Multicultural Wellness Walk

Tilden Nature Area

Join us for a community walk at this beautiful 740-acre preserve located just North of Tilden Regional Park. After the walk, visit the Little Farm, home to a variety of animals: goats, pigs, cows, and chickens. You’re welcome to bring lettuce or celery (but nothing else) for the animals. Learn about the history and ecosystems of the park and the Wildcat Creek watershed at the Environmental Education Center.

When: Saturday, August 26, 2023
9:00 a.m. to 12:30 p.m.

Where: Tilden Nature Area
Meet at Environmental Education Center
1500 Central Park Drive, Berkeley, CA 94708

Bring: Comfortable walking shoes; long-sleeve top and pants, a light jacket; sunscreen, hat, full water bottle, face mask
Healthy snacks and a light lunch will be provided.
Please kindly leave your dog at home.

Trail Description: Walk 2.5 to 4 miles on fire roads and wooded trails with some narrow sections. Strollers may not be suitable for sections of the hike.

Register: www.ebparks.org/WellnessWalks
Questions? (510) 544-2200 or yzeballos@ebparks.org

See MAP and Directions on page 2
Directions

From Hwy 80, take the University Avenue exit in Berkeley. Follow University towards the hills, turn left onto Oxford St. Turn right onto Rose St. Turn left onto Spruce St. Follow Spruce up the hill, you will reach a stop sign at the top of the hill, proceed through the intersection and turn immediately left down Canon Dr. At the bottom of Canon, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

From Hwy 24, exit at Fish Ranch Road. Take Fish Ranch Road to Grizzly Peak Blvd and turn right. Continue on Grizzly Peak Blvd. until you come to the intersection of Spruce Street, Wildcat Canyon Road and Canon Drive. Turn right on Wildcat Canyon Rd, then immediately make a sharp left down Canon Drive. At the bottom of the hill, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

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