

Regional in Nature Activity Guide

July–August 2015

East Bay 
Regional Park District
www.ebparks.org

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Healthy Parks 
Healthy People



See summer activities inside.



Photo: Michael Short

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East Bay 
Regional Park District
www.ebparks.org

General Information/Free Brochure
1-888-EBPARKS or 1-888-327-2757
Camping & Picnic Reservations

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Visit www.ebparks.org for map
downloads, activity and event
information, and much more!



Adapting to the Drought

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



As California's historic drought wears on, the East Bay Regional Park District is working hard to protect our resources, conserve water, and educate the public how the drought is affecting

our parklands and how we can all work together to save water.

Throughout the District's 120,000 acres, we're replacing some turf with native grasses, permanently cutting irrigation by more than 25 percent, reducing fire hazards, closely monitoring water quality and reaching out to visitors about the importance of water conservation. We expect lake levels to fall and water-quality issues, such as blue-green algae blooms, to increase due to these severely dry conditions (see sidebar). There may be impacts to recreation, especially in our lakes, but we are doing everything possible to keep our parks open.

Dry conditions will also contribute to and increase the risk of fire. One of the most important drought-related steps we're taking is eliminating dry fuels in the East Bay hills. Using funds from Measure CC, our fire prevention program focuses on removing non-native plants from our hillside parklands, where they pose an extreme fire threat to the densely populated cities nearby.

So far, thanks to Measure CC, park crews are working along a 40-mile ridgeline that includes Tilden, Sibley, Wildcat Canyon, Anthony Chabot, Redwood, Leona and Point Pinole parks.

Measure CC funds have also allowed us to add fire sprinklers at the historic carousel at Tilden, and make other infrastructure improvements to keep our parks safe in what's expected to be an especially dry season.

We hope you enjoy your time in our beautiful parks this summer, and join us in saving water and protecting our open spaces!

WATER QUALITY AND THE DROUGHT

The drought is having a dramatic effect on the Park District's 10 lakes, miles of shoreline, and hundreds of creeks. Because of warmer water temperatures and a lack of rain to flush out bacteria, we're expecting an increase in toxic algae, harmful bacteria, and the parasite that causes swimmer's itch at several locations.

At Lake Chabot, please keep pets away from the lake due to a **toxic species of blue-green algae**. If you or your dog come in contact with or ingest the lake water, wash thoroughly with soap and fresh water, and see a doctor or veterinarian immediately if symptoms arise.

Park District water quality specialists regularly monitor water quality throughout all District lakes and beaches. The safety of our park visitors is our most important concern.

Volunteer Spotlight:

Tom and Jane Kelly of Berkeley used to ride their bikes along the Bay Trail and revel in the rugged beauty of the bay shoreline – except for the weeds.

"We used to say - 'Why doesn't someone do something about this?' " Tom Kelly said. "Then we got home one day and said, 'Well, maybe that someone should be us.' "

So the Kellys got permission from the staff at Point Isabel Regional Shoreline in Richmond to remove wild radish, broom, cape ivy and other weeds along the Bay Trail and replace them with plants native to that particular watershed, such as toyon and Artemisia.

That was seven years ago. The Kellys' efforts have now grown to include more than 1,000 volunteers who've

Greens at Work

transformed that segment of the Bay Trail into one of the most scenic and well-tended in the East Bay.

They've formed a non-profit, called Greens at Work, and are now co-sponsored by the California Native Plant Society. The Kellys and their crew hold twice-monthly work parties and, since the couple began the undertaking, they've put in almost 3,500 hours of volunteer work.

"My wife and I are pretty hard-core about our concern for nature. We want to make the habitat safe for all the animals that live here," Tom Kelly said. "To see the transformation of this area has been spectacular. Now it's not only better for animals, but better for people, too."



To learn more about volunteering with the District, go to www.ebparks.org/about/getinvolved.

Animals in Our Parks: Frogs

Photo: Steve Bobzien



A California red-legged frog

The melodious croaking of frogs is a familiar sound on summer evenings in East Bay parks. Our creeks and ponds are home to many amphibian species, including Pacific tree frogs and the rare western toads, foothill yellow-legged frogs, and the threatened California red-legged frogs.

Our District biologists keep a close eye on the health of these native species, monitoring their reproduction from year to year, studying how they cope with drought, and keeping tabs on their population counts. Frogs are an important part of our ecosystem because they eat millions of insects and are prey for carnivores further up the food chain.

They can also tell us a lot about the state of our environment.

“Because they live in both aquatic and terrestrial environments, we need to pay close attention to what happens to them,” said Matthew Graul, the District’s Chief of Stewardship. “They’re barometers for the health of the environment.”

The pristine upper reaches of Alameda Creek are a favorite breeding spot for native amphibians. We can all help these sensitive creatures survive the long, hot, dry months by:

- Keeping dogs out of Alameda Creek
- Refraining from building rock dams, which prevent water from flowing downstream
- Not swimming or wading in the creek
- Hauling out trash.

With your help, we can ensure these rare, native frogs will be around for generations to come.

TRAIL TALK FROM BOB COOMBER

Coomber, also known as Four-Wheel Bob, is an expert hiker from his wheelchair. He lives in Livermore.

When summer’s heat gets overwhelming, I seek out the sometimes foggy, cooler refuge of our byside parks and trails.

My favorite, as a bird watcher and fan of a cooling breeze on a warm afternoon? Martin Luther King Jr. Regional Shoreline. I usually park at the Tidewater Boating Center on Tidewater Avenue, off High Street in Oakland, and head south on the flat, paved trail along the marsh.

My delight factor is raised several notches as I watch the black-necked stilts, avocets, great blue herons,

and dozens of other wading birds and ducks congregate in the marshes and along the shallow shoreline. Wandering over the many creeks in this area reminds me of how the shoreline must have looked 150 years ago. Thanks to restoration efforts of the Park District and its many partners in San Francisco Bay’s preservation effort, we can walk, run, or roll a good distance, keeping cool and sharing a lunch along the water with family or friends.

I’m looking forward to sharing an afternoon with you and my feathered friends! See you on the trail!

Replacing Turf with Native Plants

Join the East Bay Regional Park District in converting your lawn to native grass and ground cover. In response to the drought, we are replacing much of our turf throughout the District with native plants that require less water, less fertilizer and less mowing. Here are a few plants we’re using that might work in your garden, too:

- Blue grama grass (*Bouteloua gracilis*) is a great option if you live around Mt. Diablo or in a warmer part of the East Bay.
- Sedges (*Carex*) are recommended for those in more coastal areas, such as Berkeley, Alameda and Oakland.



Photo: ©2012 Aaron Arthur

- **Above:** Turkey tangle fogfruit (*Phyla nodiflora*), which has delicate white and lavender flowers, is a favorite of bees and butterflies throughout the East Bay.

The best way to get rid of your lawn is by placing cardboard or old newspapers over the grass and covering it with 3 to 6 inches of mulch. By the end of summer, the grass should be dead and you can plant natives.

Visit our Botanic Garden for more ideas about native plant gardening, or to talk to an expert for advice. The garden is located in Tilden Park, at Wildcat Canyon Road and South Park Drive and is celebrating its 75th anniversary. For more information, call 510-544-3169 or go to www.ebparcs.org/parks/tilden/botanic_garden.

Health Matters

East Bay Regional Park District

AND
KAISER PERMANENTE® thrive
ARE PROUD PARTNERS
IN 2015 WITH THE MUTUAL GOAL
OF PROMOTING HEALTH AND FITNESS.

Kaiser Health Tips

Swimming is a great way to stay in shape, reduce stress, lose weight, and cool off in the summer. The Park District manages more than a dozen places to swim, including beaches, lakes, lagoons, and pools throughout Alameda and Contra Costa counties.

If you and your family go swimming this summer, remember a few health and safety tips:

- Keep an eye on children at all times
- Make sure everyone in your family knows how to swim
- Wear waterproof sunscreen
- Drink plenty of water
- Only swim when there’s a lifeguard on duty
- Never swim alone.



KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT’S 2015 TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT WWW.KP.ORG (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).

SUMMER PROGRAMS FOR YOUTH



<http://goo.gl/TngKU>

SWIM LESSONS

Swim Lessons are a great start to a safe, fun summer. We offer a wide range of American Red Cross swim levels for ages 6 months to adult. The Contra Loma classes meet Mon/Wed or Tues/Thurs for four weeks. The Roberts Pool classes meet Mon-Thurs for two weeks. Sign up before classes are filled. Scholarships are available. For more info on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons.



<http://goo.gl/TngKU>

JUNIOR LIFEGUARD

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 are available. Offered for ages 8-12. For more information on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards.



JUNIOR LIFEGUARD AIDE

Learn leadership, communication, and team building skills in the Junior Lifeguard Aide program. 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 age 13-15. Applications are required for this program and due May 1. For more information regarding the Aide program and to receive an application, contact Katy Hornbeck at khornbeck@ebparks.org or call 510-690-6625.



JUNIOR CADET

If you're too old for Junior Lifeguards or were in the Aide program and are now looking for a physical and mental challenge, the Junior Cadet program is for you! Under the supervision of a veteran lifeguard, Junior Cadets will complete long distance swims and paddles, in-depth skill practice, training with the lifeguard staff, lots of physical training, and gain skills that will help you become an EBRPD lifeguard. Offered for ages 14-18. Applications (required) are due June 1. For more information and to receive an application, contact Aaron Roth at aroth@ebparks.org or call 510-690-6624.

PARK'N IT DAY CAMP

Mon-Fri, 9am-4pm

Jul 13-17, Ardenwood #8763

Jul 27-31, Contra Loma #10382

Recreation leaders, lifeguards, and naturalists provide caring supervision and an action-packed week of hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors. Family Discount: 10% 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). Financial aid: www.ebparks.org/activities/daycamp#becas or call 888-327-2757, option 2. 5-12yrs. Registration is required. Fee: \$200 (non-res. \$220)



ACA accredited.



RECREATION

RIDGETOP SHUTTLE RUNS

Pleasanton Ridge Recreation staff

Sat, Jul 11, 8am #9853; 10am #9856

Sat, Jul 25, 8am #9858; 10am #9860

Sat, Aug 8, 8am #9864; 10am #9865

Sat, Aug 22, 8am #9867; 10am #9869

One-way shuttle trips into the park for people who no longer have the ability for those big mileage hiking days. Shuttle takes you to 1 of 3 remote destinations for a 4.66, 7, or 9.22 mile hike along the ridgetop back to the staging area. 8+yrs. Registration is required.

Fee: \$10 (non-res. \$12)

FLY-FISHING INTRODUCTION

Tilden Fish First!

7am-1pm, Sun, Jul 12 #9894; Aug 9 #9895

For the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two and one-half hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. 12+yrs.

Registration is required.

Fee: \$60 (non-res. \$66)

INTRODUCTION TO FISHING

Quarry Lakes Recreation Staff

8am-10am, Sat, July 18 #10101

Interested in learning one of America's favorite pastimes? This class is perfect for getting started with the sport of fishing. Learn the basics including casting, knot tying, gear and bait selection. Ages 16+yrs. require a valid California fishing license. All gear provided. Ages 5+yrs. (adult participation required ages 5-15yrs).

Registration is required.

Fee: \$19 (non-res. \$21)

FISHING – CATFISH BASICS **NEW!**

Shadow Cliffs Recreation Staff

6-8pm, Fri, Aug 21 #9882

Learn the basics of catfishing including rigging, knot tying, bait and gear selection, and catfish habitat and behavior; followed by

hands-on fishing time in the lake. A valid California Fishing license is required for participants age 16 and older. Ages 12+yrs. (children 12-15yrs. require parent participation). Registration is required.

Fee: \$19/adults, \$15/child

(non-res. \$21/\$17)

BIKING BASICS

Various parks

Recreation staff

9am-noon, Sat Jul 25 #10076, Aug 15

#10044

Be road and trail ready. Learn to fix your bike on the trail, route planning, and safe riding practices. Then go on a 1.5-hour ride and practice your new skills. **July 25:** Point Pinole. **Aug. 15:** MLK, Jr. Shoreline. Learn on your own bicycle or borrow ours. Loaner bikes/helmets available upon advance request: (510) 544-2554. 12+yrs.

Registration is required.

Fee: \$12 (non-res. \$14)

ARCHERY – INTRODUCTION

Roberts

Redwood Bowmen

10am-noon, Sat, Jul 25 #8282; Aug 29 #8284

1:30-3:30pm, Sat, Jul 25 #8283; Aug 29 #8285

90-minutes of archery coaching and practice at an outdoor range, all equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction. 8+yrs. (adult supervision required for children ages 8-13yrs.).

Registration is required.

Fee: \$50 (non-res. \$56)

EXPLORING LAKE CHABOT: BY BIKE & BY BOAT **NEW!**

Lake Chabot

Recreation staff

10am-3pm, Sat, Aug 8 #10112

Begin with a ride along the shoreline on both paved and dirt trails, returning to the Marina for lunch (cost not included) and time to play at the Outdoor Fitness Zone! Then relax on a scenic pontoon boat tour with local knowledge provided by the captain! Loaner bikes/helmets available upon advance request: (510) 544-2554. 12+yrs. Registration is required. Fee: \$38/adults, \$32/child (non-res. \$42/\$36)

PET FIRST AID & CPR 🚿🐾

Lake Chabot Peter Pay
9am-1pm, Sat, Aug 15 #9650
Save a pet's life in 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. Booklet and certificate included in fee. 12+yrs.
Registration is required.
Fee: \$45 (non-res. \$51)

ARDENWOOD

Ardenwood is open Tues.-Sun. from 10am-4pm. House tours are available by reservation only (call 510-791-4196). Admission fees apply. For program and fee info: 510-544-2797, awvisit@ebparks.org or www.ebparks.org.
TRAIN RIDES 🚂
Ardenwood Railroad Museum
10:15am - 3:30pm, Every Thu, Fri & Sun
Climb aboard for a ride back in time to the days when railroads connected the East Bay to the world. Check the daily schedule and meet the train at Ardenwood Station or Deer Park.
PATTERSON HOUSE TOURS 🚿
Ardenwood Patterson House Docents
Various times, Every Thu -Sun
Tour the beautifully-restored Patterson House Museum. Discover its history on tours lead by docents dressed in 19th-century clothing. This Queen Anne Vic-

torian farmhouse is listed on the National Register of Historic Places and operated as a museum of local history and Victorian life. Check for tickets at the Train Station. Special tours for children 6 and under are offered Thursday and Fridays at 2:30pm, Saturdays and Sundays at 11:30am.
ANIMAL FEEDING 🐾
Ardenwood Interpretive Staff
3pm, Every Thu-Sun in Jul & Aug
Feed the pigs, check for eggs, and bring hay to the livestock. Learn the animals' favorite foods as you help close the farm for the night.
BUNNY LOVE 🐰
Ardenwood Interpretive Staff
11:30am-noon, Sun, Jul 5, 12 & 12:30-1pm, Sat, Aug 1 & 1:30-2pm, Sat, Aug 29
If you love rabbits, hop on over! Why are their ears so big? Do they make a sound? Ask a friendly farmer all your bunny questions.
HENS LAY EGGS 🐔
Ardenwood Interpretive Staff
1-2pm, Sun, Jul 5
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.
ICE-CREAM MAKING 🍦
Ardenwood Garcia/Scimeca
2-3pm, Sun Jul 5, 12 & 1:30-2:30pm, Sun, Aug 2, 16
Learn how ice and salt helps make delicious old-fashioned ice cream. Cranking power from lots of kid will be needed to make this most popular dessert.

POLE WALKING

Poles help walkers & hikers improve endurance, posture, balance, confidence, and strength. All experience levels learn anatomically optimal techniques to achieve greater skill and avoid joint stress or strain. Carefully select the class(es) that best suit your physical ability. **A variety of top quality poles are provided at all seminars.**
POLES: BASIC HIKING SKILLS & TECHNIQUES 🚶
Roberts Jayah Faye Paley
9am-1pm, Thu, Jul 16 #9902
Morning seminar helps hikers learn poles, trail and body skills. Beginner to experienced hikers will learn techniques without the additional time or challenge of a practice hike. Uphill: Improve power, endurance, spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees! Registration is required.
Fee: \$39 (non-res. \$43)
POLES: SKILLS & TECHNIQUES PLUS HIKE 🚶
Redwood Jayah Faye Paley
9am-3:15pm, Sat, Aug 22 #10010
Experience everything in the BASIC Hiking Skills & Techniques class plus enjoy a serenely-beautiful practice hike in the coolness of a Redwood forest. Learn individualized strategies for improving your performance on varied uphill and downhill trails. "Test drive" different pole models; learn which fit you best (5 mile hike).
Registration is required.
Fee: \$48 (non-res. \$54)
POLES FOR BALANCE & MAINTAINING MOBILITY 🚶
Temescal Jayah Faye Paley
10:30am-2:30pm, Thu, Aug 27 #9914
Easy-to-learn pole techniques and gentle exercises empower people with mobility challenges to maintain walking form, navigate everyday obstacles, reduce risk of falling, restore spine function, improve stamina and strengthen muscles that support weight bearing joints. Optional lovely practice pole walk -1/3 mile. Special equipment provided.
Registration is required.
Fee: \$39 (non-res. \$43)

Registration information — register beginning June 2

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

KAYAKING

KAYAKING FOR FOLKS 50+ 🚣

Big Break Recreation staff
10am-2pm, Thu, Jul 9 #9872
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines in calm waters. Then practice what you have learned touring the Delta in a kayak. 50+yrs.
Registration is required.
Fee: \$52 (non-res. \$58)

DELTA MAMMALS KAYAK TRIP 🚣

Big Break Kevin Damstra & Rec. Staff
8:30-11am, Sat, Jul 18 #9880
We aren't the only mammals that enjoy spending time on land and in the water! Join us as we kayak through the park looking for clues of our mammalian cousins, discovering what life is like on and off-shore. 8+yrs.
Registration is required.
Fee: \$30 (non-res. \$34)

KAYAKING BIG BREAK 🚣

Big Break Kevin Damstra & Rec. Staff
Noon-2:30pm, Sat, Jul 18 #9874; Sat, Aug 15 #10164
Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely shoreline. 8+yrs.
Registration is required.
Fee: \$30 (non-res. \$34)

KAYAKING – BROOKS ISLAND ADVENTURE 🚣

Brooks Island CCK
10am-4pm, Sat, Jul 25 #9255; Aug 15 #9139; Oct 17 #9155
10am-4pm, Sun, Sep 13 #9151
This trip is a short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserve shoreline then come ashore to enjoy a naturalist guided, two-mile hike around the island which is normally closed to visitors. Parking fee at Richmond Marina. 14+yrs.
Registration is required.
Fee: \$95 (non-res. \$105)

SUNSET PADDLE 🚣

MLK, Jr. Shoreline
Sharol Nelson-Embry & Recreation staff
6-9pm, Sat, Aug 1 #9837
Relish the beauty of the sunset by kayak! We'll set off just before sunset and

explore the calm waters of San Leandro Bay by moonlight. Whether a beginner or novice kayaker, you will be sure to enjoy this leisurely paddle. Kayaks and all associated safety gear provided.
Registration is required.
Fee: \$35 (non-res. \$39)

BIRDING BY KAYAK 🚣

Big Break Kevin Damstra & Rec. Staff
8:30-11am, Sat, Aug 15 #9883
The waters and wetlands await with wonderful winged wonders! Join us as we paddle in search of our feathered friends.
Registration is required. 8+yrs.
Fee: \$30 (non-res. \$34)

DISCOVER KAYAKING IN THE BAY 🚣 **NEW!**

MLK, Jr. Shoreline Recreation staff
11am-3pm, Sun, Aug 16 #10100
Come out and learn how to kayak in the Oakland Estuary. Includes basic trip planning and safety considerations, equipment and boat information, and paddle instruction specific to the Bay's dynamic environment including wind, tides and current. Rescue information will be provided with optional practice time. Put newly acquired skills to the test on a paddle around San Leandro Bay. 12+yrs.
Registration is required.
Fee: \$52 (non-res. \$58)

FULL MOON KAYAK 🚣

Big Break Kevin Damstra & Rec. Staff
6-8:30pm, Sat, Aug 29 #9884
As the sun dips over the horizon and the full moon rises, we will glide past wetlands and wildlife. Watch with wonder as the night comes alive and the day drifts away.
Registration is required. 8+yrs.
Fee: \$30 (non-res. \$34)

KAYAK & BRUNCH TOUR 🚣 **NEW!**

MLK, Jr. Shoreline Recreation staff
9am-1:30pm, Sun, Aug 30 #10141
Join us for a kayak and dining adventure on the Oakland Estuary! We will embark on a 4 mile round trip paddle from the Tidewater Boating Center to Quinn's Lighthouse, a popular waterfront dining destination in Oakland's Embarcadero District. Enjoy Sunday brunch (cost not included in fee) before making the return trip. 16+yrs.
Registration is required.
Fee: \$45 (non-res. \$51)

📄 = Register at www.ebparksonline.org

🚿 = Disabled accessible program

🅈 = Parking fee may be charged

👦 = Kids Challenge program

HPHP = Healthy Parks Healthy People program

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Registration information — register beginning June 2

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

CHORES FOR LITTLE FARMERS ♿

Ardenwood Interpretive Staff
10:30-11am, Sat Jul 11 & Sat, Aug 1, 22, 29
Rise and shine! Lend a hand! We'll start with a story before we prepare a morning treat for the farm animals, clean a corral, and meet the sheep and goats.

DIG AND DELVE

Ardenwood Christina Garcia
11am-noon, Sat, Jul 11
Lend a hand planting seeds and turning compost in our heirloom vegetable garden. Learn vegetable fact and lore. If we're lucky, a few tender vegetables may be ready to taste.

GORGEOUS GOATS ♿

Ardenwood Interpretive Staff
12:30-1:30pm, Sat Jul 11, 25 & 12:30-1:30pm, Sun, Aug 2, 23 & noon-1pm, Sun, Aug 30
Let the little ones lend a hand giving our goats some much-needed exercise and grooming attention. See if your kids like working with our kids.

STILT WALKERS

Ardenwood Christina Garcia
1:30-2:30pm, Sat Jul 11
Want to be taller? Improve your balance? Give stilts a try. It's fun.

LOVELY LADIES CROQUET ♿

Ardenwood Patterson House Volunteers
1-3pm, Sun, July 12 & Aug 2
Social requirements did not always limit Victorian ladies to watching sports from the sidelines. Enjoy an entertaining example of a "very Victorian" croquet game played by our elegant volunteers.

BERRY PICKING

Ardenwood Interpretive Staff
10:30-11:30am, Sun, Jul 12, Sat Jul 25 & 11am-noon, Sun, Aug 9
Summer's succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

COOKING IN THE COUNTRY KITCHEN ♿

Ardenwood Interpretive Staff
11am-1pm, Sun, Jul 12, 19, 26, Aug 9, 23
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 at home.

FROM MOO TO YOU ♿

Ardenwood Interpretive Staff
1-2pm, Sun, Jul 12
Is it one stomach or four? Become acquainted with our quirky cows. Learn about their

digestive abilities and why they are such an important animal to have on the farm.

SATURDAY RAIL ADVENTURE ♿

Ardenwood Railroad Museum
11am-3:30pm, Sat, Jul 18
All Aboard! Come take a relaxing ride on Ardenwood's railroad. Special excursion trains will take you around the fields and through the eucalyptus groves. Enjoy the view as you learn about the history of the farm and the railroad. Fee: All Day Pass \$3/ person — ride as often as you like!

WAKE UP THE FARM ♿

Ardenwood Interpretive Staff
10:30-11am, Sat Jul 18, Sun Jul 19, 26 & Sun, Aug 2, 16, 23, 30
Rise and shine little farmers! Say "Good morning!" to the sheep and goats and lend a hand as we prepare their morning snack.

THE LITTLE RED HEN

Ardenwood Christina Garcia
11-11:30am, Sat, Jul 18, Sun, Jul 19, 26
Who will help mill some wheat into flour? You will, after we read this classic tale and meet the main character in the, er, feathers.

WONDERFUL WOOL ♿

Ardenwood Christina Garcia
12:30-1:30pm, Sat, Jul 18
Colder weather is just around the corner. Lend a hand carding fleece from our flock as we trace the path from sheep to sweater.

ROPE MAKING & HAY HOISTING ♿

Ardenwood Interpretive Staff
2-2:30pm, Sat, Jul 18
Start by making rope the old-fashioned way — with our antique machine. Then see how rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

PLAY WITH DOUGH

Ardenwood Christina Garcia
Noon-1pm, Sun, Jul 19, 26
Experience the ancient art of breadmaking. Sift flour, knead the dough and shape your very own pretzel that we will bake in the wood-burning stove.

WHEAT HARVESTING HPHP

Ardenwood Garcia/Vago
1:30-2:30pm, Sun, Jul 19 & 26
Follow a plump wheat berry's journey from the farm's field to your table. You'll bring in the sheaves of grain and thresh it to separate the wheat from the chaff. Next we'll mill the grain into wholesome, stone-ground flour.

TODDLER TIME ♿

Ardenwood Interpretive Staff
11-11:30am, Tue, July 21, 28 & Aug 11, 18
Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, chores and fun. We'll meet rain or shine! **July 21:** Pigs. **July 28:** Sheep. **Aug. 11:** Goats. **Aug. 18:** Chickens (1-4 yrs.)

RABBIT FOOD ♿ HPHP

Ardenwood Christina Garcia
11:30am-noon, Sat, Jul 25
Carrots, cucumbers or parsley? What foods from our garden do bunnies and kids love best? Let's do a taste test to find out. Meet in the Vegetable Garden.

CADETTE NATURALIST: BATS! ♿

Ardenwood Jenna Scimeca
7:30-9:30pm, Fri, Jul 31 #10163
Discover the amazing story of these flying mammals! Help conduct a bat survey while completing steps towards your Girl Scout Night Owl badge. Adult participation required. (Girl Scout Cadettes ages 11-14 only). Registration is required.

THERE'S GOLD IN THEM THAR HILLS!

Ardenwood Jenna Scimeca
11am-noon, Sat, Aug 1
The gold rush of 1849 brought thousands of people to California. Miners, including Ardenwood's George Patterson, came flooding in expecting to make easy money but discovered that it's hard work! Come learn how to pan for gold and shout "Eureka!" when you strike it rich.

GARDEN CHORES FOR KIDS

Ardenwood Jenna Scimeca & Interp. Staff
11am-noon, Sun, Aug 2 & Sat, Aug 22, 29
Our garden has been growing all summer. Lend a hand weeding, watering and planting our healthy vegetables. Discover the secrets of heirloom vegetables. We might even taste a few!

ARDENWOOD SPECIAL EVENTS



Photo: Allan Mendez

INDEPENDENCE DAY CELEBRATION ♿ HPHP

Ardenwood Interpretive Staff
10am-4pm, Sat, Jul 4
Join us for a fun-filled community festival, 1900's-style! Celebrate America's 239th birthday with patriotic music on the lawn and fiddle music in the farmyard. Enjoy classic games and races, like nail-driving, egg-tosses, and more. Bring a picnic and spend the day the old-fashioned way!
Fee: \$10/adults, \$8/seniors (62+), \$5 children (4-17), under 4 years free.

30 YEARS OF ARDENWOOD! ♿

Ardenwood Interpretive Staff
10am-4pm, Sat, Jul 25
Say happy birthday to the farm! We'll commemorate the park's 1985 grand opening with fun farmyard activities. See early pictures of the farm and meet people that worked to make Ardenwood park a reality. Cake will be served at 1pm.

CAJUN-ZYDECO MUSIC FESTIVAL ♿

Ardenwood Interpretive & Rec. Staff
10am-7pm, Sat, Aug 15
Ticket sales begin June 1
Bring the family for a day filled with the best Cajun/Zydeco music, dancing, and delicious Southern and Cajun food. Visit the farm animals, shop specialty vendors and join dance lessons. Our 18th Annual Festival features national and local bands including Andre Thierry. **ADVANCE TICKETS:** \$20/adult (16+yrs.) and \$5/child (4-15 years) will be on sale through August 11 at www.ebparksonline.org or 1-888-EBPARKS. **DAY OF EVENT** tickets at the gate: \$24/Adult (16+yrs.), \$7/Child (4-15 years), Free for kids 3 years and under.

FRIDAY NIGHTS @ THE MUSEUM ♿

Ardenwood Patterson House
6-9pm, Fri, Jul 17
Looking for something to do on a Friday night? Join us at the historic Patterson House for a mix of live entertainment, local microbrew/wine tastings, and great food. Each Friday night, we will unveil a new element of the house museum before it is opened to rest of the public. Info: (510) 791-4196 or cdcntry@fremont.gov (21+yrs.)

A program in partnership with . . .

KAISER PERMANENTE **thrive**

TRAILS CHALLENGE ♿ FREE



Thousands of people take the Trails Challenge, which challenges you to complete 5 featured trails by Dec. 1. The discounted "Trails Challenge" Membership saves you money on park fees; see website

for more information. The booklet features trails for all fitness levels as well as tips for new trail users. Go "green" by downloading the booklet — print only what you need; hard copies available for \$10 (includes shipping). With registration you will receive instructions on how to download the guidebook and other program materials. Get a FREE organic T-shirt (while supplies last). A commemorative pin will be sent in the fall (while supplies last) once you complete the Challenge. Kaiser Permanente is a major sponsor of this program. Registration is required: www.regionalparksfoundation.org & click on "Events." No phone registrations.

THE ITSY BITSY SPIDER... ♿
Ardenwood Jenna Scimeca
10:30-11am, Sat, Aug 8
Went down the water spout and built a beautiful web! Join us for a hike around the farm to see where our littlest critters hide. Bring your magnifying glasses!

WAX: IT'S THE BEE'S KNEES! ♿
Ardenwood Jenna Scimeca
11:30am-12:30pm, Sat, Aug 8
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 sample Ardenwood's honey.

CORN MOSAICS ♿
Ardenwood Jenna Scimeca
11:30am-12:30pm, Sun, Aug 16 & 1:30-2:30pm, Sun, Aug 23
Learn how to turn our freshly-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. For information call 510-544-3050, or email BigBreak-Visit@ebparks.org.

DELTA DISCOVERIES ♿
Big Break Interpretive Staff
11am-2pm, every Sat & Sun
Discover the wonders of the Delta through hands-on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER ♿
Big Break Interpretive Staff
9-10am, every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

PICTURE PARKS, PATRIOTIC PEOPLE *HPHP* ♿
Big Break Interpretive Staff
1-4pm, Sat, Jul 4
Get the family outside for an exploration. Discover the communities within the park on this photo scavenger hunt.

FREE OUTDOOR MOVIE NIGHT!
Ardenwood Recreation Staff
8-10pm, Sat, Aug 22
Join us for a FREE family-oriented movie, the 1999 animation adventure-comedy "Stuart Little", rated for all audiences. The movie begins at 8pm. Arrive early to enjoy pre-movie entertainment. Bring a flashlight, warm clothes, and a blanket or chair. Snacks and drinks for sale. No pets. Rain cancels. Info: (510) 544-2554.

TRASH TALK ♿
Big Break Ashley Grenier
10am-noon, Sun, Jul 5
Did you know that July 5th is one of the trashiest days of the year? We'll "talk some trash" and head out on the trails to help beautify the park.

PLANT PARADISE ♿
Big Break Interpretive Staff
2-3pm, Sun, Jul 5
Come discover the sights and smells of some of our stay-at-home and well-traveled Delta plants.

BIG BREAK LITTLES ♿
Big Break Ashley Grenier
10-11am, Mon, July 6 Aug 3
Bring the little ones to the park to discover nature. In July we will be near the visitor center and August at the slough. Parent/caregiver participation required.

GIRL SCOUT CADETTE'S NIGHT OWL ♿ Ⓜ
Big Break Ashley Grenier
8-9pm, Tue, Jul 7 #9891
Take steps to earn your Night Owl badge. We'll walk around the park after the sun sets and explore all things nocturnal. Registration is required.

SUNNY SIDE UP! ♿
Big Break Interpretive Staff
2-3pm, Sat, Jul 11
Join us as we build a miniature solar oven and explore the mysteries of the great, glowing orb in the sky: our sun!

SECOND SUNDAYS CAMPFIRE ♿
Big Break Kevin Damstra
6:30-8pm, Sun, Jul 12, Aug 9
Gather the family for an evening in the park! Bring a picnic dinner to enjoy before the festivities begin! We'll explore the wonders of Big Break through activities and a family campfire (and S'mores of course!).

BROWNIE NATURALIST: BUGS! Ⓜ
Big Break Ashley Grenier
10-11:30am, Tue, Jul 14 #9889
Brownie Scouts, gather together to explore the wonderful world of insects while earning your Bugs Badge. We'll search high and low for these little creatures. Adult participation required. Registration is required.

COFFEE TALK & DELTA NEWS
Big Break Kevin Damstra
8:30-9am, Wed, Jul 15, Aug 19
From tunnels to research projects and farming to fish stocks, the Delta is in the news. Stop by on the third Wednesday of each month for coffee and to discuss the science and events that are shaping the Delta.

OUR HISTORIC BIG BREAK ♿
Big Break Interpretive Staff
2-3pm, Sat, Jul 18
Come discover some of our fascinating shoreline history. We'll explore everything from floods to asparagus, 49ers to rivers, and clamshells to flowerpots.

Registration information — register beginning June 2

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

MAMMALS OF THE MARSH ♿
Big Break Interpretive Staff
2-3pm, Sun, Jul 26
Explore aquatic mammals: river otters, beavers, minks and more. We'll discover the similarities, differences and adaptations that enable them to call the Delta home.

OWL PELLET DISSECTION ♿
Big Break Interpretive Staff
2-3pm, Sun, Aug 2
Learn about the barn owl and their prey. Pluck apart owl pellets to understand what the prey tells about the predator.

PLANKTON PARADISE ♿
Big Break Interpretive Staff
2-3pm, Sat, Aug 8
Plankton are the food foundation for our Delta ecosystem. Collect and identify some to see how that foundation is holding up.

BIRDS OF BIG BREAK ♿
Big Break Interpretive Staff
2-3pm, Sun, Aug 16
Fly on in to learn about birds. Their feathers, beaks, talons, wings, and eggs share stories of life on land, sea and sky.

WETLANDS WONDERS ♿
Big Break Interpretive Staff
2-3pm, Sat, Aug 22
Feel contours on cottonwood bark, listen for popping seed pods, and watch cattail seeds travel away in the wind as wetland plants come to life at Big Break.

FRESHWATER FISH FINDER ♿
Big Break Interpretive Staff
2-3pm, Sun, Aug 30
Fins, gills, and scales tell us much about the qualities of our local fish. Hook into some facts about our spectacular aquatic friends!

REGIONAL PARKS BOTANIC GARDEN

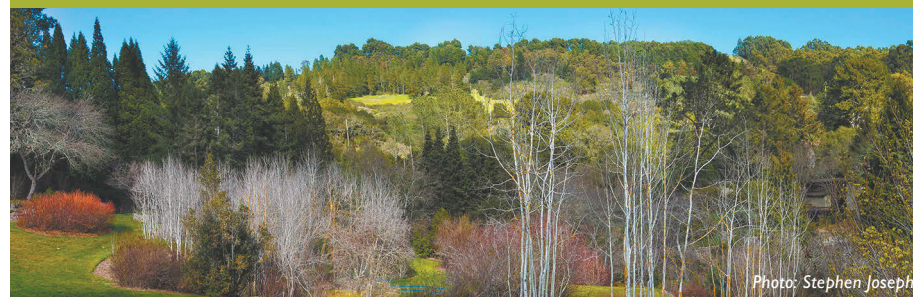


Photo: Stephen Joseph

The Botanic Garden is open 8:30am-5pm. It is located in Tilden Regional Park on Wildcat Canyon Road between Anza View Road and South Park Drive, Berkeley, CA 94701. Info: 510-544-3169. See www.nativeplants.org for class and registration information. **We celebrate the Regional Parks Botanic Garden's 75th anniversary Saturday, Aug. 29.** Sign up for our e-newsletter at www.nativeplants.org/email.html to receive announcements of events and classes.

DOCENT-GUIDED GARDEN TOURS
Botanic Garden Visitor Center
2pm Saturdays
11am & 2pm Sundays
Learn about California native plants on free, docent-guided tours at the

beautiful, naturalistic 10-acre Regional Parks Botanic Garden. Except for New Year's Day, Thanksgiving & Christmas, the Botanic Garden is open 8:30am-5pm (main gate closes at 5pm; west gate at 4:30pm). Info: nativeplants.org/directions.html. 510-544-3169 or email bgarden@ebparks.org.

THURSDAY MORNING PLANT SALE
When the Botanic Garden is open and it's not pouring rain, volunteers usually sell California native plants on Thursday mornings 9am-11am in July and August at the potting shed (the Juniper Lodge). Park on Anza View Road and enter via west gate. Sales will end in September to gear up for October 3 Fall Native Plant Sale.

CLASSES THROUGH THE FRIENDS OF REGIONAL PARKS BOTANIC GARDEN
Advance registration is required for all classes (drop-in not permitted): <http://nativeplants.org/events.html>. Info: bgardenreg@gmail.com

MAKE A PAIUTE WATER BOTTLE
Botanic Garden Charles Kennard
9:30am-3:30pm, Sat, Aug 1

BOTANICAL ILLUSTRATION
Botanic Garden Lee McCaffree
Time to be announced, Sat, Aug 15

FERNS OF CALIFORNIA
Botanic Garden Glenn Keator
10am-3pm, Sat, Aug 22

Info & Registration for all classes: <http://nativeplants.org/events.html>

Calendar

July 2015

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26	27	28	29	30	31	

July 2

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

July 3

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

July 4

Anthony Chabot: Campfire Program
Ardenwood: Independence Day Celebration
Big Break: Testing The Water, Picture Parks, Patriotic People
Coyote Hills: Families on Foot, Family Fun Hour
Crab Cove: Alameda 4th of July Parade, 4th of July Open House and Anniversary, Family Nature Fun, Fish Feeding Time
Del Valle: Patio Nature Programs, Scenic Boat Tour, Del Valle Campfire
Garin: July 4th Weekend Fun!
Tilden Nature Area: Little Farm Open House

July 5

Ardenwood: Train Rides, Bunny Love, Patterson House Tours, Hens Lay Eggs, Ice-Cream Making, Animal Feeding
Big Break: Testing The Water, Trash Talk, Delta Discoveries, Plant Paradise
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Ohlone Village Life, Family Fun Hour
Crab Cove: 4th of July Open House and Anniversary, Family Nature Fun, Fish Feeding Time
Del Valle: Campground Family Adventures, Scenic Boat Tour
Garin: July 4th Weekend Fun!
Tilden Nature Area: Meet the Reptiles, Insect Investigation, Farm Chores for Kids

July 6

Big Break: Big Break Littles
Coyote Hills: Coyote Cubs

July 7

Big Break: Girl Scout Cadettes Night Owl
Crab Cove: Sea Squirts
Hayward Shoreline: Tuesday Twilights
Tilden Nature Area: Tilden Tots

July 9

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Big Break: Kayaking for Folks 50+
Del Valle: Outdoor Discoveries

Regional in Nature



East Bay
Regional Park District
www.ebparks.org

July 10

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Castle Rock: Leaders in Training
Crab Cove: Concert at the Cove
Tilden Nature Area: Camp of the Wild

July 11

Anthony Chabot: Campfire Program
Ardenwood: Chores For Little Farmers, Dig And Delve, Patterson House Tours, Gorgeous Goats, Stilt Walkers, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Sunny Side Up!
Black Diamond: Mine Open House
Coyote Hills: Family Fun Hour, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Patio Nature Programs, Boat Tour, Del Valle Campfire
Garin: Family Fun!
Pleasanton Ridge: Ridgetop Shuttle Runs
Redwood: Saturday Stroll
Sunol: Women on Common Ground
Tilden Nature Area: Birding Basics, Chicken Roundup

July 12

Ardenwood: Train Rides, Berry Picking, Cooking In The Country Kitchen, Bunny Love, Patterson House Tours, From Moo To You, Ice-Cream Making, Lovely Ladies Croquet, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Second Sundays Campfire
Black Diamond: Hazel Atlas Mine Tours
Briones: Evening Walk
Coyote Hills: Birding 4 Different Habitats, Family Fun Hour
Crab Cove: National Ice Cream Day, Family Nature Fun, Fish Feeding Time
Del Valle: Campground Family Adventures, Scenic Boat Tour
Garin: Crafting Nature
Sunol: Critter Dinner
Tilden: Fly-Fishing Introduction
Tilden Nature Area: Spider Safari, Close the Farm

July 13-17

Ardenwood: Park'n It Day Camp

July 14

Big Break: Brownie Naturalist
Brushy Peak: Tuesday Twilights
Sibley: Hikes for Tykes

July 15

Big Break: Coffee Talk & Delta News

July 16

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Roberts: Poles: Basic Hiking Skills & Techniques

July 1 July 15

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding, Friday Nights @ The Museum
Miller/Knox: Leaders in Training
Tilden Nature Area: Camp of the Wild

July 18

Anthony Chabot: Campfire Program

Ardenwood: Wake Up The Farm, Saturday Rail Adventure, The Little Red Hen, Patterson House Tours, Wonderful Wool, Animal Feeding
Big Break: Delta Mammals Kayak Trip, Testing The Water, Delta Discoveries, Kayaking Big Break: Our Historic Big Break
Black Diamond: Hazel Atlas Mine Tours, Bat Monitoring
Coyote Hills: Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Patio Nature Programs, Scenic Boat Tour, Del Valle Campfire
Garin: Crafting Nature
Leona Canyon: Saturday Stroll
Pleasanton Ridge: Tyler Ranch Van Tour
Quarry Lakes: Introduction to Fishing
Redwood: Canine Capers - Dog Walk
Tilden Nature Area: Summer Garden Work Party
Tilden Nature Area: Flutter By, Butterflies!

July 19

Ardenwood: Train Rides, Wake Up The Farm, Cooking In The Country Kitchen, The Little Red Hen, Patterson House Tours, Play With Dough, Wheat Harvesting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours, Bat Monitoring
Briones: Insect Search
Coyote Hills: Ohlone Village Site Tour, Family Fun Hour
Crab Cove: Sun-Day Solar Oven Cooking, Family Nature Fun, Fish Feeding Time
Del Valle: Scenic Boat Tour
Garin: Family Fun!
Tilden Nature Area: Meet the Reptiles, Close the Farm, Twilight Walk

July 21

Ardenwood: Toddler Time: Pigs
Big Break: Tuesday Twilights
Crab Cove: Sea Squirts

July 23

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Coyote Hills: Kids Camp
Sunol: Outdoor Discoveries

July 24

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Castle Rock: Leaders in Training
Tilden Nature Area: Tilden Little Farm Camp, Tilden Attractions Hike

July 25

Anthony Chabot: Campfire Program
Ardenwood: 30 Years Of Ardenwood: Berry Picking, Rabbit Food, Patterson House Tours, Gorgeous Goats, Old-Fashioned Fun, Stilt Walkers, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Brooks Island: Kayaking - Brooks Island Adventure
Coyote Hills: Sunrise Photography, Nectar Garden Fun Day, Family Fun Hour

Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Patio Nature Programs, Scenic Boat Tour, Del Valle Campfire
Garin: Family Fun!
Pleasanton Ridge: Ridgetop Shuttle Runs
Point Pinole: Biking Basics
Roberts: Archery Introduction
Sunol: Sunol Stewards Stamp Out Stinkwort, Outdoor Discoveries
Tilden Nature Area: Kids Garden Buffet, Up Close and Personal

July 26

Ardenwood: Train Rides, Wake Up The Farm, Cooking In The Country Kitchen, The Little Red Hen, Patterson House Tours, Play With Dough, Wheat Harvesting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Mammals of the Marsh
Black Diamond: Stickers, Stingers, and Scratchers, Hazel Atlas Mine Tours
Coyote Hills: Family Fun Hour, Family Nature Fun
Crab Cove: Fish Feeding Time
Del Valle: Scenic Boat Tour, Campground Family Adventures
Garin: Shady Summer Hike, Reptiles Rock
Lake Temescal: Sunday Stroll
Sunol: Sunol Critter Dinner
Tilden Nature Area: Underwater Nymphs, Bug Rodeo
Tyler Ranch: Land Bank Tour: Tyler Ranch

July 27-31

Contra Loma: Park'n It Day Camp

July 28

Ardenwood: Toddler Time: Sheep
Miller/Knox: The Over-The-Hills-Gang
Oyster Bay: Hikes for Tykes

July 30

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

July 31

Ardenwood: Train Rides, Patterson House Tours, Animal Feeding, Cadette Naturalist: Bats!
Tilden Nature Area: Tilden Little Farm Camp

August 1

Anthony Chabot: Campfire Program
Ardenwood: Chores For Little Farmers, There's Gold In Them Thar Hills!, Patterson House Tours, Bunny Love, Old-Fashioned Fun, Animal Feeding
Big Break: Testing The Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Briones: Guided Trails Challenge Hikes
Coyote Hills: Families on Foot, Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding Time
Del Valle: Scenic Boat Tour, Del Valle Campfire
Garin: Bird Walk, Reptiles Rock
MLK, Jr. Shoreline: Sunset Paddle
Redwood: Healthy Hikes

August 2

Ardenwood: Train Rides, Wake Up The Farm, Garden Chores For Kids, Patterson House Tours, Gorgeous Goats, Lovely

Regional in Nature



Ladies Croquet, Ice-Cream Making,
Animal Feeding
Big Break: Testing The Water, Delta
Discoveries, Owl Pellet Dissection
Black Diamond: Seaside Escape, Hazel Atlas
Mine Tours
Coyote Hills: Ohlone Village Life, Family Fun
Hour
Crab Cove: Stepping Stones, Family Nature
Fun, Fish Feeding Time
Del Valle: Women on Common Ground,
Scenic Boat Tour
Garin: Family Fun!
Tilden Nature Area: Trailing an Imaginary
Beast, Out in the Tules

August 3
Big Break: Big Break Littles
Coyote Hills: Coyote Cubs

August 4
Crab Cove: Sea Squirts
Las Trampas: Tuesday Twilights

August 6
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding

August 7
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding
Tilden Nature Area: Tilden Little Farm
Camp

August 8
Anthony Chabot: Campfire Program
Ardenwood: The Itsy Bitsy Spider, Patterson
House Tours, Wax: It's The Bees Knees!,
Old-Fashioned Fun, Animal Feeding
Big Break: Testing The Water, Delta
Discoveries, Plankton Paradise
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Volunteer Day: Ohlone
Village, Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding
Time
Del Valle: Scenic Boat Tour, Campfire
Garin: Family Fun!
Lake Chabot: Exploring by Bike and by Boat
Pleasanton Ridge: Ridgtop Shuttle Runs
Tilden Nature Area: "Fishy Tales, Fishy
Facts"
Wildcat Canyon: Guided Trails Challenge
Hikes

August 9
Ardenwood: Train Rides, Cooking In The
Country Kitchen, Berry Picking, Patterson
House Tours, Old-Fashioned Fun, Animal
Feeding
Big Break: Testing The Water, Delta
Discoveries, Second Sundays Campfire
Black Diamond: Hazel Atlas Mine Tours
Briones: A Taste of Briones
Coyote Hills: Ohlone Village Site Tour,
Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding
Time
Del Valle: Scenic Boat Tour
Garin: Crafting Nature
Sunol: Sunol Critter Dinner
Tilden: Fly-Fishing Introduction
Tilden Nature Area: To the Peak and Back!,
Some Trees I Have Known

August 11
Ardenwood: Toddler Time: Goats
Del Valle: Tuesday Twilights
MLK, Jr. Shoreline: Hikes for Tykes

August 13
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding
Del Valle: Outdoor Discoveries

August 14
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding
Crockett Hills: Crockett Hills Hike
Crab Cove: Concert at the Cove
Tilden Nature Area: Tilden Little Farm
Camp

August 15
Anthony Chabot: Campfire Program
Ardenwood: 19th Annual Cajun-Zydeco
Music Festival
Big Break: Birding by Kayak, Testing The
Water, Delta Discoveries, Kayaking Big
Break
Black Diamond: Hazel Atlas Mine Tours
Brooks Island: Kayaking - Brooks Island
Adventure
Coyote Hills: Canine Capers - Dog Walk,
Nectar Garden Fun Day, Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding
Time
Del Valle: Boat Tour, Del Valle Campfire
Garin: Crafting Nature
Hayward Shoreline: Saturday Stroll
Lake Chabot: Pet First Aid & CPR
MLK, Jr. Shoreline: Biking Basics
Tilden: Canine Capers Lake Anza Dog Hike
Tilden Nature Area: Chicken Roundup

August 16
Ardenwood: Wake Up The Farm, Corn
Mosaics, Patterson House Tours, Ice-
Cream Making, Animal Feeding
Big Break: Testing The Water, Delta
Discoveries, Birds of Big Break
Black Diamond: Hazel Atlas Mine Tours, Bat
Monitoring
Coyote Hills: Family Fun Hour, Sunset Hike
Crab Cove: Fabulous Fish, Family Nature
Fun, Fish Feeding Time
Del Valle: Scenic Boat Tour
Garin: Family Fun!
MLK, Jr. Shoreline: Discover Kayaking
Sunol: Sunol Stewards Stamp Out
Stinkwort, Women on Common Ground
Tilden Nature Area: Signs Animals Leave
Behind, Mammals R Us

August 18
Ardenwood: Toddler Time: Chickens
Crab Cove: Sea Squirts
Garin: Weekday Bird Walk
Tilden Nature Area: Tilden Tots

August 19
Big Break: Coffee Talk & Delta News

August 20
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding

August 21
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding
Shadow Cliffs: Fishing - Catfish Basics

August 22
Anthony Chabot: Campfire Program
Ardenwood: Chores For Little Farmers,
Garden Chores For Kids, Patterson
House Tours, Old-Fashioned Fun, Animal
Feeding, Free Outdoor Movie!
Big Break: Testing The Water, Delta
Discoveries, Wetlands Wonders
Black Diamond: Hazel Atlas Mine Tours
Contra Loma: Contra Loma Mornings --
Reptiles, Amphibians
Coyote Hills: Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding
Time
Del Valle: Scenic Boat Tour, Del Valle
Campfires
Garin: Family Fun!
Pleasanton Ridge: Ridgtop Shuttle Runs
Redwood: Poles: Skills & Techniques Plus
Hike
Tilden Nature Area: Nature Area
Storytime, Rabbit Rendezvous

August 23
Ardenwood: Train Rides, Wake Up The
Farm, Cooking In The Country Kitchen,
Patterson House Tours, Gorgeous Goats,
Corn Mosaics, Animal Feeding
Big Break: Beat the Heat, Testing The
Water, Delta Discoveries
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Family Fun Hour
Crab Cove: Songs and Stories by the Shore,
Family Nature Fun, Fish Feeding Time
Del Valle: Scenic Boat Tour
Don Castro: Hike to Cull Canyon
Garin: Crafting Nature
Martinez Shoreline: Nature Explorers
Redwood: Sunrise on the Serpentine
Sunol: Critter Dinner
Tilden Nature Area: The Chicken or the
Egg?, Snakes Alive!

August 25
Del Valle: Tuesday Twilights
Point Pinole: The Over-The-Hills-Gang
Redwood: Hikes for Tykes

August 27
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding
Temescal: Poles for Balance & Mobility

August 28
Ardenwood: Train Rides, Patterson House
Tours, Animal Feeding

Calendar

August 2015

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August 29
Anthony Chabot: Campfire, Full Moon Over
Bort Meadow
Ardenwood: Chores For Little Farmers,
Garden Chores For Kids, Patterson House
Tours, Bunny Love, Animal Feeding
Big Break: Testing The Water, Delta
Discoveries, Full Moon Kayak Big Break
Black Diamond: Hazel Atlas Mine Tours
Contra Loma: Contra Loma Mornings --
Birds
Coyote Hills: Knap-In, Family Fun Hour
Crab Cove: Family Nature Fun, Fish Feeding
Time
Del Valle: Boat Tour, Campfire
Roberts: Archery Introduction
Tilden Nature Area: Working With Wool

August 30
Ardenwood: Train Rides, Wake Up The
Farm, Patterson House Tours, Gorgeous
Goats, Animal Feeding
Big Break: Testing The Water, Delta
Discoveries, Freshwater Fish Finder
Black Diamond: Hazel Atlas Mine Tours
Coyote Hills: Knap-In, Family Fun Hour
Crab Cove: Early Morning Mudflat Finds,
Sunday Stroll, Family Nature Fun, Fish
Feeding Time
Del Valle: Boat Tour, Bat Watch!
Garin: Family Fun!
MLK, Jr. Shoreline: Kayak & Brunch Tour
Martinez Shoreline: Nature Explorers
Tilden Nature Area: Wherefore Art Thou,
Jewel Lake?, Arachnophilia

BIRDWALKS

BIRDING BY KAYAK, Big Break, 8:30-
11am, Sat, Aug 15, page 5.
BIRDS OF BIG BREAK, Big Break,
2-3pm, Sun, Aug 16, page 7.
BIRDING 4 DIFFERENT HABITATS,
Coyote Hills, 8:30-10:30am, Sun, Jul 12,
page 10.
BIRDING BASICS, Tilden Nature Area,
10:30am-noon, Sat, Jul 11, page 11.

WHAT'S YOUR WINGSPAN?,
Del Valle, noon-1pm, Sat, July 4, page 13.
BIRD WALK, Garin, 8-10am, Sat, Aug 1,
page 14.
WEEKDAY BIRD WALK, Garin/Dry
Creek, 7:30-9:30am, Tue, Aug 18, page 14.
CONTRA LOMA MORNINGS –
BIRDS, Contra Loma, 8-9:30am, Sat,
Aug 29, page 14.

Registration information — register beginning June 2

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



BEAT THE HEAT

Big Break Ashley Grenier
8:30-10:30am, Sun, Aug 23
Join us early to beat the summer's heat! We'll stroll along the water's edge on a beautiful morning.

BLACK DIAMOND

Greathouse Visitor Center is open week-ends 10am to 4:30pm. Stop by Sidney Flat Visitor Center weekdays. For information call (510) 544-2750, or email bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Parking fee: \$5.

HAZEL-ATLAS

SILICA-SAND MINE TOUR

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Delve into the cavernous underground on a guided tour and discover its history and geology. Ninety-minute reservation tours are offered at 11am and 2pm, weekends through November. A 10am tour is available to groups of ten or more on week-ends (not available for on-line registration.) First-come, first-served tours are offered at noon and 3pm. 7+yrs. Registration is required. Fee: \$5

STICKERS, STINGERS, AND SCRATCHERS

Black Diamond Eddie Willis
9:30-11am, Sun, Jul 26
Summer months can bring out itchy, slithery, pokey, and buzzy things. Learn how to avoid and safely share the trails with them on this short nature hike.

MINE OPEN HOUSE

Black Diamond Interpretive Staff
Noon-4:30pm, Sat, Jul 11
Avoid those hot temperatures by taking a cool trip into Hazel-Atlas mine where we'll have free, self-guided tours for ages seven and older. Take a quick peek or a leisurely stroll through 950 feet of this restored 1930s-era silica sand mine. 7+yrs.

BAT MONITORING

Black Diamond Interpretive Staff
7:15-9:45pm, Sat, Jul 18 #9841
Sun, Jul 19 #9844
6:45-9:15pm, Sun, Aug 16 #9846
Has our little bat colony grown this year? Find out as we hike up a chaparral-covered canyon at dusk and wait outside the Hazel-Atlas mine to quietly count their numbers using detection equipment. 8+yrs. Registration is required.

SEASIDE ESCAPE

Black Diamond Eddie Willis
9:30am-noon, Sun, Aug 2 #9852
Ignore the heat. We'll delve into a cool underground world to check out an ancient subtropical seabed and explore some of the hidden history of these hills. 7+yrs. Registration is required. Fee: \$5 (non-res. \$7)

COYOTE HILLS

Coyote Hills Visitor Center is open Wednesday-Sunday, 10am-4pm For information call 510-544-3220, or email chvisit@ebparks.org.

FAMILY FUN HOUR

Coyote Hills Interpretive Staff
2-3pm, every Saturday & Sunday
Get to know the natural world around you! Stories, games, and fun activities are suitable for the whole family. 5+yrs. **July 4:** Old-Fashioned Games. **July 5:** Caterpillar and Chrysalis. **July 11:** Summer Snakes. **July 12:** Owl Pellet Dissection. **July 18:** Marsh Critters. **July 19:** Worm Composting. **July 25:** Butterflies. **July 26:** Geology Rocks! **Aug. 1:** Bird Adaptations. **Aug. 2:** Ohlone Games. **Aug. 8:** Reptiles. **Aug. 9:** Nectar Garden Tour. **Aug. 15:** Butterflies. **Aug. 16:** Who Eats Whom, Mr. Fox? **Aug. 22:** Animal Tracking. **Aug. 23:** Nature Journals. **Aug. 29:** Animal Adaptations. **Aug. 30:** Birds of Prey.

OHLONE VILLAGE LIFE

Coyote Hills Interpretive Staff
11-12:30pm, Sun, Jul 5 & Aug 2
Learn about the roles that women and men traditionally had within a village. Discover what plants and animals can be used for food, medicine and tools. 10+yrs.

OHLONE VILLAGE SITE TOUR

Coyote Hills Interpretive Staff
2:30-4pm, Sat, Jul 11
10am-noon & 1-3pm, Sun, Jul 19 & Aug 9
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 reconstructed shade structure, pit house and sweat house. Meet at Visitor Center.

BIRDING FOUR DIFFERENT HABITATS

Coyote Hills Francis Mendoza
8:30-10:30am, Sun, Jul 12
Explore this birding hotspot as we look for ducks, songbirds and raptors in oak woodland, freshwater marsh, chaparral and grassland habitats. All levels of experience welcome. Meet at the flag pole. 14+yrs.

KIDS CAMP:

STONE AGE TIME TRAVELERS

Coyote Hills Dino Labiste & Staff
9am-3pm, Mon-Thu, Jul 20-23 #10139
Practice skills once needed to survive everyday life in the ancient wilds. Learn to create shelter, fire, rope and tools. Discover edible and useful plants. Play games of the past and visit an Ohlone Village site. Embark on a fun-filled, adventurous Stone Age journey. 9-13yrs. Registration is required. Fee: \$200 (non-res \$220)

SUNRISE PHOTOGRAPHY

Coyote Hills Kristina Parkison/Don Jedlovec
5-7am, Sat, Jul 25
Take advantage of this rare opportunity to see the beauty and diversity of Coyote Hills at sunrise! Watch the wildlife as one "shift" clocks out and the other begins! 12+yrs.

NECTAR GARDEN FUN DAY

Coyote Hills Interpretive Staff
1-3pm, Sat, Jul 25, Aug 15
Come face-to-face with a caterpillar, chrysalis, or butterfly during this drop-in program. Make a butterfly-themed gift, and learn how to garden with plants that attract butterflies.

COYOTE CUBS

Coyote Hills Francis Mendoza & Interpretive Staff
10:30-11:30am, Wed, Jul 6 & Aug 3
Get your preschooler out and into nature! We'll play games, explore the park, and do a craft related to the theme of the day. Parent/Care-giver participation required. 3-5 years old. Drop-in programs **July 6:** Birds of a Feather. **Aug. 3:** My First Nature Journal.

KNAP-IN:

STONE TOOL MAKING

Coyote Hills Interpretive Staff
10am-3pm, Sat and Sun, Aug 29, 30
Join experienced stone tool makers during this informal, weekend opportunity to learn methods used locally and worldwide to transform chert, obsidian and other stones into spear points, arrowheads and drills. Young children may watch. Anyone 13 years or older may give "knapping" a try. Bring leather gloves and protective eye wear if you want to test your knack for knapping.

VOLUNTEER DAY:

OHLONE VILLAGE SITE

Coyote Hills Kristina Parkison
9-11am, Sat, Aug 8 #9974
Learn about Ohlone cultures, as we help care for a more than 2,000-year-old village site. Volunteer to clean, weed and renew the structures and area. We'll provide snacks, water, gloves, tools and a presentation about the village site's historical and cultural significance. 12+yrs. Registration is required.

SUNSET HIKE

Coyote Hills Francis Mendoza
6:30-8:30pm, Sun, Aug 16
Look for signs of wildlife and watch the sun set over the bay on this easy 2-mile hike. Meet at the parking lot at the corner of Paseo Padre Pkwy. and Patterson Ranch Road. 8+yrs.

CRAB COVE

Crab Cove Visitor Center hours are Wed.-Sun. 10am-5pm. The gift shop has books, t-shirts, and other nature-related items for sale. For information about programs or other activities, call (510) 544-3187, or email ccove@ebparks.org.

FAMILY NATURE FUN TIME

Crab Cove Interpretive Staff
2-3pm, Every Sat & Sun, Jul & Aug
The tides roll in and out making each day a chance to discover something new. Our pond is bursting with bird life, turtles and dragonflies. Come explore with us and have fun with family-friendly activities. **July 4 & 5:** Nature Games. **July 11 & 12:** Things That Fly. **July 18 & 19:** Colors of Nature. **July 25 & 26:** Wonderful Whales. **Aug. 1 & 2:** Lost on a Desert Island. **Aug. 8 & 9:** Fun with Food Chains. **Aug. 15 & 16:** Butterflies and Bugs. **Aug. 22 & 23:** Compass Connection. **Aug. 29 & 30:** Seaweed Science.

FISH FEEDING TIME

Crab Cove Interpretive Staff
3-3:30pm, Every Sat & Sun
Learn about Bay creatures and get a good view of our crabs, flounder, perch, pipefish and more — while they eat. Like a dive in the Bay without getting wet!

NATIONAL ICE CREAM DAY

Crab Cove Interpretive Staff
1-2pm, Sun, Jul 12
Did you know that a special marine ingredient can be found hidden within ice cream?! Learn more and lend a hand as we crank out this old fashioned treat.

SUN-DAY SOLAR OVEN COOKING

Crab Cove Interpretive Staff
1-2 pm, Sun, Jul 19
Discover amazing facts about our nearest star! We will even use the sun's energy to bake some cookies.

STEPPING STONES

Crab Cove Interpretive Staff
11am-12:30pm, Sun, Aug 2 #10322
Make a stepping stone for your garden. We will design and arrange our stones, and while they set we will explore the Visitor Center's Bay & Wildlife-friendly garden. Ages 5+ Registration is required.
Fee: \$10 (non-res. \$12)

SEA SQUIRTS

Crab Cove Interpretive Staff
10:30-11:45am, Tue, Jul 7 #9868, 21 #9873 & Aug 4 #9875, 18 #9876
Share a morning of shoreline fun with your preschool-age child. We'll play games, explore nature, share stories, and do a craft! Please no older or younger siblings (exception: infants). 3-5 years. **July 7:** Dashing and Diving Dragonflies. **July 21:** Habitat, Habitat, You Have to Have a Habitat! **Aug. 4:** Low Tide Exploration. **Aug. 18:** Above Ground, Below Ground: Who Lives Where? Registration is required.
Fee: \$5 (\$7 non-res.)

ALAMEDA 4TH OF JULY PARADE

Crab Cove Interpretive Staff
9:30am-1pm, Sat, Jul 4
"Swim" along the Alameda home-town parade route (or a section of it) with our Mobile Visitor Center as we promote the love of nature and celebrate our 35th anniversary in the community. Info: (510) 544-3187.

4TH OF JULY OPEN HOUSE AND ANNIVERSARY WEEKEND

Crab Cove Interpretive Staff
2-4:30pm, Sat, Jul 4, 10am-5pm Sun, Jul 5
Celebrate our 35th anniversary and the beauty and diversity of our Bay with family-friendly activities. Info: (510) 544-3187.

CONCERT AT THE COVE

Crab Cove Interpretive Staff
5:30-7:30pm, Fri, Jul 10 & Aug 14
Start your weekend with free music and family fun as the sun sets over San Francisco Bay. Activities on the Visitor Center deck begin at 4:30pm. Bring a picnic dinner, or purchase local food and beverages here. Parking on Webster St. or Crown Beach lot at Otis. Sponsored by the Alameda Rotary Club, Regional Parks Foundation, and East Bay Regional Park District. **July 10:** Patrón – Latin Rhythm. **Aug. 14:** Soulstice. Info: (510) 544-3187.

SONGS AND STORIES

BY THE SHORE

Crab Cove Morgan Dill
10:30-11:30am, Sun, Aug 9 & 23
Hear tales and sing songs about worms, fungus, leaves and flowers, predators and prey and more! Enjoy an interactive hour of nature fun for the whole family!

FABULOUS FISH

Crab Cove Dill/Matsumura
10-11:30am, Sun, Aug 16 #10329
Take a dive into the amazing world of fins, gills and scales as we explore anatomy with real fish specimens and even do a behind-the-scenes fish feeding! Age 7+ Registration is required.

EARLY MORNING MUDFLAT FINDS

Crab Cove Morgan Dill
8-9:30am, Sun, Aug 30
Rise and shine while the tide is low & beat the crowds to the beach. Meet crabs, mussels, barnacles, worms and shrimp on the longest beach on the Bay.

SUNOL

All programs meet at the Sunol Visitor Center unless otherwise noted. The Sunol Visitor Center is open weekends 10am-4pm For info call 510-544-3249, or email svisit@ebparks.org.

ANIMAL FEEDING

Sunol Interpretive Staff
11-11:45am, Sun, Jul 12, 26, Aug 9, 23
Stop by the Visitor Center and learn about our resident snakes, tarantula, turtle, and toad. You'll even get to help us feed our not so furry friends!

SUNOL STEWARDS STAMP OUT STINKWORT

Sunol Katie Colbert
10am-noon, Sat, Jul 25 #9854,
Sun, Aug 16 #10263
Protect tarantula habitat! Help fight the spread of invasive stinkwort while learning about the beautiful, native, lazy, hazy, crazy daisies of summer. Tough gloves and ice cream provided.
Registration is required.

TILDEN NATURE AREA

The Environmental Education Center is open Tue-Sun 10am-4:30pm The Little Farm is open daily. For info call 510-544-2233, or email tnarea@ebparks.org.

MEET THE REPTILES

Tilden Nature Area Interpretive Staff
11am-noon, Sun, Jul 5, 19
Get up close and personal with snakes and turtles as we explore ectotherms in. All ages of herpetologists welcome.

INSECT INVESTIGATION

Tilden Nature Area Trent Pearce
1-2:30pm, Sun, Jul 5
Get to know some six-legged members of the animal kingdom on a short walk. Meet at the Environmental Education Center.

Registration information — register beginning June 2

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

FARM CHORES FOR KIDS

Tilden Nature Area Trent Pearce
4-4:45pm, Sun, Jul 5
Running a farm is hard work! Learn how to shell and crack corn, then give the Little Farm animals an evening snack before putting them away for the night.

TILDEN TOTS

Tilden Nature Area Interpretive Staff
10-11:30am, Tue, Jul 7 #10213,
Aug 18 #10214
Join an outdoor nature adventure program for 3-4 year olds, each accompanied by an adult (grandparents welcome!).

BIRDING BASICS

Tilden Nature Area Interpretive Staff
10:30am-noon, Sat, Jul 11
Enhance your awareness of the wonderful world of birds on a gentle stroll.

CHICKEN ROUNDUP

Tilden Nature Area Interpretive Staff
3:30-4:30pm, Sat, Jul 11, Aug 15
Our chickens are "free range" and busy. Let's take a jaunt around the farm, identify the different breeds, and find out why they always come back to the coop!

SPIDER SAFARI

Tilden Nature Area Trent Pearce
2-3pm, Sun, Jul 12
Meet the resident spiders of the Nature Area, then search the grounds for more! Fun for all ages.

CLOSE THE FARM

Tilden Nature Area Interpretive Staff
4-4:45pm, Sun, Jul 12, 19
Help our staff close the Little Farm for the evening! Feed the cows, put away the chickens, and tuck in the pigs for the night.



Photo: Isa Polt-Jones

LITTLE FARM OPEN HOUSE

Tilden Nature Area Interp. Staff
11am-3pm, Sat, Jul 4
Celebrate the holiday with some classic fun on the farm as we enjoy historic games, crafts, and activities for the whole family. Call for the schedule for the day's activities.

OUTDOOR DISCOVERIES:

BATTY CAMPOUT

Sunol Cat Taylor
4:30pm, Sat, Aug 22 –
11am, Sun, Aug 23 #9871
Slumber 'neath stars as "acro-bats" wing their way through the night. We'll watch the bat emergence and take a night hike. In the morning, we'll plunge into Alameda Creek and search for bat food (aquatic insects). Bring your own gear and potluck dinner item. Registration is required.
Fee: \$25 ages 3-18/\$30 adults (non-res. \$29/\$34)

SUMMER GARDEN WORK PARTY

Tilden Nature Area Interpretive Staff
10:30am-noon, Sat, Jul 18
Spend the morning gardening and enjoying the sun. We'll plant seeds, harvest spring's bounty, and start dreaming of tomatoes! Dress to dig in the soil.

FISHY TALES, FISHY FACTS

Tilden Nature Area Interpretive Staff
2-3pm, Sat, Aug 8
Hear a fish story, meet the fish in our aquarium, and stay for feeding time. Learn how you too can be a "Fish Friend!"

FLUTTER BY, BUTTERFLIES!

Tilden Nature Area Interpretive Staff
2-3:30pm, Sat, Jul 18
Fly into the beautiful butterfly garden for a gardening project and craft. Learn about butterfly life cycles and the plants that attract these winged wonders.

TWILIGHT WALK

Tilden Nature Area Trent Pearce
7-9pm, Sun, Jul 19
Explore secret worlds on an evening walk with fellow crepuscular creatures. Meet at the Environmental Education Center.

TILDEN ATTRACTIONS

Tilden Nature Area Trail Gail
9:30am-3:30pm, Fri, Jul 24
Tour Tilden on two legs. Nature Area, Carousel, Steam Train, and Gardens, we've got it all. We'll learn about the many different attractions on this vigorous 10-mile hike.

UP CLOSE AND PERSONAL

Tilden Nature Area Interpretive Staff
10:30am-noon, Sat, Jul 25
Have you ever wondered how to use microscopes? Now is your chance! Let's discover and learn about the microscopic world right under our feet at the Visitor Center.

KIDS' GARDEN BUFFET

Tilden Nature Area Interpretive Staff
2-3:30pm, Sat, Jul 25
Come join us in the Kids' Garden and learn about all our delectable veggies and

Registration information — register beginning June 2

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

fruits. From peas to strawberries, we will harvest a bountiful smorgasbord to clean and munch.

UNDERWATER NYMPHS

Tilden Nature Area Interpretive Staff
10:30am-noon, Sun, Jul 26
Tadpoles, newt-poles, and baby insects await your discovery! Let's use magnifying glasses and our "magic scope" to eavesdrop on these creatures and help release them back to the ponds!

BUG RODEO

Tilden Nature Area Interpretive Staff
1:30-3pm, Sun, Jul 26
Let's wrassle up some six-leggers in this insect roundup! Using nets and our patented "shrub-shake earthquake" method, we'll herd and collect arthropods of all kinds around the Visitor Center!

TRAILING AN IMAGINARY BEAST


Tilden Nature Area Anthony Fisher
10-11:30am, Sun, Aug 2
A trail has been laid. Tracking will commence. The mystery will unfold...




HEALTHY
PARKS
HEALTHY
PEOPLE
BAY AREA

Healthy Parks Healthy People: Bay Area

Monthly activities and outings that provide safe, low-impact physical activity and improve health and well-being of all Bay Area residents, through regular use and enjoyment of the Regional Parks.

 This symbol indicates Naturalist-led hikes that explore the natural and/or historical feature of Regional Parks.

 This symbol indicates Outdoor Recreation Staff-led hikes that focus on health, fitness, and outdoor safety in the Regional Parks.

INDEPENDENCE DAY CELEBRATION

Ardenwood Interpretive Staff
10am-4pm, Sat, Jul 4
Join us for a fun-filled community festival, 1900-style! Celebrate America's 239th birthday with rousing patriotic music on the lawn and fiddle music in the farmyard. There will be games, contests and races for everyone all day long. Test your skill at nail-driving, egg toss and watermelon seed spitting or join a bucket brigade and tug-of-war contest. Bring a picnic and spend the day the old -fashioned way!
Fee: \$10/adults, \$8/seniors (62+), \$5 children (4-17), under 4 years free.

PICTURE PARKS, PATRIOTIC PEOPLE

Big Break Interpretive Staff
1-4pm, Sat, July 4
Get the family outside in the fresh air and sunshine for a gentle exploration of the park as we discover the communities within the park on this photo scavenger hunt.

FAMILIES ON FOOT

Coyote Hills Interpretive Staff
1-2:30pm, Sat, Jul 4, Aug 1
The restorative effect of spending time outdoors is well-known and with our hectic modern lives, we need it! Join this monthly adventure to nurture our inner and outer-selves by exploring and learning about the natural world around us as we hike park trails. 12+yrs.

For information: (510) 544-3220

OLD-FASHIONED FUN

Ardenwood Jenna Scimeca & Interpretive Staff
1:30-2:30pm, Sat, Jul 25 & 1-2pm, Sat, Aug 1, 8, 22 & Sun Aug 9
American's pastimes once included stilt-walking, running with tubers (potato-spoon race), testing your strength (tug-o-war) or hopping like a bunny (sack races). Join the fun and test your skill!

HEALTHY HIKES: SENIOR STROLLS

Redwood
8-10am, Sat, Aug 1
Explore our Regional Parks at a pace that's right for you. We'll start with light stretching, safe hiking practices and health tips. Participate for all or just a portion of the hike, increasing your distance as stamina improves. Meet other like-minded hikers while exercising and enjoying the beautiful parks! Meet at the Canyon Meadow staging area, Redwood Gate entrance, Redwood Road, Oakland.

HEALTHY HIKES: FAMILY FUN

Redwood
10:30am-12:30pm, Sat, Aug 1
Join us for a family-friendly hike designed to make hiking fun and safe! Meet other like-minded families that enjoy hiking. We'll start with light stretching, safe hiking practices and health tips before heading out on the trail. Hikes include kid friendly activities. Parents must accompany children. Meet at the Canyon Meadow staging area, Redwood Gate entrance, Redwood Road, Oakland.

OUT IN THE TULE

Tilden Nature Area Anthony Fisher
2-3:30pm, Sun, Aug 2
Tule is a mystical marsh plant of a thousand uses. Stop by and learn the lore and make a tule object to take home.

TO THE PEAK AND BACK!

Tilden Nature Area Anthony Fisher
10am-noon, Sun, Aug 9
Hike to Wildcat Peak, then down Laurel Canyon while honing your naturalist tendencies. Bring your curiosity and a snack.

SOME TREES I HAVE KNOWN

Tilden Nature Area Anthony Fisher
2-3pm, Sun, Aug 9
Meet living tree heroes and hear epic tales of their journeys through time and space!

SIGNS ANIMALS LEAVE BEHIND

Tilden Nature Area Anthony Fisher
10-11:30am, Sun, Aug 16
Many shy and unseen creatures haunt these wooded glades. Learn to recognize the subtle signs these secret friends leave behind.

MAMMALS R US

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Aug 16
Learn some mammalian basics as we seek out as many types as we can find. Fun for the whole family!

NATURE AREA STORYTIME

Tilden Nature Area Interpretive Staff
11am-noon, Sat, Aug 22
Gather 'round and listen to classic children's stories about farming and insects, as well as a cautionary tale by Dr. Seuss.

RABBIT RENDEZVOUS

Tilden Nature Area Interpretive Staff
2-3pm, Sat, Aug 22
Join us to meet and greet the Little Farm's rabbits. We will learn some interesting facts about these lagomorphs!

THE CHICKEN OR THE EGG?

Tilden Nature Area Anthony Fisher
10-11am, Sun, Aug 23
Which came first? Dunno, but let's head to the farm and talk chickens, other egg layers, and eggs.

SNAKES ALIVE!

Tilden Nature Area Anthony Fisher
1-2pm, Sun, Aug 23
We're talkin' snakes, holdin' snakes and learnin' snake facts. Optional snake feeding demonstration at the end (not for the squeamish!).

WORKING WITH WOOL — FELTING

Tilden Nature Area Trail Gail
9:30am-1:30pm, Sat, Aug 29 #10359
Discover felt—the earliest known fabric. Using wool from our Black Welsh Mountain Sheep, your creativity, and lots of kneading, you'll create a felted pouch. We'll visit the sheep, and learn about life on the farm. Registration is required.
Fee: \$10 (non-res. \$12)

WHEREFORE ART THOU, JEWEL LAKE?

Tilden Nature Area Anthony Fisher
10-11:30am, Sun, Aug 30
Is it dried up? Is it still there? Where did it come from? Learn the human and natural history of this revered bit of hydrologic miracle.

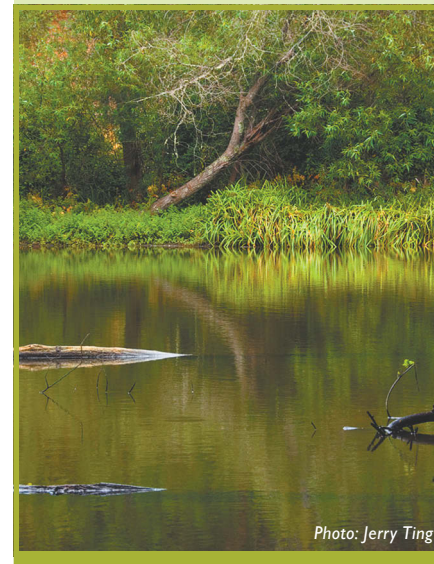


Photo: Jerry Ting

WHEREFORE ART THOU, JEWEL LAKE?

Tilden Nature Area Anthony Fisher
10-11:30am, Sun, Aug 30
Is it dried up? Is it still there? Where did it come from? Learn the human and natural history of this revered bit of hydrologic miracle.

ARACHNOPHILIA

Tilden Nature Area Anthony Fisher
1-2:30pm, Sun, Aug 30
Love spiders? Not so much? Haven't decided yet? Come and meet a few and get to know them. Then head outside to look for some wild ones.

OTHER PARKS

SATURDAY EVENING CAMPFIRE PROGRAMS — DEL VALLE

Del Valle Interpretive Staff
9-10:15pm, Sat Jul 4
8:30-9:30pm, Sat Jul 11, 18, 25
9-10pm, Sat Aug 1
8:30-10pm Sat Aug 8
8:30-9:30pm, Sat Aug 15, 22
8-9pm Sat, Aug 29
Join us for an evening of fun by the campfire at the campground amphitheater. Learn about critters, stars, history, and more! Children must be accompanied by an adult. Bring flashlights. Non-campers are welcome. Info: (510) 544-3249. **July 4:** Red, White, And Blue Stars. **July 11:** The Art Of Calling Down The Sun. **July 18:** Canines In Our Parks. **July 25:** Critters Of Del Valle. **Aug. 1:** Starlight And Moon-

shine. **Aug. 8:** Perseid Meteor Shower Watch, bring flashlight, blanket, or beach towel. **Aug. 15:** Heroes And Monsters Over The Tent, dress warmly and bring a blanket. **Aug. 22:** Animal Stories. **Aug. 29:** Bats Eat Bugs.

CAMPFIRE PROGRAMS – ANTHONY CHABOT Anthony Chabot Interpretive Staff 8-9pm, every Sat in Jul & Aug FREE! Join us for after-dark fun at the campground amphitheater! Learn about the parks and nature around you through games, songs, photos and stories around the campfire. We'll have a new topic each week. Even if you're not camping, you're welcome to join us for the program! Dress warmly. Info: (510) 544-3187. **July 4:** Animal Adaptations. **July 11:** Songs & Stories. **July 18:** Bats. **July 25:** Animals of the Park and the City. **Aug. 1:** Magnificent Redwoods. **Aug. 8:** Bears! **Aug. 15:** Eyes and Ears of the Night. **Aug. 22:** Animal Adaptations. **Aug. 29:** Spiders!

JULY 4th WEEKEND FUN! Garin Interpretive Staff 3-4pm, Sat, Jul 4 & Sun, Jul 5 Celebrate the holiday by playing old-fashioned games. We'll have a sack race, egg relays, tug-of-war, kick-the-can and other

OUTDOOR DISCOVERIES

Various Parks Katie Colbert/Cat Taylor 10-11:30am, Thu, Jul 9, #10265 7-9pm, Thu, Jul 23, #10268 2-4pm, Sat, Jul 25 #10269 10am-noon, Aug 13 #10267 Children 3-6 years and a parent are invited to make playful and scientific discoveries in exciting outdoor classrooms with a naturalist as your guide. Rain or shine! Siblings welcome. **July 9:** Del Valle–Space Cars, NASA's New Horizons space probe visits Pluto's doorstep next week. Today we'll build our own mini space vehicles for roving distant planets in the universe of our imagination – and find out how we can help the Pluto probe send a message to the stars! Meet at the Visitor Center. **July 23:** Sunol – Moth Madness – Bring Moth-er, Dad, and your sibling “grubs” on a moth hunt in the woods! We'll use baits and lights to gather mothish information for National Moth Week. Meet at the Visitor Center. **July 25:** Sunol – Humpty Cow – Ribs and legs and other bones! Can we put the cow back together again? Meet at the Visitor Center. **Aug. 13:** Del Valle – Sun Day On Thursday! – Play safely with sunshine and learn to cook your lunch with sunbeams! Meet at the Visitor Center. Registration is required. Fee: \$6 (non-res. \$8)

exciting activities. Have a picnic and join in on the fun! Meet at the Red Barn. Info: (510) 544-3220.

WHAT'S YOUR WINGSPAN? Del Valle Zeke Willmes Noon-1pm, Sat, Jul 4 Join us for a quick stroll as we try to identify local birds. After, we'll calculate our own wingspan and see how we measure up to the golden eagle. Meet at the Rocky Ridge Visitor Center. Info: (510) 544-3249.

CAMPGROUND SCIENCE FAMILY ADVENTURES Del Valle Katie Colbert 11am-1pm, Sun Jul 5, 12 8am-10pm, Sun Jul 26 Snakes, skulls, and things that go flap in the night! Discover the secrets of campground neighbors you didn't know were there. Meet at the campground amphitheater. Adult participation required. **July 5:** Rattlesnecrets. **July 12:** Bone Heads. **July 26:** Moth Hunt, must join program at 8pm. Info: 510-544-3243.

WHOO THE OWL ATE Del Valle Zeke Willmes Noon-1pm, Sat, July 11 Learn about the different owl species at the park—where they live, what they eat, and wrap it up with owl pellet dissections. Meet at the Rocky Ridge Visitor Center. Info: (510) 544-3249.

WOMEN ON COMMON GROUND Various Parks Katie Colbert 7-10:30pm, Sat Jul 11 #10270 5:30am-8:30am, Sun Aug 2 #10271 4-6pm, Sun Aug 16 #10272 This is a series of naturalist-led programs for women who love the outdoors but whose concern for personal safety keeps them from enjoying their own regional parks. For a complete schedule contact (510) 544-3243, or kcolbert@ebparks.org. **July 11:** Sunol – Mothwhispers And Stars. Meet at the Visitor Center. **Aug. 2:** Del Valle – Almost Lammas Sunrise. Meet at the Arroyo Road Staging Area in Livermore. **Aug. 16:** Sunol – Wort Worriers. Meet at the Visitor Center. Registration is required.

FAMILY FUN! Garin Interpretive Staff 3-4pm, Sat, Jul 11, 25 & Aug 8, 22; Sun, Jul 19 & Aug 2, 16, 30 Enjoy mini-adventures, demonstrations, games and crafts that create outdoor fun for the whole family. Scavenger hunts, butter making, tug-of-war, insect origami and other exciting activities may be on the menu: Check in the barn for the “Daily Special.” Bring a picnic and join in on the fun! Meet at the Red Barn. Info: (510) 544-3220.

EVENING WALK Briones Trent Pearce 7-9pm, Sun, Jul 12 Explore secret worlds on an evening walk with fellow crepuscular creatures. Meet at Bear Creek Staging Area.

Registration information — register beginning June 2
www.ebparks.org/register or 1-888-EBPARKS (1-888-327-2757), option 2

HIKES FOR TYKES Various Parks Interpretive Staff 10:30-11:30am, Tue, Jul 14, 28, Aug 11, 25 Enjoy nature before naptime with your young child! Go over hill and dell with a naturalist to explore the flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers not recommended for most hikes. **July 14:** Sibley Volcanic (Skyline Blvd., Oakland, entrance). **July 28:** Oyster Bay (Neptune Dr., San Leandro, entrance). **Aug. 11:** MLK Shoreline (Garretson Point Staging Area, end of Edgewater Dr., Oakland). **Aug. 25:** Redwood (Skyline Gate Staging Area, Skyline Blvd., Oakland). See www.ebparks.org/parks for maps/directions. Info: (510) 544-3187.

LAND BANK VAN TOUR: TYLER RANCH Pleasanton Ridge Herron/Noonan/Rec. Staff 9:30-11:30am, Jul 18 #10307 Enjoy some of the East Bay's most spectacular panoramic views as we explore the newly acquired Tyler Ranch property, located near the quaint town of Sunol. Come learn about its history and the Park District's vision for this exciting property. Discover how it will connect to Pleasanton Ridge, as we drive along the dramatic ridgeline overlooking Kilkare and Palomares canyons. Registration is required.

NATIVE PLANT STEWARDS Del Valle Zeke Willmes Noon-1pm, Sat, July 18 Help us rejuvenate the planters around the Rocky Ridge Visitor Center while learning about the native plants of the East Bay. Info: (510) 544-3249.

CRAFTING NATURE Garin Interpretive Staff 3-4pm, Sat, Jul 18 & Aug 15, 29; Sun, Jul 12 & Aug 9, 23 Craft a snake mobile, insect magnet, or butterfly. Discover the importance of snakes and insects in our lives, while using your imagination to create a handmade version to take home. Meet at the Red Barn. 5+yrs. Info: (510) 544-3220.

CANINE CAPERS – DOG WALK Various Parks Kristina Parkison 9am-2pm, Sat, Jul 18 #10004 8-10am, Sat, Aug 15 #9983 Make new friends, enjoy a nature walk and explore some of the finest open space with your best four-legged friend along! Homemade snacks provided for good (and spirited) dogs! **July 18:** Redwood. **Aug. 15:** Coyote Hills. 8+yrs. Registration is required.

INSECT SEARCH Briones Regional Park Trent Pearce 2-4pm, Sun, Jul 19 Get to know some six-legged members of the animal kingdom on a short walk. Meet at Bear Creek Staging Area. Info: (510) 544-2233.

POISON AND VENOM, STINGS AND BITES Del Valle Zeke Willmes Noon-12:45pm, Sat, Jul 25 Learn how to safely explore the wilder side, while learning about the adaptive and defensive strategies of Del Valle's animals and plants. Meet at the Rocky Ridge Visitor Center. Info: (510) 544-3249.

TUESDAY TWILIGHTS

Various Parks Interpretive Staff 7-9pm, Tue Jul 7 7-9:30pm, Tue Jul 14 7-9pm, Tue Jul 21 6:30-9:30 pm, Tue Aug 4 9-10:30pm, Tue Aug 11 7:30-9:30pm, Tue Aug 25 Enjoy sunset with the family. These naturalist-guided walks vary in difficulty and are usually not suitable for organized groups. Bring water, snacks, and flashlight. Wear layered clothing, good hiking shoes. For a complete schedule, contact (510) 544-3249 or svisit@ebparks.org. **July 7:** Hayward Shoreline Exploration—flat, leisurely 2.5-mile hike. Bring shoes for the mud and wear layers of clothing. Meet at the W. Winton Ave. Staging Area. Info: 510-544-3220. **July 14:** Brushy Peak, East County

Sunset—3.5 miles, moderate/strenuous. Meet at the Laughlin Road staging area. For info: 510-544-3257. **July 21:** Big Break - Mammals Of The Marsh—Meet at the Big Break Visitor Center. Info: 510-544-3050. **Aug. 4:** Las Trampas – Breathtaking Views, vigorous hike. Meet at the end of Bollinger Canyon Road, San Ramon. For info: 510-544-2233. **Aug. 11:** Del Valle – Perseid Meteor Shower Watch, meet at the top of the hill before you descend to Lake Del Valle near the intersection with Mendenhall Road. DO NOT PARK ON MENDENHALL ROAD. Meet by the hiking gate on the left just past Mendenhall Road. For info: 510-544-3242. **Aug. 25:** Del Valle – Bating By Boat. Registration is required for Aug. 25 —course #10279. Fee: \$5 (\$7 non-res). For info: 510-544-3242.

Registration information — register beginning June 2

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

SHADY SUMMER HIKE

Garin/Dry Creek Pioneer Francis Mendoza
9:30-11:30am, Sun, Jul 26
Hike an easy 3 miles through a riparian (creek) corridor filled with shady trees to escape the summer heat. Meet at the May Road Staging Area in Union City. 8+yrs. Info: (510) 544-3220.

REPTILES ROCK

Garin Interpretive Staff
3-4pm, Sun, Jul 26 and Sat, Aug 1
Discover the amazing world of reptiles and meet our resident gopher and king snakes and western box turtle. Make a reptile craft to take home. Meet at the Red Barn. 5+yrs. Info: (510) 544-3220.

THE OVER-THE-HILLS-GANG

Various Parks Trail Gail and James Wilson
10am-12:30pm, Tue, Jul 28; Aug 25
Hikers 55 years and older interested in nature study, history, fitness, and fun are

SATURDAY AND SUNDAY STROLLS

10am-noon, Sat, Jul 11, 18, Aug 15, 22, Sun, Jul 26, Aug 30
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from two to five miles. Great for families. Dogs welcome on most hikes. See www.ebparks.org/parks for maps/directions. For information, call (510) 544-3187.
July 11: Redwood (Redwood Bowl Staging Area, Skyline Blvd., Oakland) – Witness the heart of the redwood forest on a strenuous 3.5-mile hike.
July 18: Leona Canyon (Canyon Oaks Dr., Oakland, parking area, south end) – Enjoy a stream, diverse forest, and amazing views on a 4-mile, moderate hike. **July 26:** Lake Temescal (north entrance, Broadway, Oakland) – Join in this easy, 2-mile double loop around the lake. We'll take the high road first and the low road on our second loop around this small but fascinating lake. **Aug. 15** Hayward Shoreline (west end of Grant Ave, San Lorenzo) – On this easy, flat, almost 3-mile stroll we'll look at the Oro Loma Marsh and San Francisco Bay. **Aug. 22:** Redwood (Canyon Meadow, Redwood Road, Oakland) – Enjoy a shady stroll among the redwoods, learning about the natural and cultural history of this area. **Aug. 30:** Crab Cove Visitor Center – Explore a lesser known part of the Bay Trail, spotting wildlife along this 4-mile, moderate walk.

invited to join this series of monthly excursions exploring the Regional Parks. **July 28:** Miller/Knox. **August 25:** Point Pinole. Info: (510) 544-2233.

BIRD WALK

Garin Kristina Parkison
8-10am, Sat, Aug 1
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.

GUIDED TRAILS CHALLENGE HIKES

Various Parks Trail Gail
8:30am-1:30pm Sat, Aug 1, 8
Looking for a challenging hike but don't want to go alone? Join our adventure and learn about the area while getting exercise. Bring plenty of water and dress for the weather. **Aug. 1:** Briones, (7+ miles), Lafayette Ridge Staging Area. **Aug. 8:** Wildcat Canyon, (10+ miles), Alvarado staging area. Info: (510) 544-2233.

A TASTE OF BRIONES

Briones Eddie Willis
9am-noon, Sun, Aug 9
While exploring three miles of steep and hilly terrain, be pre-“pear”-ed to taste a piece of the park (literally). Bring lots of water and sturdy shoes. Meet at the end of Briones Road. Info: 510-544-2750. 10+yrs.

CROCKETT HILLS HIKE

Crocket Hills Trail Gail
9:30am-2pm, Fri, Aug 14
From ranchlands to views, this park has lots to offer. We'll explore its beauty and history, including a segment of the Bay Area Ridge Trail. Bring a snack. 8+yrs. Info: (510) 544-2233.

CANINE CAPERS LAKE ANZA DOG HIKE

Tilden Trail Gail & Nara
8:30am-noon, Sat, Aug 15
Enjoy the park with a naturalist and your furry friend. We'll explore the Wildcat Canyon watershed on this 6-ish mile hike. Bring water and treats. (Dog not required.) Meet at the Lone Oak picnic site. Info: (510) 544-2233.

WEEKDAY BIRD WALK

Garin/Dry Creek Kristina Parkison
7:30-9:30am, Tue, Aug 18
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All are welcome. Bring water, sunscreen, and binoculars or scopes. 12+yrs. Info: (510) 544-3220.

CONTRA LOMA MORNINGS – REPTILES, AMPHIBIANS

Contra Loma Kevin Dixon
9-10:30am, Sat, Aug 22
Learn about the snakes, lizards, salamanders, and frogs of Contra Costa County while exploring the shoreline. Meet at the main parking lot. Info: 510-544-2750.

SUNRISE ON THE SERPENTINE

Redwood Regional Morgan Dill
6:30-8:30am, Sun, Aug 23
Experience a summer morning as dawn breaks, the sunlight begins to shine, and birds begin to sing on this 3-mile hike. We'll learn who shares the early shift in nature. Meet at the Trudeau Staging Area on Skyline Blvd. in Oakland. Info: (510) 544-3187.

DON CASTRO TO CULL CANYON HIKE

Don Castro/Cull Canyon Francis Mendoza
9am-1pm, Sun, Aug 23
Hike up the San Lorenzo Creek watershed through Castro Valley under the shade of oaks, bay laurels and the I-580 freeway. We'll walk out-and-back to Cull Canyon totaling 7 moderately strenuous miles. 15+yrs. Info: (510) 544-3220.

NATURE EXPLORERS

Martinez Regional Shoreline Eddie Willis
10am-12:30pm, Sun, Aug 23 #9901, Aug 30 #9905

Hey kids, explore a park where nature rules! We'll play games, wander wild-and-wacky wetlands, and learn about ways to protect the planet during this hands-on, eco-groovy adventure. Meet at the main parking lot. Parent participation required. 5-12yrs.

Registration is required.

FULL MOON OVER BORT MEADOW

Anthony Chabot Interpretive Staff
7-9pm, Sat, Aug 29
Bring your flashlight and your blanket as we walk down into the meadow to watch the sunset and the moon rise. Look into the night sky to see our nearest celestial neighbor and hear stories of the magnificent moon! Meet at Bort Meadow Staging Area off Redwood Road. Info: (510) 544-3187.

CITIZEN SCIENCE: BATWATCH!

Del Valle Cat Taylor
7-9:30pm, Sun Aug 30 #9843
Explore the nocturnal world of bats and help gain an understanding of their secretive habits. Use bat detectors and record observations at bat roosting sites. Bring flashlight, portable chair, blankets. Meet at the East Shore swim beach parking lot. Info: 510-544-3242.
Registration is required.

VOLUNTEER

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Redwood Jeff Manley
9am-1pm, Sat, Jul 11, Sat, Aug 1
9:30am-1:30pm, Sun, July 12, Aug 9
Help remove invasive French broom at various locations in the park. Tools provided. Info: 1-888-327-2757, option 3, ext. 4553. Registration is required.

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Huckleberry, Sibley Staff
9am, Sat, Jul 11, Aug 8: Huckleberry
9am, Sun, Jul 19, Aug 16: Sibley
Help protect native plants against French broom displacement. Tools provided. Sibley: Meet at the Sibley staging area on Skyline Blvd., Oakland. Huckleberry: Meet at the Huckleberry staging area on Skyline Blvd., Oakland. Info: 510-544-3112. Registration is required.

SUMMER SHORE CLEANUP

Crab Cove Morgan Dill
1-2pm, Sun, May 31
The summer is busy on the beach. Help clean and search for interesting items that have been washed ashore. Bring gloves and bucket or borrow ours. Meet at the Visitor Center. Info: (510) 544-3187.

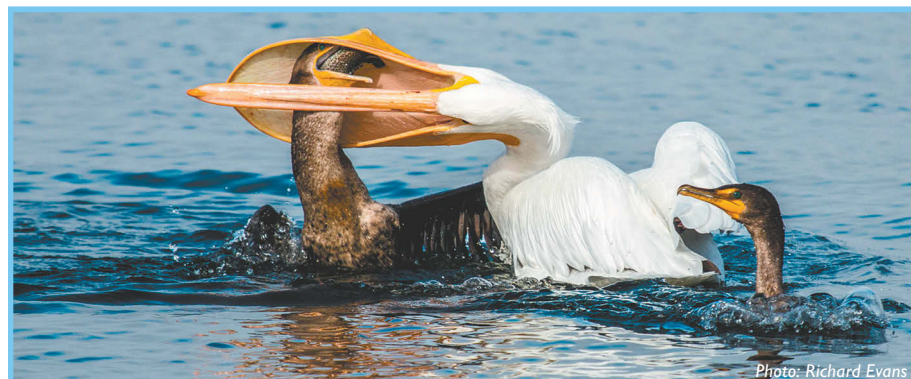


Photo: Richard Evans

An American white pelican and a double-crested cormorant compete for a meal at the Contra Loma reservoir.

CONTRA LOMA MORNINGS – BIRDS

Contra Loma Kevin Dixon
8-9:30am, Sat, Aug 29
Let's see which of our winged friends is spending the summer here in the trees, cat-tails waters, and winds. Meet at the main parking lot. Info: 510-544-2750.

SWIM FACILITIES

LAKEANZA
Tilden Regional Park
Berkeley, CA 94708
I-888-327-2757, option 3, ext. 4563

CASTLE ROCK
1700 Castle Rock Road
Walnut Creek, CA 94598
I-888-327-2757, option 3, ext. 4515

CONTRA LOMA
1200 Frederickson Lane
Antioch, CA 94509
I-888-327-2757, option 3, ext. 4518

CULL CANYON
18627 Cull Canyon Road
Castro Valley, CA 94552
I-888-327-2757, option 3, ext. 4523

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
I-888-327-2757, option 3, ext. 4524

DON CASTRO
22400 Woodrooe Ave.
Hayward, CA 94541
I-888-327-2757, option 3, ext. 4527

QUARRY LAKES
2100 Isherwood Way
Fremont, CA 94535
I-888-327-2757, option 3, ext. 4552

ROBERTS POOL
10570 Skyline Blvd.
Oakland, CA 94619
I-888-327-2757, option 3, ext. 4555

SHADOW CLIFFS
2500 Stanley Blvd.
Pleasanton, CA 94566
I-888-327-2757, option 3, ext. 4557

LAKE TEMESCAL
6502 Broadway Terrace
Oakland, CA 94610
I-888-327-2757, option 3, ext. 4561

VISITOR CENTERS

ARDENWOOD
34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 544-2797

BIG BREAK
69 Big Break Road
Oakley, CA 94561
(510) 544-3050

BLACK DIAMOND MINES
5175 Somersville Road
Antioch, CA 94509
(510) 544-2750

BOTANIC GARDEN
Tilden Regional Park
Berkeley, CA 94708
(510) 544-3169

COYOTE HILLS
8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 544-3220

CRAB COVE
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 544-3187

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(510) 544-3146 summer weekends only; 544-3249


GARIN
1320 Garin Avenue
Hayward, CA 94544-6822
(510) 544-3220

SUNOL-OHLONE
P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(510) 544-3249

TILDEN NATURE AREA
Environmental Education
Center (EEC) at Tilden
Regional Park
Berkeley, CA 94708
(510) 544-2233



How to Register • Fee Payment

Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program description if you need 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 in the program description.

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-4:30pm Mondays through Thursdays and 8:30am and 4pm on Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TDD: (510) 633-0460.

BY MAIL: Call the Reservations Office at 1-888-EBPARKS (327-2757) option 2, to request a mail-in registration form. Registration is payable by check only up to 15 days before the program.

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.





free Concerts at the Cove

A great summer tradition for the whole family

Fridays, July 10 and August 14 • 5:30 to 7:30pm

Live music, food vendors, beer and wine garden,
Visitor Center activities. Free!

Bring a lawn chair or blanket.



Crab Cove, 1252 McKay Ave., Alameda

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East Bay 
Regional Park District
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Oakland, CA 94605-0381
www.ebparks.org



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\$50 for individuals

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(two adults and four kids)

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www.ebparks.org/rpf/membership



Donate Your Vehicle to the Regional Parks

Help make a difference by donating your automobile, boat, motorcycle, jet ski, or almost any other mode of transportation, working or not, to the Regional Parks Foundation. Proceeds help to send low-income kids to camp and restore fragile wildlife habitats throughout the East Bay Regional Park District.

All donations are 100 percent tax deductible.

Visit us at www.RegionalParksFoundation.org and click on "Make a Donation."

The Foundation works with Car Donation Services to assist with all your vehicle donation needs. Call (888) 6IPARKS. The process is easy, fast, and hassle-free.

Tax ID # 23-7011877.
Proceeds directed to the Foundation from a vehicle donation cannot be applied towards purchases of park memberships and District programs.



Ardenwood Historic Farm Cajun/Zydeco Festival

Saturday, August 15
10:00AM – 7:00PM



Featuring:

- Cajun/Zydeco music
- Dancing and dance lessons
- Delicious Southern and Cajun food
- Visit the farm animals
- Specialty vendors
- National and local bands

Advanced Tickets: Order by August 11.
\$20/adults, \$5/ages 4-15. Free/ages 3-0.
Order at www.EBParksOnline.org, click "Activities" or call 1-888-EBPARKS, option 2.

Tickets at the Gate: \$24/adults,
\$7/ages 4-15, Free/ages 3 and under.

East Bay 
Regional Park District

Ardenwood Historic Farm: 34600 Ardenwood Blvd., Fremont