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## REDWOOD REGIONAL PARK

### Park Tips for Teachers

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#### Introduction to Redwood Regional Park

Redwood Regional Park is a hidden gem located deep in the Oakland Hills far from the hustle and bustle of the city. Coast redwoods, the world's tallest tree, grows here to heights over 100 feet tall. Between 1840 and 1860, all of these redwood trees were logged but now their second growth descendants are over 150 years old. Peaceful, gentle giants now tower over the paths. The majestic forest, ample picnic areas and 36 miles of hiking trails make this a perfect place to take your class on a nature excursion! Redwoods, bay trees and ferns line the canyon and a seasonal stream winds through the park.

The stream is designated as a Resource Protection Area and is closed to fishing, dogs, swimming and wading. Redwood Creek is home to the original strain of the rainbow trout. Newts, banana slugs, birds, foxes and other mammals also make their home here. During the winter months lady beetles can be found hibernating in large numbers along one of the trails.

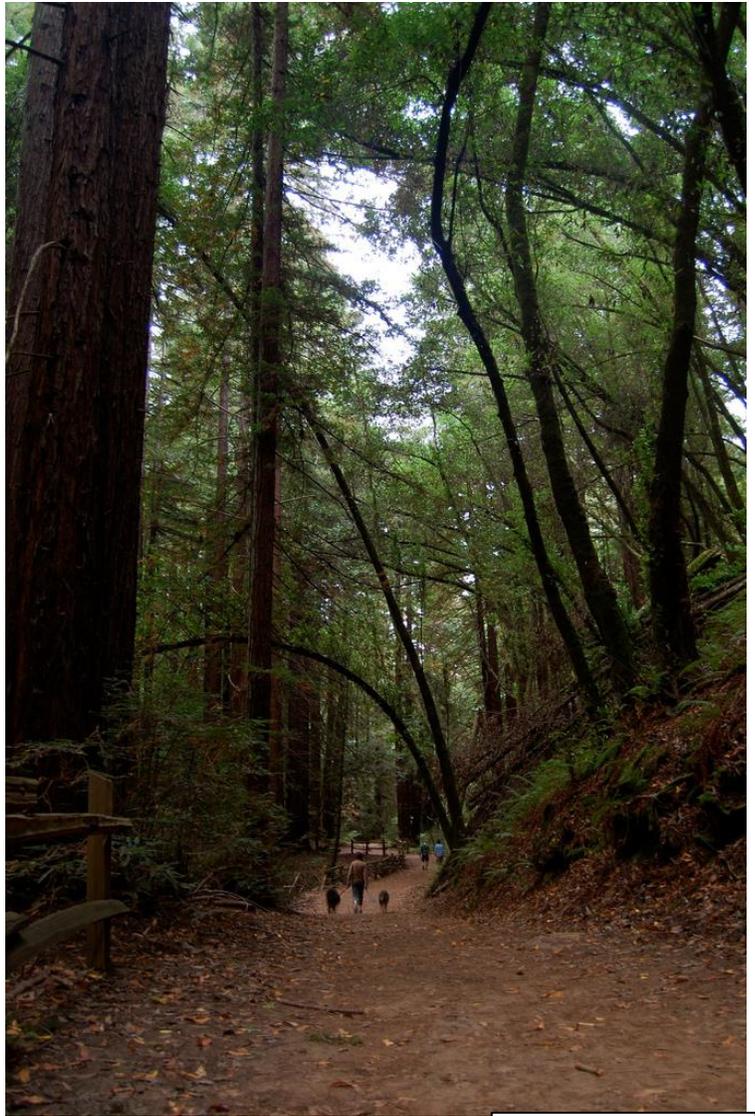


Photo by Jeff B., Flickr

Before taking your class on a field trip make sure to pick up the Kids Healthy Outdoor Challenge (KHOC) teaching materials at the Crab Cove Visitor Center and Marine Reserve, located at 1252 McKay Avenue in Alameda, open Wednesday through Sunday.

Please call or email the Interpretive Center prior to picking up the materials at (510) 544-3187 or [ccove@ebparks.org](mailto:ccove@ebparks.org) so we can reserve the kit for your use.

## Directions to the Park

There are several parking areas at Redwood Regional Park but to easily access the heart of the redwoods we recommend Canyon Meadow Staging Area.

Driving Directions: In Oakland on Highway 13, take the Redwood Road exit and go east (uphill). At the top of the hill, cross Skyline Boulevard and continue on Redwood Road about 2 miles to Redwood Gate. Make a left onto Redwood Gate and follow the road all the way to the last parking lot, which is the Canyon Meadow Staging Area.

## Park Tips for Teachers:

- There is poison oak in the park. The best way to avoid it is to know what it looks like and stay on the trails. The shiny leaves of this shrub grow in groups of three, and are green until fall when they turn various shades of red and orange; see photos to the right.
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- Three flush toilets are located near the Canyon Meadow staging area; water faucet and picnic tables as well. Limited parking is available at Canyon Meadow. If coming by bus have the bus drop you off and park in the Wayside parking area and return later for pick up. (Or take the path along the road to the Wayside parking area.)
  - Further into the park at the Orchard Picnic area is a playground and 6 flush toilets (3 for girls, 3 for boys). There is also a drinking fountain and a large grassy field for games.
  - The creek at Redwood is very sensitive. Please keep children, adults and pets away from the creek bed. (The banks can easily erode and that causes problems for the rainbow trout, a special fish that lives in the creek.)
  - There is an interactive Art/Trail Building activity students can do along the Stream Trail near the Canyon Meadow Staging Area, on the right side of the trail in the small redwood grove.
  - There are many interpretive panels to read along the Stream Trail.
  - Click on the park link more information about Redwood Regional Park: <http://www.ebparks.org/parks/redwood>.

## Suggested items for teachers to bring:

- Camera
- Lunches
- Water, especially if you plan to take a longer hike.
- Games to play on the grassy field such as balls for kickball, football, soccer, volleyball, Frisbees, etc.

