn about our Healthy Parks, Healthy People initiative!

**FISH FEEDING TIME**

**Crab Cove**

Meet our crabs, fish, and sharks while you eat! Learn how the Seafood Watch app helps their friends in the wild!

**MOTHER’S DAY MAMAS**

**Crab Cove**

Explore the Cove and pond while watching baby ducks, geese, and other animals being cared for by their mothers (and fathers). End with a motherly craft.

**MEMORIAL DAY OPEN HOUSE**

**Crab Cove**

Enjoy the beach, then come in to meet our turtle and snake, visit the fish, make a cast, and more. Try our self-guided history walk – ask at the front desk. Scheduled programs: Low Tide Walk: 10:30-11:30; Reptile Rendezvous: 12-12:30; Memorial Day Memories: 2-3; Fish Feeding: 3-3:30pm

**RETURN OF THE TERNs**

**Crab Cove**

Join us for a special day dedicated to the California least tern, an endangered species! View a presentation about their fascinating behaviors and the reasons for their success at the largest colony in Central/Northern CA. All visitors welcome 10:15am, 11:30am, and 12:45pm. For those who have made reservations in advance, join us following the presentation to view a nearby nest site teeming with several hundred pairs of terns and their chicks, accessible only on our tour bus (space limited). Experts aboard the bus will interpret bird behavior. At 3:30pm, all are invited to join a naturalist to watch these amazing acrobats hunt at Crab Cove (binoculars available for loan).

**SEA SQUIRTS**

**Crab Cove**

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! 3-5yrs. Please no older or younger siblings (exception: infants). Registration is required. Fee: $5 ($7non-res.)

May 12: Feathered Friends # 29111
May 26: Fin-tastic Fish # 29112
Jun 9: ABCs of Nature # 29113
Jun 23: Animal Olympics # 29115

**LOW TIDE EXPLORATION**

**Crab Cove**

We will venture into the mud during low tide and peer under rocks to look for crabs and other crustacean critters! Wear old shoes or boots and clothes that can get dirty.

**OLD FASHIONED FATHER’S DAY FUN**

**Crab Cove**

Make dad a delicious frozen treat! Help hand crank some ice cream the old-fashioned way, and “sea” what special ingredients we use.

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**CRAB COVE**

Crab Cove Visitor Center is open Wed-Sun, 10am-5pm. Info: (510) 544-3187 or ccove@ebparks.org.

**FAMILY NATURE FUN**

2-3pm, every Sat & Sun, May & Jun

The tides roll in and out making each day a chance to discover something new. Enjoy the beach, or bike along the San Francisco Bay Trail, then visit us to learn and have fun making a nature-themed craft!
VALLEY STROLL  SP  HHP H
Sunol  Interpretive Staff
2:30-3:30pm, Sat and Sun, May 2, 3
Meander through the meadow and discover what is blooming on this family-friendly wildflower stroll.

WILDFLOWER WILDERNESS  SP  HHP H
Sunol  Interpretive Staff
8:30-11:30am, Sun, May 3
Join us for a walk through Sunol as we discover the changing blooms of the season. The length and route will change based upon each week's blooms.

ANIMAL FEEDING TIME  SP  HHP H
Sunol  Interpretive Staff
10:30-11am, every Sun, May 3 to Jun 28
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!

WILD WONDERS  SP
Sunol  Interpretive Staff
12:30-1:30pm, every Sat and Sun, May 9 to Jun 28
Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families.

NATURE CRAFTS  SP  Art & Music
Sunol  Interpretive Staff
2-4pm, every Sat and Sun, May 9 to Jun 28
Discover the natural world through your artistic side. We will explore the wild side of Sunol with a different craft each week.

MARVELOUS MOMS!  SP
Sunol  Interpretive Staff
10am-noon, Sun, May 10
Celebrate this Mother’s Day the nature way! This 3-mile hike for the whole family will meander through the hills of Sunol as we find out about nature’s marvelous moms!

OUTDOOR DISCOVERIES!  SP  
Sunol  Alex Collins
10:30am-12pm, Mon, May 11, Jun 8, 22
May 11: Geology Rocks #29233
Jun 8: Ice Cream Science #29234
Jun 22: Sensational Sun #29235
Explore the world around you in this hands-on preschool and home school nature series! Join us as we discover, adventure and create in the outdoor classroom of Sunol. 4-Byrs Registration is required.

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

FARM CHORES FOR LITTLES
Tilden Nature Area  Interpretive Staff
10:30-11am, every Sat in May & Jun
Little children will enjoy taking care of the little animals at the Little Farm. Meet at the rabbit hutch for a variety of age-appropriate activities.

TALK WITH THE ANIMALS  
Tilden Nature Area  Interpretive Staff
11-11:30am, every Sun in May & Jun
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.

INSECT QUEST!
Tilden Nature Area  Anthony Fisher
1:30-2:30pm, Sat, May 2, 9, 23 & 30
If you think insects are the best, join a weekly exploration of pond, stream and field. We finish by viewing our catch under the super-giant-ultra-see-bigger scope!

CLOSING THE FARM (MOO)
Tilden Nature Area  Anthony Fisher
3:30-4:30pm, Sat, May 2, 9, 23 & 30

WEDNESDAY WALKS  SP  HHP H
Various Parks  Interpretive Staff
Explore new trails, make new friends, and learn about your parks on a naturalist-led hike. Hikers of all ages and abilities are welcome on hikes ranging from easy to challenging. Wear sturdy footwear, bring water, and dress for the weather. Heavy rain cancels. Hikes begin at 9:30am.

May 20: Carquinez Strait, Nejedly Staging Area — Expect hills, views and more on this walk. Led by Trail Gail. Info (510) 544-2233.
Jun 24: Roberts, Redwood Bowl Staging Area — hike into the shady redwood forest about 4 moderately hilly miles along the Madrone, French, and West Ridge trails. Restrooms in Redwood Bowl, which we will pass at the beginning of our hike. Led by Susan Ramos. Info: (510) 544-3187.

Hikes for Tykes  SP  HHP H
Various Parks  Interpretive Staff
10:30-11:45am, Tue, May 5, 19 & Jun 2, 16, 30
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. Parking fees apply. Rain cancels. Info: (510) 544-3187.

May 5: Oyster Bay (Neptune Drive) — Search for signs of spring from the rising wave sculpture to the pine tree pathway.
May 19: Roberts (Main Upper lot) — Look up, look down - explore among the tall trees and the forest floor.
Jun 2: Sibley (Sibley Staging) — Discover the life that can be found all around a sleeping volcano!
Jun 16: MLK, Jr. Shoreline (Arrowhead Marsh) — Look for birds, bat rays, and bugs along the shore.
Jun 30: Encinal Beach Explore a shoreline park in search of seals, sand, and soaring birds.

MINI GRAND TOUR  SP  
Sunol  Interpretive Staff
8:30am-12:30pm, Sun, Jun 7 #29253
Come and explore Indian Joe Creek, Cave Rocks, and Little Yosemite on this “mini” grand tour of Sunol – the wildness awaits. Ages 10+yrs. Registration is required.

WEDNESDAY NIGHT BAT WATCH  SP
Sunol  Interpretive Staff
7:30-9pm, Wed, Jun 3, 17
Be a scientist for a night and discover the whimsical winged mammals we call bats! We’ll debunk the myths and find outs the truth about our flying friends as we watch them fly from the roost and begin their nightly hunt. Bring a picnic dinner to enjoy in the park before the watch begins!

FEARLESS FATHERS  SP
Sunol  Interpretive Staff
10am-1pm, Sun, Jun 21
Find out about nature’s fabulous fathers on this 3.5-mile hike. Explore caves, ponds and woodlands on this journey to discover the fearless fathers of the forest.

SUNOL

UNLESS OTHERWISE NOTED, ALL PROGRAMS MEET AT THE SUNOL VISITOR CENTER, OPEN WEEKENDS 10AM-4PM. INFO: (510) 544-3299 OR SVISIT@EBPARKSONLINE.ORG.

WONDERFUL WILDFLOWER CRAFTS  Art & Music
Sunol  Interpretive Staff
10am-3pm, Sat and Sun, May 2, 3
Drop in and get crafty as we learn more about the beautiful blooms of these hills.
Help feed the cows, sheep, goats, pigs, chickens, ducks, geese and rabbits and put them all to bed!

**MAY DAY CELEBRATION OPEN HOUSE**

Tilden Nature Area  Trail Gail  Interpretive Staff

11am–2pm, Sun, May 3

Celebrate spring with maypoles, bubbles, and crafts for the whole family. The Berkeley Morris Dancers will educate and entertain as they perform the Rites of May from 11am to noon.

**APRIL SHOWERS BRING MAY FLOWERS**

Tilden Nature Area  Beth Brindle

2-3pm, Sun, May 3

Explore the anatomy of flowers and their importance to the ecosystem. For Mother’s Day, we will make paper flowers and weave them into headpieces.

**NATURE AROUND US**

Tilden Nature Area  Trail Gail

2-3pm, Sun, May 10, 17 & 24

Immerse yourself in nature, surround yourself with space and wonder. Come explore with a naturalist.

**FUN WITH FELTING**

Tilden Nature Area  Interpretive Staff

11am–noon, Sun, May 17

Stop by the farm and make a felted creation. We’ll use wool, soap, and our own energy to make a unique piece. Come get your hands wet while learning about wool.

2-3pm, Sun, Jun 14

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 visitor center.

**COLORING THE ANIMALS**

Tilden Nature Area  Beth Brindle

1-2pm, Sun, May 24

This park is home to many animals. Come enjoy coloring animals while learning about Tilden’s most popular and prevalent residents.

**MEMORIAL DAY OPEN HOUSE**

Tilden Nature Area  Trail Gail  Interpretive Staff

11am–3pm, Mon, May 25

Join us to celebrate at the Nature Area. Blow bubbles, go for a walk, make ice cream, and start summer at the park!

**NATIVE AMERICAN LIFeways**

Tilden Nature Area  Trail Gail

11am-12:30pm, Sun, May 31

People lived here for thousands of years before there was a park. Discover some of the ways they made this area their home.

**TULE FLOAT – MAKE A MINI TULE BOAT**

Tilden Nature Area  Trail Gail

2-3pm, Sun, May 31

Bring 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 it floats!

**CREEK AND POND STUDY**

Tilden Nature Area  Trent Pearce

11am–noon, Sat, Jun 6, 20 & 27

Learn how to sample aquatic invertebrates on these family-friendly outings. Wear shoes to get wet and muddy. Nets provided!

**BOTANICAL WATERCOLORING**

Tilden Nature Area  Em Ritchie

1-2pm, Sat, June 6

Explore the native plants of the Nature Area by creating beautiful botanical watercolors. Participants will gain basic skills in life-drawing, plant identification, and watercoloring.

**INSECT EXPEDITIONS**

Tilden Nature Area  Trent Pearce

2-3pm, Sat, Jun 6, 13 & 20

Summer brings insects to the meadows and fields. Get to know some six-legged members of the animal kingdom on these short walks.

**CHORES FOR LITTLE GARDENERS**

Tilden Nature Area  Jenna S. Collins

10-11am, Sun, Jun 7, 14 & 28

Lend a hand weeding, watering and planting our healthy vegetables. Meet at the Kids Garden.

**JEWEL LAKE GOAT WALK**

Tilden Nature Area  Jenna S. Collins

2-3pm, Sun, Jun 7

Join us as we take our goats out on the trail to stretch their legs and see new sights! This short walk will start and end at the Little Farm.

**EXPLORE THE NATURE AREA**

Tilden Nature Area  Trent Pearce

11am–noon, Sat, Jun 13

Take a stroll through eucalyptus and oak on this easy 1-mile loop, exploring the history and nature of this special park. Meet at the Environmental Education Center.

**MAGICAL MEDICINE CHEST**

Tilden Nature Area  Beth Brindle

1-2pm, Sun, Jun 14

Meet the native medicinal plants of the Nature Area by viewing our native plant garden. Learn basic botanic terms and how to identify each plant. Herbal tea tasting to follow.

**COMMUNITY GARDEN DESIGN**

Tilden Nature Area  Em Ritchie

1-2pm, Sat, June 27

Learn to design and build a garden landscape while working on our whimsical garden space. Help make your home and our space a sanctuary for humans and animals alike. Meet in the Kids Garden.

**SALVES NOT BALMS**

Tilden Nature Area  Trent Pearce

2-4pm, Sat, Jun 27

Fight the capitalist machine by learning how to make your own salves using all-natural ingredients, then take home your finished product.

**WE ALL SCREAM FOR ICE CREAM!**

Tilden Nature Area  Jenna S. Collins

2-3pm, Sun, Jun 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 visitor center.

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**OTHER PARKS**

**BIRD WALK**

Various Parks  Kristina Parkison

8-10am, Sat, May 2 Alameda Creek

June 6 Dry Creek

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.

**ALAMEDA WALKS**

Encinal Beach  James Frank

9-10:15am, Sat, May 2: Encinal Beach To The Hornet. Appreciate sweeping views of city skylines, the bay, birds, and other wildlife for a preview of this popular 2020 Trails Challenge hike.

Info: (510) 544-3187.

**WEEKDAY BIRD WALK**

Various Parks  Kristina Parkison

7:30-9:30am, Tue, May 5 Dry Creek/Pioneer, May 19 Coyote Hills, Jun 2 Quarry Lakes

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.

**TRAILS CHALLENGE WALKS WITH A NATURALIST**

Various Parks  Trail Gail

9am–noon, Sun, May 10 & 24

Want to join the fun, but don’t know where to begin? It’s not too late to start, or finish the 2020 trails challenge. Join me!

**May 10:** Point Pinole, Giant Highway Staging Area- 4.06 miles, easy. Explore the park from bay views to explosive past.

**May 24:** 3.15-mile loop, moderate. Hike to Wildcat Peak and back!

Info (510) 544-2233.

**THE OVER-THE-HILLS GANG**

Various Parks  Trail Gail

10am-12:30pm, Tue, May 12 & 26, Jun 9 & 23

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excur-
ARIOGRAMS exploring the Regional Parks. Info (510) 544-2233.
May 12: Sibley, Skyline Blvd — a volcanic past and labyrinths too.
May 26: Tilden Botanic Garden—from flowers to lake and back again
Jun 23: Roberts Park — Shade, trees & forgotten history. Meet in the main parking lot.

CANINE CAPERS WALK [HPHP]
Various Parks
Kristina Parkison
9-11am, Sat, May 16: Hayward Shoreline #29144. Meet at Winton Ave.
The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! Join this monthly adventure exploring and learning about the natural world around us as we hike park trails.

THIRD THURSDAYS IN THE GARDEN
Crab Cove  
Staff
10am-noon & 1-3pm, Thu May 21 & Jun 18
Volunteer in our Demonstration Garden to help with weeding, pruning, and mulching, or help with other needs around the park. One-time or on-going opportunities. Attend one or both sessions. Meet at the bathhouse by Otis entrance. Wear long pants, closed-toe shoes, hat, and bring a water bottle. Children 12 and under must be accompanied by an adult.

OPENING DAY AT GARIN [HPHP]
Garin Interpretive Staff
9am-11am, Sat, May 16
Come to the Red Barn on opening day to enjoy activities, games, ice cream, and programs celebrating the unique history of Garin park and its communities.

WHOSE TRACKS ARE THOSE?
Contra Loma Virginia Delgado-Martinez
11:30am-1pm, Sat June 13
Put your tracking skills to the test and learn about the animals that roam the neighborhoods and hills of Antioch. 3+ yrs. Info: (510) 544-2750.

LEAST TERN COLONY MONITORS TRAINING
Hayward Shoreline
Noon-3:30pm, Sat May 9 #29446
Here is your opportunity to become a “Birding-Detective” by peering into the family life of terns. You will be helping to record data about their nest distribution, chronology and reproductive success using the Type 2 monitoring method. In this method, surveys are conducted from a vehicle approximately 75ft. from the island at various times of day, with the majority of the surveys conducted from 7am to 5pm, seven days a week. A Cabela’s professional 60mm (2.4 in) spotting scope on a car window mount will be available. By participating, you’ll earn your “Wetland Partners” patch. Meet in the overflow parking lot adjacent to the entrance gate kiosk. Deadline to sign-up is June 5.

FRENCH BROOM REMOVAL/RESTORATION PROJECT
Reinhardt 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 bring a reusable water bottle. 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
9am, 3rd Sun of the month – Huckleberry 9am, 2nd Sat of the month – Sibley
Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Water and snacks are provided but please bring your reusable water bottle. 16+yrs for Huckleberry. For groups of three or more, please contact Park staff at least three weeks in advance.
Info: (510) 544-3112. sibley@ebparks.org.

MAKE STRAW BARGES
Point Pinole, Atlas Staging Area-exit 48
9am-noon, Sun, May 10
Join us at the exit 48 marina for an opportunity to make a traditional water craft and then release it into the water. 8+yrs.
Info: (510) 544-3249.

DOUGLAS-FIR WALK [HPHP]
Carquinez Strait Staff
10:30am-noon, Sat, May 9
Give Mother Earth a Mother’s Day gift by sifting her shores to remove plastic, wrappers, and other oddities. Bring buckets and gloves or borrow ours. Info: (510) 544-3187.

ART & MUSIC

Sibley Natural Area
9:30am-1:30pm, 2nd Sun of the month
Join Sibley Natural Area as we explore the unique history of this area while enjoying music. Registration is required.
Info: (510) 544-2750.

DIABLO’S DARK HOLLOWS [HPHP]
Dooly Footills Kevin Dixon
6:30-10pm, Sun Jun 21 #29165
Orchard Staging Area — No moon will guide us as the new summer sky fades to black, but we’ll continue on our winding way through the twilight park into night. 10+yrs. Info: (510) 544-2750.
Registration is required.

TRANSITIONS AT TRAMPAS
Las Trampas Interpretive Staff
9am-noon, Sun, May 17
Delight in the transition as we witness the park change from spring to summer. Discover late blooming wildflowers, drought tolerant habitats, and rocky landscapes on this hardy adventure. Meet at Bollinger Canyon staging area. Info: (510) 544-3249

CANYON STAGING AREA [HPHP]
Bollinger Canyon Staff
10:30am-noon, Sat, May 9
Help beautify the Visitor Center and provide food for wildlife as we prepare our butterfly and native plant gardens for summer. Choose between weeding, pruning, mulching, and general clean-up. Snacks, refreshments, and tools provided. Students earn community service hours. 8+yrs.
Registration is required.

WILDLIFE VOLUNTEERS
with Dave “Doc Quack” Riensche, Wildlife Biologist

What to Bring: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen.

PHYSICAL LABOR is involved with many of our projects. Parent participation is required.

RIPARIAN RE-LEAF
Coyle Hills
9:30am-noon, Sat, Jun 13 #29447
Help the park’s wildlife by planting willow, cottonwood, and sycamore sapling. By participating, you’ll earn your “Wetland Partners” patch. Meet in the overflow parking lot adjacent to the entrance gate kiosk.
Deadline to sign-up is June 5.
Directions: In Hayward, from Hwy 880 take West Winton Ave exit. Follow West Winton towards the Bay (traveling west) and park in the Hayward Shoreline service yard (3050 West Winton Ave.).
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-4pm 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.
THIS SUMMER
WORK IN THE GREAT OUTDOORS!

The Student Conservation Association (SCA) is the nation’s #1 youth conservation service organization.

SCA East Bay Regional Parks Corps team members will live, work, and train together to tackle a variety of projects throughout the East Bay Regional Park District.

DATES OF SERVICE: May 11 to September 27, 2020

BENEFITS: $300 weekly living allowance, housing provided, paid trainings, and a $650 travel grant.

APPLY TODAY!
Visit thesca.force.com/members/NewRegistration

MORE INFO:
www.thesca.org

MOTHER’S DAY ON THE FARM
Sunday, May 10
11 a.m. to 3 p.m.

Ardenwood Historic Farm
FREMONT

Celebrate the special people in your life at the farm.

Drop-in special events. No registration required.
Registration is required for Mother’s Day Brunch. Visit ardenwoodevents.com/mothers-day

OLD FASHIONED FATHER’S DAY FUN
Sunday, June 21
12:30 to 2 p.m.

Crab Cove
ALAMEDA

Make dad a delicious frozen treat! Help hand crank some ice cream the old-fashioned way.

Purchase a Regional Parks Foundation membership, and the funds will support educational programs and stewardship projects in the East Bay Regional Parks. As a thank you, you’ll receive: Free Parking, Free Swimming, Annual Dog Pass (up to 3 dogs), Camping Discounts and more...

Memberships are available at select Regional Parks and Bay Area REI stores – and you can use your REI membership dividend to purchase! Or visit RegionalParksFoundation.org/Join to purchase online.

Give Back to Your East Bay Regional Parks!