

Regional in Nature

# Activity Guide



July–August 2015

East Bay  
Regional Park District  
[www.ebparks.org](http://www.ebparks.org)

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See summer activities inside.



Photo: Michael Short

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## East Bay Regional Park District

[www.ebparks.org](http://www.ebparks.org)

General Information/Free Brochure  
1-888-EBPARKS or 1-888-327-2757

Camping & Picnic Reservations .....

1-888-327-2757

Naturalist & Recreation  
Programs..... 1-888-327-2757

TRS Relay for the  
Hearing Impaired..... 711

Website..... [www.ebparks.org](http://www.ebparks.org)

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Visit [www.ebparks.org](http://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](http://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.**

**W**hen summer's heat gets overwhelming, I seek out the sometimes foggy, cooler refuge of our bayside 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 75<sup>th</sup> anniversary. For more information, call 510-544-3169 or go to [www.ebparks.org/parks/tilden/botanic\\_garden](http://www.ebparks.org/parks/tilden/botanic_garden).

# Health Matters

East Bay  
Regional Park District

AND  
KAIER  
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.



KAIER 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](http://WWW.KP.ORG) (YOU DO NOT NEED TO BE A MEMBER OF KAIER 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://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](http://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](mailto: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](mailto:aroth@ebparks.org) or call 510-690-6624.

### PARK'N IT DAY CAMP &

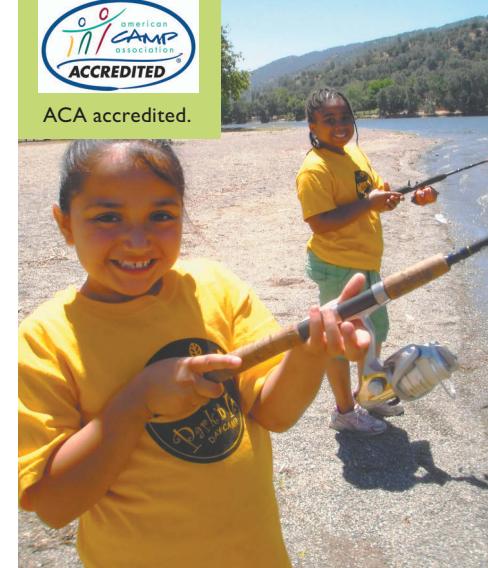
Mon-Fri, 9am-4pm  
Jul 13-17, Ardenwood #8763

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](http://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 ridgeline 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 for-

est. 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](http://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 offshore. 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)

## Registration information – register beginning June 2

[www.ebparks.org/register](http://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 HPH

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 & HPH

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!

A program in partnership with . . .

KAISSER  
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](http://www.regionalparksfoundation.org) & click on "Events." No phone registrations.



## ARDENWOOD SPECIAL EVENTS

### 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+yr.) and \$5/child (4-15 years) will be on sale through August 11 at [www.ebparksonline.org](http://ebparksonline.org) or 1-888-EBPARKS. DAY OF EVENT tickets at the gate: \$24/Adult (16+yr.), \$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 [cdentry@fremont.gov](mailto:cdentry@fremont.gov) (21+yr.).



# Calendar

**July 2015**

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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# Regional in Nature



East Bay  
Regional Park District  
[www.ebparks.org](http://www.ebparks.org)

## 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

## 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 17

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

Big Break: Testing The Water, Delta Discoveries, Mammals of the Marsh

Black Diamond: Stickers, Stingers, and Scratches, 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



East Bay  
Regional Park District  
www.ebparks.org

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: Ridgetop 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: Ridgetop 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.



## 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 svvisit@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](http://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](http://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 wrangle 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

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.



HEALTHY  
PARKS  
HEALTHY  
PEOPLE  
BAY AREA

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 TULES

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.

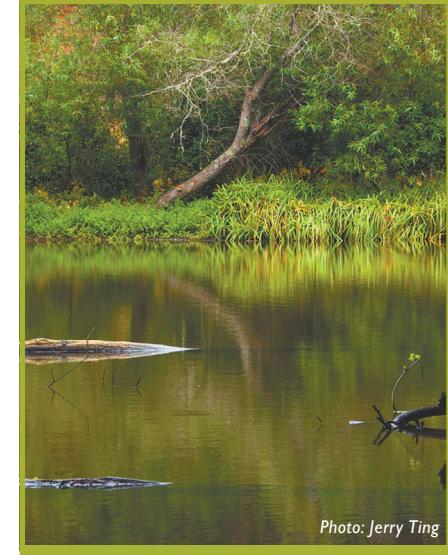


Photo: Jerry Ting

## WHEREFORE ART THOU, JEWEL LAKE?

Tilden Nature Area Anthony Fisher  
10-11:30am, Sun, Aug 30

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### 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 camp-ground neighbors you didn't know were there. Meet at the campground amphitheater. Adult participation required. **July 5:** Rattlesnake Secrets. **July 12:** Bone Heads. **July 26:** Moth Hunt, must join program at 8pm. Info: 510-544-3243.

#### WHOOP 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](mailto:kcolbert@ebparks.org).

**July 11:** Sunol – Mothwhispers And Stars. Meet at the Visitor Center. **Aug. 2:** Del Valle – Almost Lamas 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](http://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 dale 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](http://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 [svsvisit@ebparks.org](mailto:svsvisit@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](http://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+hrs. 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+hrs. 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](http://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+hrs. 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+hrs.

### CROCKETT HILLS HIKE

Crockett 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+hrs. 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+hrs. 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+hrs. 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.



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.





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

Sponsored by the Alameda Rotary Club and East Bay Regional Park District.



**Swim for Free**

with your

**Annual Park Membership**

\$50 for individuals

\$95 for a family

(two adults and four kids)

**Call today!** (510) 544-2202

[www.ebparks.org/rpf/membership](http://www.ebparks.org/rpf/membership)

**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](http://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

**East Bay**   
Regional Park District

2950 Peralta Oaks Court  
Oakland, CA 94605-0381  
[www.ebparks.org](http://www.ebparks.org)

**Donate Your Vehicle  
to the Regional Parks**



**H**elp 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](http://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) 61PARKS. 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.*

