Doug Siden Visitor Center at Crab Cove

Programs are free, drop-in, & meet at the visitor center unless otherwise noted.

Program Key:

= Wheelchair accessible
$ = Fee program
✓ = Register online at ebparksonline.org or call 888-327-2757
(non-res.) = Residents outside of Alameda & Contra Costa counties

Given advance notice accommodations can be made for visitors with disabilities.

Contact Us:
Telephone: 510-544-3187
Email: ccove@ebparks.org
Address: 1252 McKay Avenue Alameda, CA 94501

Facebook: https://www.facebook.com/crabcovealamedaca/

Story Time
Every Fri 10:30-11am
Come meet story characters like the Lorax, hermit crabs, and “Swimmy the Fish;” then meet a real animal, do a craft or play a game.

Fish Feeding Time
Every Wed, Sat & Sun 3-3:30pm
Visit our aquariums to see who lives here! Observe crabs, fish and other critters while they eat!

Winter Repose
Sun, Dec 3 9am-2pm
Well, we are not reposing, not too much anyway, on our walk. But the rest of nature is resting through the short days, or perhaps inspired to grow or to huddle. We will look at how plants and animals adapt to the particularities of their lands and their climate.

NOTE: This is a long walk of about 7.5 miles, highlighting the French Trail, a true gem of the East Bay Parks. The trail is at times steep, uneven, slippery, and generally challenging, so please bring good footwear as well as some food and water.

Where: Reinhardt Redwood Regional Park (Canyon Meadow Staging Area)
**Hikes for Tykes**

Enjoy some nature before naptime with your young child! Join us to travel over hill and dell and explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided.

Bring a snack. Strollers are not recommended for many hikes.

**Dec 5: Martin Luther King Jr. Regional Shoreline (Arrowhead Marsh Parking Lot):** Meander along the marsh looking for waterbirds like ducks, shorebirds, geese, and more!

**Dec 19: Reinhardt Redwood Regional Park (Canyon Meadow Staging Area):** Walk into the forest as we search for lovely ladybugs, rainbow fish, and remarkable redwoods.

**Ladybug, Ladybug, Where Do You Go?**

Where would you go if you were a hibernating ladybird beetle? Walk 3 miles round trip along the beautiful Stream Trail where we will hopefully find them by the thousands!

**Where: Reinhardt Redwood Regional Park (Canyon Meadow Staging Area)**

**Birds of Beach and Marsh**

We will take a short walk on Alameda Beach to check out the sand-loving birds, and then move over to the marshes of Elsie Roemer Bird Sanctuary as the tide rolls away. Beginners welcome.

Parking is available nearby South Shore Center. Meet near bathroom on beach at Park Street and Shoreline Drive.

**Where: Crown Memorial State Beach (meet near the bathroom on the beach at Park Street and Shoreline Drive)**
Sea Squirts $\checkmark$
Once a month share a morning of shoreline fun with your child. Play games, explore nature, sing songs, and do a craft related to the theme of the day!

Ages 3-5 years. Adult participation required.

**Topic: PJ Party**- Learn about animals that sleep during the winter! Wear your pajamas!

**Registration Required.**
Fee: $5 ($7 non-residents)
tinyurl.com/seasquirts1223

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Wednesday Walks
Discover the natural and human history of our beautiful parklands, explore new trails and improve your health with a friendly walking group. Wear sturdy footwear, bring water, snack and dress for the weather. Ages 8 and up.

**Where: Dry Creek Pioneer Regional Park (Dry Creek Pioneer Staging Area):** One last chance to hike one of the moderate trails highlighted in the 2023 Trails Challenge Booklet! Hike this 3.8-mile loop past open grassland and rolling hills. Climb 450 feet to panoramic sweeping views of the bay before dropping down along the shady creekside.

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High Tide Traipse
Arrowhead Marsh is a special place for birds and for people. We will visit with all of the ducks and marsh birds in their winter spots as they navigate a high and dropping tide. Beginners welcome.

Bring your own binoculars or a few pairs will be available to borrow. Heavy rain cancels.

**Where: Martin Luther King Jr. Regional Shoreline (Arrowhead Marsh Parking Lot)**
Saturday & Sunday Strolls
Wake up and walk into nature. Hikes range from 2-5 miles. Great for families. Bring water.

Lafayette-Moraga Regional Trail (St. Mary’s Road Staging Area) A waterfall (hopefully flowing), wildlife, and impressive landscapes will be featured along Las Trampas Creek, 3.25 miles round trip. Bathrooms available halfway.

Journaling Among the Redwoods
Reflect on our experience of the ebbing year and welcome the rising new year through writing and sketching. Colored pencils and watercolor brush markers will be available for you, but please bring your own notebook. In case of rain, we will have access to a covered area a little way up Redwood Creek. We will walk less than 2 miles over fairly level ground.

Where: Reinhardt Redwood Regional Park (Canyon Meadow Staging area)

Registration Required: tinyurl.com/journaling1223
Volunteer Opportunities

New Year’s Resolution: Sand Dune Restoration & Beach Cleanup ☑️

In 2020, a beautiful sand dune habitat was created at Encinal Beach, with unique California native plants. We need the help of weed warriors and good Samaritans to pull invasive weeds, preventing them from taking over, for the benefit of wildlife and humans. We will also pick up trash along the shore that washes in with the tides.

Snacks and refreshments served; tools provided. Students earn community service hours. Heavy rain cancels.

Ages 8 and up.

Where: Encinal Beach

Registration Required: tinyurl.com/sanddune1230

Future sand dune restoration volunteer events will be on the third Saturday, January-June.

IMPORTANT NOTE: If you are 13-17 and coming by yourself to a volunteer program, it is required to bring a liability form signed by a parent/guardian. Please email Michael at mcharnofsky@ebparks.org for the form. If you are part of a group, please contact Michael before registering.