

Regional in Nature

# Activity Guide



May – June 2018

East Bay   
Regional Park District

**Healthy Parks Healthy People**



Photo: Bill Simmons

**The Future East Bay Gateway Regional Park**  
See “New Public Access Projects on the Way” page 2.

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**“Tern Island” Protecting Shorebirds** • See page 3.

## Prop 68

California Drought,  
Water, Parks, Climate,  
Coastal Protection, and  
Outdoor Access For All  
Act of 2018  
[sos.ca.gov](http://sos.ca.gov)



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**East Bay**   
Regional Park District

**Healthy Parks Healthy People**

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

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

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Visit [ebparks.org](http://ebparks.org) for map downloads, activity and event information, and much more!



## New Public Access Projects on the Way Thanks to Community Support

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



**T**hanks to community support, and voter-approved funding, the District has exciting new projects under way to improve public access,

recreational opportunities, and educational services in your Regional Parks.

### San Francisco Bay Trail Expansion (Pinole Shores to Bayfront Park)

In Pinole, a new 1/2-mile segment of the San Francisco Bay Trail is under construction, including a 1,100-foot gradually sloping bridge over the Union Pacific Railroad tracks. The Park District project removes one of four remaining gaps in the San Francisco Bay Trail along the San Pablo Bay - with two of the other three in the design and permitting stages. The San Francisco Bay Trail is a planned 500-mile walking and cycling path around the entire San Francisco Bay.



The Pinole Shores project is expected to be complete in June 2018.

### East Bay Gateway Regional Park

In Oakland, at the touchdown of the Bay Bridge lies the future East Bay Gateway Regional Park. The Park District recently signed a lease with Caltrans to operate the 24,000-square foot historic and newly renovated "Bridge Yard" Building, which will serve as the recreational anchor for the park with interpretive and recreational programming, concessionaires for food, equipment rentals, and event space. Additionally, thanks to funding from the Bay Area Toll Authority, the last remaining pilings from the old Bay Bridge will also be reused to create a new shoreline public access observation platform.

### Crown Memorial State Beach Expansion

In Alameda, land use planning efforts have begun for expansion of Crown Memorial State Beach to improve public access, educational services, recreational opportunities, including upgrading Crab Cove Visitor Center facilities and services. In 2015, a federal

property adjacent to the Crab Cove Visitor Center was acquired by the Park District. The property was slated for housing but because of community efforts, it was changed to public park use. In 2017, Measure CC helped fund the demolition of two dilapidated buildings on the property – allowing land use planning to move forward.

### Albany Beach Restoration and Public Access Improvements, McLaughlin Eastshore State Park

In Albany, construction will soon begin to improve habitat, public access, and the Bay Trail at the Albany Beach area of McLaughlin Eastshore State Park. With funding from Measure CC and other voter-approved measures, new restrooms, parking and other improvements will be added, as well as nearly one mile of new San Francisco Bay Trail. Construction is slated to begin in June 2018, with completion in January 2019.

I look forward to keeping you updated on these and other projects the Park District is working on to maintain and enhance your quality of life. See you in your Regional Parks!

## Extended Mine Tours Now Available at Black Diamond!

**Completion of an underground stairway** and other safety improvements have been finished at Antioch's Black Diamond Mines, allowing for a new and longer underground tour of the mines.

Thanks to the new underground stairway, tours can follow a continuous loop from the Hazel-Atlas entrance to the underground Greathouse Visitor Center. The stairway project also included safety improvements to the mine tunnel roof and created space for a future immersive coal mine exhibit. The coal mine exhibit is expected to be complete in Fall 2018.

Tours are available weekends, March through November for \$5, with advance reservations available. Reservations can be made online at [ebparks.org](http://ebparks.org) or by telephone at 888-327-2757. For safety reasons, tour participants must be 7 years or older.



*New underground stairway.*

Photo: Jonathan Hobbs



# Coyote Hills Regional Park Expansion Moving Forward

296 ACRES SET TO BE ADDED FOR WILDLIFE PROTECTION, PUBLIC RECREATION

**B**ig plans are in the works for Coyote Hills Regional Park in Fremont. On February 20, 2017, the East Bay Regional Park District Board of Directors approved a conceptual site plan and program for expansion of Coyote Hills Regional Park, including habitat restoration, urban agriculture, and public access improvements, such as relocating the park entrance closer to Paseo Padre Parkway to develop a more prominent entry point to the park. Approval of the conceptual plan allows the land use planning process to move forward into environmental review.

In 2014 the District received a donation of 296 acres (Patterson Ranch) bordering the eastern boundary of Coyote Hills Regional Park, expanding the park eastward

to Paseo Padre Parkway. In September 2016, the District purchased an additional, contiguous 10-acre property to the north of the Patterson Ranch parcel. Together, the newly acquired properties present opportunities to significantly improve public access and restore wildlife habitat.

The Board-approved conceptual plan included robust community engagement and outreach comprising social media and public meetings, providing a clear vision for enhancing public access, urban agricultural, and wildlife habitat at Coyote Hills.

The planning process is expected to be complete in 2018 with potential approval in Summer 2018.



## “Tern Island” Now Supporting Nesting of Three Protected Shorebird Species

Nestled along the eastern shoreline of the San Francisco Bay is a bird sanctuary built by thousands of volunteers. After twelve years of success, “Tern Island,” as it is commonly known, provides nesting habitat for three special-status birds. “Tern Island” was built between 2001 and 2004 by volunteers who moved tons of sand and oyster shells together to create an artificial island, perfect for shorebird nesting.

“Tern Island” supports the second largest colony of endangered California least terns north of Ventura County and has the highest breeding densities of all California least terns on the West Coast. The smallest of North American terns, the California tern was once abundant along the Pacific Coast, but it is listed as a federal and California state endangered species.

“Tern Island” also now supports the nesting of the threatened western snowy plovers and the black skimmer, a species of special concern, bringing the total special-status

birds successfully nesting at “Tern Island” to three. Habitat loss, non-native predators, and environmental contaminants have taken a toll on shorebirds. “Tern Island” provides these and other shorebirds with additional nesting habitat.

Volunteers are vital in monitoring the colonies each year, and removing invasive plants. In addition to the support of volunteers, who have contributed over 25,000 hours of labor in the past decade, the project benefits from financial sponsorship from the Regional Parks Foundation, US Fish & Wildlife, and dozens of stakeholder organizations and sponsors over the years.

The nests are in a protected area, restricted from the public; park visitors may view an interpretive panel and glimpse views of the birds from the south end of Cogswell Marsh. To get involved, call or email EBRPD Wildlife Biologist Dave “Doc Quack” Riensche at (510) 544-2319 ([docquack@ebparks.org](mailto:docquack@ebparks.org)) or visit [ebparks.org/docquack](http://ebparks.org/docquack).



Tern chicks; a western snowy plover

# Health Matters

## East Bay Regional Park District

AND  
KAISER PERMANENTE® thrive

ARE PROUD PARTNERS  
IN 2018 WITH THE MUTUAL GOAL  
OF PROMOTING HEALTH AND FITNESS.

### KAISER PERMANENTE HEALTH TIPS:

## Healthy Tips for Happy Summer Feet

In California, a lot of people wear flip-flops or sandals, especially in the summer months, which can lead to the formation of dry, cracking calluses, especially around the heels and big toes. Solve this problem by using a pumice stone and a moisturizer after bathing, and switching to an enclosed shoe for a time.

### Tips for keeping your feet healthy

- Be aware of the type of shoes you're wearing
- Inspect your feet daily for any changes such as calluses, blisters, redness, swelling, etc.
- If you can link the problem to a particular pair of shoes or a certain activity, it's time to make a change.

### That's a lot of miles

Did you know the average person takes about 7,500 steps each day. That's 217 million steps in a 80 year lifetime—the equivalent to walking around the world more than four times.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S 2018 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 KAISER TO RECEIVE INFORMATION).

Healthy Parks Healthy People



## SUMMER PROGRAMS FOR YOUTH



SuperTot class at Contra Loma.



Junior Lifeguards practise rescue tube deployment.



Park'n It Day Campers having a good time!

### SWIM LESSONS

Swim Lessons are a great start to a safe fun summer around the water. We offer a wide range of American Red Cross swim levels for ages 6 months through teens (Adult lessons offered at Roberts). The Contra Loma classes meet Mon/Wed or Tue/Thurs for four weeks. The Roberts Pool classes meet Mon-Thurs for two weeks. Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit [www.eblifeguard.org/swimlessons](http://www.eblifeguard.org/swimlessons).

### 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 six 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). No onsite registration.



Aides help lead Junior Lifeguards in fun filled activities.

### 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 due May 1st; late applications may be considered. For more information regarding the Aide program and to receive an application, contact Aaron Roth at [aroth@ebparks.org](mailto:aroth@ebparks.org) or call 510-690-6624.

### JUNIOR CADET

This program will challenge teens ages 14-18 mentally and physically. Develop skills in teamwork, professionalism, communication and other skills employers look for when hiring. Cadets 15+ will earn a lifeguarding certificate. Cadets should expect daily physical fitness activities, swimming and rescue skill training, first aid lectures, emergency procedure drills and insider knowledge of how to become a lifeguard. Applications due May 1st; late applications may be considered. For information and an application, contact Kyle Maxwell at [kmaxwell@ebparks.org](mailto:kmaxwell@ebparks.org) or call (510) 690-6620.



Right: Junior Cadets practising CPR skills during training.

### PARK'N IT DAY CAMP

Mon-Fri, 9am-4pm  
 Jun 11-15, Temescal #20551  
 Jul 16-20, Coyote Hills #20555 **NEW!**  
 Jun 18-22, Temescal #20552  
 Jul 9-13, Contra Loma #20554  
 Jun 25-29, Don Castro #20568  
 Jul 23-27, Miller Knox #20556  
 Jul 30-Aug 3, Ardenwood #20557  
 Spend a whole week exploring and playing in the Regional Parks! Recreation leaders, lifeguards, and naturalists provide caring supervision for hiking, fishing, swimming, arts & crafts, sports, and active fun in the great outdoors. (10% family 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). 5-12yrs. Registration is required.  
 Fee: \$200 (non-res. \$220)

### LEADERS IN TRAINING

Mon-Fri, 8:30am-4pm  
 Jun 11-15, Temescal #20559  
 Jun 18-22, Temescal #20560  
 Jun 25-29, Don Castro #20561  
 Jul 2-6, Various #20563s  
 Jul 9-13, Contra Loma #20564  
 Jul 16-20, Coyote Hills #20565  
 Jul 23-27, Miller Knox #20566  
 Jul 30-Aug 3, Ardenwood #20567  
 Looking for work experience or a career in Parks & Recreation? Under staff guidance, work with other teens helping run our day camp! LITs must first apply and interview for positions. They will receive a tee shirt, training, 35 community service hours, and job-skills development from staff. LITs are encouraged to work for more than one camp session. Download an application at [www.ebparks.org](http://www.ebparks.org) or contact Mary Ellen Avery, Recreation Supervisor, at [meavery@ebparks.org](mailto:meavery@ebparks.org) (510) 544.2558 for a paper copy. 13-17yrs. Fee: \$50

## RECREATION

### LLAMAS – MYSTICS OF ANDES

Redwood LAMAS Outfitters  
 11am-2:30pm, Sat, May 5 #20976; May 12 #20979; May 26 # 20983; Jun 9 #20988; 10am-1:30pm, Sun, May 6 #20978; May 13

#20981; May 27 #20884; Jun 10 #20989; Mon, May 28 #20986  
 The Quechua Andeans refer to llamas as 'Speechless Brothers.' Learn how to groom, feed, lead and interact positively with these specially trained llamas, under the guidance of Geo, a 'Llama Michie,' with over 25 years' experience. Up to three people can share one llama, or reserve your own. Adult participation required for ages 8-17yrs (adult registers). Registration is required.  
 Fee: \$80 per llama - 4 llamas max. per class (non-res. \$88)

### ARCHERY - INTRODUCTION

Roberts Redwood Bowmen  
 10am-12pm, Sat, May 19 #20769; Jun 16 #20772  
 Gain 90-minutes of archery coaching and practice at an outdoor range, with all your 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)

### PET FIRST AID/CPR

MLK Shoreline Peter Pay  
 9am-1pm, Sat, May 26 #20783  
 Learn how to save a pet's life during 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 snakebites. Booklet and certificate included in fee. 12+yrs.  
 Registration is required.  
 Fee: \$50 (non-res. \$56)

### MY FIRST FISH!

Shadow Cliffs Recreation staff  
 5-7pm, Wed, May 2 #21018  
 Come out to the lake and participate in this fun 'derby style' class where youth will have a chance to catch their first fish! Class participants will learn basic techniques of fishing, including casting, bait selection, and knot tying. Ages 5-12yrs. (participants

### FREE OUTDOOR MOVIE NIGHT!

Tilden (EEC) Recreation Staff  
 8:30-10pm, Sat, Jun 2  
 Join us for a FREE family movie, featuring James and the Giant Peach, rated PG, 80 minutes. Movie begins shortly after sunset (8:30pm) and is a great way to spend the evening with loved ones. Arrive early to secure a good seat, and enjoy your surroundings. Bring a flashlight, warm clothes, and a blanket or chair for sitting. No pets. Rain cancels. For questions, call (510) 544-2567.

must be accompanied by an adult). No guarantee participants will catch a fish. Registration is required.

Fee: \$15 (non-res. \$17)

### FLY-FISHING INTRODUCTION

Tilden Fish First!  
7am-1pm, Sun, May 6 #20755; Jun 10 #20761  
This exciting and informative day is geared toward 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)

### SENIOR ANGLERS PIER FISHING

Miller/Knox Recreation staff  
10am-12pm, Sat, May 26 #21019  
Learn the basics of pier fishing - rigs, terminal tackle overview, and relax by the water. A great place for catching jack smelt, leopard sharks, and other species. Gear and bait provided as well as expert instruction. Note: approx. 1/8 mile walk from parking lot.

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

### FISHING – BASS BASICS

Contra Loma Recreation staff  
8-10am, Sat, Jun 2 #21023  
Learn the basics of bass fishing including gear selection, tackle/rigging, bait, and fish

## POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and enhances your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to achieve your desired performance while learning how to avoid joint stress or strain. Carefully select the class that suits your physical ability and inclination. **A variety of top quality poles are provided at all seminars.** Beautiful hiking locations are based on the season/weather. Mobility class locations offer indoor training and lovely/easy pole walks for practice.

### POLES FOR BALANCE AND MAINTAINING MOBILITY

Coyote Hills Jayah Faye Paley  
11:00am-3:00pm, Thu, May 24 #20802  
Easy-to-learn pole techniques and gentle exercises empower people to maintain independence, navigate everyday obstacles, reduce risk of falling, restore spine function, improve stamina and walking form. Strengthen muscles that support weight bearing joints. Optional lovely practice pole walk (approx. 1/3 mile). Special equipment provided. Registration is required.

Fee: \$39 (non-res. \$43)

### POLES 2: BOTANIC GARDEN PRACTICE HIKE

Tilden Jayah Faye Paley  
1:30-3:30pm, Fri, May 18 #20831  
Refine, enhance and learn new skills on gentle, varied terrain. EASY practice hike - connect with nature while you improve confidence, pole performance and body awareness. Explore beautiful native garden. Approx. 2 miles. Previous EBRPD Hiking Pole Class required. Registration is required.

Fee: \$26 (non-res. \$30)

### POLES: BASIC SKILLS & TECHNIQUES PLUS HIKE

Redwood Jayah Faye Paley  
8:30am-3:00pm, Sat, Jun 2 #20840  
Experience everything in the Basic Skills & Techniques morning class plus a practice hike. Learn individualized strategies for improving performance on varied

terrain. "Test drive" different models; learn which poles fit you and will help you achieve your goals. Hike is approx. 4 miles.

Registration is required.  
Fee: \$55 (non-res. \$61)

### POLES: BASIC HIKING SKILLS & TECHNIQUES

Roberts Jayah Faye Paley  
8:30am-1:30pm, Thu, Jun 28 #20880  
Morning session helps hikers learn poles, trail and body skills. Beginner to experienced hikers will learn techniques without the added challenge of a practice hike in the afternoon. Uphill: Improve power, endurance, spine function. Downhill: Develop skills for feeling safer and preserving joints - Save your knees!

Registration is required.  
Fee: \$45 (non-res. \$51)

### EASY-PACED POLE PRACTICE HIKE & YOGA

Redwood Jayah Faye Paley  
8:30-11:45am, Sat, Jun 30 #20959  
Hike, stretch, strengthen, breathe! Practise skills, improve trail performance. Interspersed stretches and mindful movements focus on improving confidence, injury prevention, joint health, and structural stabilization. Test drive top quality poles to learn which fit you. Approx. 5 miles. Previous EBRPD pole hiking instruction required. Registration is required.

Fee: \$26 (non-res. \$30)

## Registration information – register beginning March 27

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

behavior. This course is designed for those who have some fishing experience but want to gain knowledge, specifically about bass fishing. Valid California fishing license required for ages 16+yrs. 12+yrs.

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

### CATCH OF THE DAY!

**FREE!**

Miller/Knox Recreation staff  
1-5pm, Sat, Jun 30  
Join us to try your hand at pier fishing with assistance from knowledgeable instructors. Learn about rigs, tackle, and various fish species. Limit one hour fishing time per participant. Children ages 6-17yrs. must be accompanied by an adult. Families welcome! 6+yrs. Meet at Ferry Point Pier. Info: (510) 544-2554.

## 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.

### MOTHERS' DAY ON THE FARM

Ardenwood Interpretive Staff  
11am-3pm, Sun, May 13  
Celebrate the special people in your life at the farm today. Make your own flower crowns, potpourri sachets and Victorian-themed cards to show your affection. Enjoy an elegant buffet brunch (advanced reservations required: www.ardenwood-events.com) or purchase from a special a-la-carte menu at the café.

## KAYAKING / BOATING

### KAYAKING FOR FOLKS 50+

Quarry Lakes Recreation Staff  
11am-3pm, Wed, May 9 #21129  
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines. Then practice what you have learned on the lake. Registration is required.

### FLIGHT AT NIGHT – BIRDS, BATS, AND KAYAKS

**NEW!**

Del Valle Constance Taylor/  
Recreation Staff  
5:30-9pm, Sat, May 12 #21299  
Paddle out onto the water to enjoy the sunset, watch birds fly and swim to their roosts, and say hello to bats as they start their night. Adult registration/participation required for ages 16-17yrs. 16+yrs. Registration is required.

### KAYAKING - SUNSET PADDLE

MLK Shoreline Recreation Staff  
6-9pm, Fri, May 18 #20970;  
Sat, Jun 30 #21117  
Relish the beauty of the sunset by kayak! We will set off just before sunset and explore the calm waters of San Leandro Bay. Adult registration/participation required with registered children 12-17yrs. 12+yrs. Registration is required.

### BIRDING BY KAYAK

Big Break Cat Taylor/Recreation Staff

8:30-11am, Sat, May 26 #21127;  
Jun 23 #21128

What better way to see birds than by kayaking on the wondrous waters of the Delta? We will begin with dry-land instruction then paddle our steady and stable craft on a group birding exploration. Adult registration/participation required with registered children 10-17yrs. 10+yrs. Registration is required.

Fee: \$30 (non-res. \$34)

### KAYAKING BIG BREAK

Big Break Cat Taylor/Recreation Staff  
1-3:30pm, Sat, May 26 #21131;  
Jun 23 #21132  
Come ply the welcoming and wondrous waters of the Delta on this beginner (& up) kayak excursion. We will start off with dry-land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Adult registration/participation required with registered children 8-17yrs. 8+yrs. Registration is required.

### SUNSET & FULL MOON PADDLE

Big Break Cat Taylor/Recreation Staff  
6:30-9pm, Wed, Jun 27 #21123  
Paddle as the light of the setting sun and the rising moon sparkles on the waves. After dry-land instruction, we will wend our way in our steady and stable two-seater kayaks. Adult registration/participation required with registered children 10-17yrs. 10+yrs. Registration is required.

Fee: \$30 (non-res. \$34)



## MEMORIAL DAY FREE DAY ♿

Ardenwood Interpretive Staff  
10am-4pm, Mon, May 28  
Celebrate the holiday with an admission-free day of fun! Help with farm chores, ride the train, and tour the Victorian farmhouse. Taste some farm-baked cookies from our outdoor wood stove, try your skills at some old-time games and visit with the goats, sheep, chickens and bunnies.

## TRAIN RIDES ♿

Ardenwood Staff  
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 Arden 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 led by docents dressed in 19th-century clothing. Check for tickets at the Train Station. Special tours for children 6 yrs. and under are offered Thursdays and Fridays at 2:30pm, Saturdays and Sundays at 11:30am.



A program in partnership with . . .

KAISER PERMANENTE **thrive**

## TRAILS CHALLENGE ♿ FREE

We challenge you to complete 5 featured trails by December 1, 2018. The guidebook features trails for all fitness levels as well as tips for new trail users. Go “green” by downloading the guidebook at [ebparks.org](http://ebparks.org) – print only what you need.

Go to <http://www.ebparks.org/TC> for more information, and to use the AllTrails app.

A commemorative pin will be sent (while supplies last) once you complete the Challenge and return your Trail Log to Reservations. Kaiser Permanente is a major sponsor of this program.



## ANIMAL FEEDING ♿

Ardenwood Interpretive Staff  
3pm, Thu-Sun, May & June  
Check for eggs and feed the livestock. You'll learn all the animals' favorite foods as you help shut the farm down for the evening.

## TODDLER TIME ♿

Ardenwood Interpretive Staff  
10:30-11:45am, Wed, May 2, 16, Jun 6, 20  
Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine!

## WAKE UP THE FARM ♿

Ardenwood Interpretive Staff  
10:30-11am, Sat, May 5, 19, Jun 9; Sun, Jun 10, 24  
Rise and shine little farmers! Say “Good morning!” to the sheep and goats and lend a hand as we prepare a morning snack for the farm animals.

## GARDEN CHORES FOR KIDS

Ardenwood Interpretive Staff  
11am-noon, Sat, May 5, 19, Jun 9; Sun, May 27  
Our garden has been growing this spring. Lend a hand weeding, watering and maybe planting some seeds. Discover the secrets of heirloom vegetables as we get our hands dirty.

## WE ALL SCREAM FOR ICE CREAM! ♿

Interpretive Staff Ardenwood  
1-2pm, Sat, May 5, 19, Jun 16, 30; Sun, May 27; 11am-noon, Sun, Jun 24  
Put together some ice, salt, cream, sugar, then add a little muscle power and learn how delicious old-fashioned ice cream is made. Learn the tasty history of this popular treat.

## WAX: IT'S THE BEE'S KNEES! ♿

Ardenwood Pia Loft, Mindy Castle  
2-3pm, Sat, May 5, 19; 11am-noon, Sun, Jun 3  
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.

## HENS LAY EGGS ♿

Ardenwood Interpretive Staff  
10:30-11am, Sun, May 6, 27; Sat, Jun 2, 23  
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.

## COOKING IN THE COUNTRY KITCHEN ♿

Ardenwood Interpretive Staff  
11am-1pm, Sun, May 6, 20, Jun 3  
Stop by the Country Kitchen and 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.

## BIRDS IN THE GARDEN

Ardenwood Christina Garcia  
8-9:30am, Sun, May 6, 27  
Look for warblers and hummingbirds around the fountain in the Victorian garden as well as other birds of field and farm.

## CORN MOSAICS ♿

Ardenwood Interpretive Staff  
1-2pm, Sun, May 6; Sat, May 12  
Learn how to turn our colorful Indian corn into a fun craft for the whole family. Use the rainbow of kernels to make your own mosaic.

## STILT WALKERS

Ardenwood Interpretive Staff  
2-3pm, Sun, May 6; Sat, May 26  
Want to be taller? Improve your balance? Give stilts a try. It's fun! Guess why farmers used these fun tools in the past.

## THE ITSY BITSY SPIDER...

Ardenwood Interpretive Staff  
10:30-11am, Sat, May 12, 26  
...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!

## ROPE MAKING & HAY HOISTING

Ardenwood Interpretive Staff  
11am-noon, Sat, May 12, 26, Jun 9, 16; Sun, May 20  
Make rope with our antique machine, and then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

## FARMYARD STORY TIME ♿

Ardenwood Interpretive Staff  
1-2pm, Sun, May 20  
The Little Red Hen, the Billy Goats Gruff and other farm friends are waiting to meet you! Join the story circle for some classic barnyard tales before visiting the main characters.

## BEAUTIFUL TREES

Ardenwood Christina Garcia  
2-3pm, Sun, May 20  
From Bald Cypress to Yew, lovely specimen trees fill the estate of George and Clara Patterson. Stroll the grounds, see some special trees and hear their stories.

## RABBIT RENDEZVOUS

Ardenwood Interpretive Staff  
1-1:30pm, Sat, May 26, Jun 2, 23  
Hop on over for a warm welcome from some of the farm's furriest residents. Learn why rabbits are great hoppers and how they use their long ears to sense danger.

## KATIE TRAIN ACTIVITIES DAY ♿

Ardenwood Railroad Museum  
10am-4pm, Sat, June 2  
Join us for our once-a-year celebration of “Katie” our little green locomotive. This

event is specially designed for small children ages 2-6 years. The fun activities include: RIDE the Katie Train; PLAY engineer and operate multiple wooden train layouts; TODDLE through the Toot-A-Loos Tunnels, TOSS beanbags into gondola cars; POSE for a photo as the engineer of our wooden Katie locomotive; COLOR a picture of Katie; READ from our collection of train book treasures; and BUILD using child-sized tools in two tool-time activities: “The Art of Hammering” and “Building with Nuts and Bolts.” There will also be Story Times by a children's librarian. Plus there are all of the activities at Ardenwood Historic Farm! Fee: \$7 per person for ages 2 and up (ages one and under free).

## WONDERFUL WOOL ♿

Ardenwood Pia Loft  
11am-noon, Sat, Jun 2, 23  
We'll start with a yarn about wool before visiting our fleeciestic friends. Along the way we'll learn about these wooly wonders and how their special fur helps keep us warm.

## OLD FASHIONED BUTTER MAKIN'

Ardenwood Pia Loft  
1:30-2:30pm, Sat, Jun 2, 23; 11am-noon, Sun, Jun 10  
Before modern grocery stores, people needed to make their own staples at home. Discover an easy way to make butter from cream, then sample your tasty concoction on crackers!

## BARNYARD BUDDIES ♿

Ardenwood Interpretive Staff  
10:30-11am, Sun, May 20, Jun 3, 17  
Rise and shine! Lend a hand! We'll start with a story before we prepare a morning treat for the sheep, goats and chickens.

## VICTORIAN TABLE TOP GAMES ♿

Ardenwood Interpretive Staff  
2-3pm, Sun, May 12, 27; Sat, Jun 9, 16  
Ready for some old-fashioned fun? Challenge your family and friends to a game of ball and cup, tops, or Jacob's Ladder as you delve into our box of games from days-gone-by.

## BEGINNING EMBROIDERY ♿

Ardenwood Mindy Castle  
1-2pm, Sun, Jun 3  
Victorians loved to embroider and you will too! Learn some basic embroidery stitches and you will be able to decorate all sorts of cloth objects. Training materials supplied.

## LEARN THE ROPES ♿

Ardenwood Interpretive Staff  
2-2:30pm, Sun, Jun 3; Sat, Jun 30  
Learn how a few twists and turns on our antique machine makes rope making a cinch.

## HAY HARVESTING

Ardenwood Mindy Castle & Interpretive Staff  
1-3pm, Sun, Jun 10, 17, 24  
Join in the fun of an old-fashioned hay harvest! Hop into the hay wagon for a ride into the fields, then help load the freshly

## FARMYARD DOCENT TRAINING

Ardenwood Mindy Castle  
10am-4pm, Thu, Jun 7, 14

Learn to handle farm animals, demonstrate Victorian crafts, games and farm chores, dress in period-style clothing, and cook on a wood-burning stove. If you're at least 16 years old, enjoy working with children, and are available weekdays and at Special Events, call (510) 544-3285 or email [mcastle@ebparks.org](mailto:mcastle@ebparks.org).

mown hay and haul it back to the hay boom to build a big stack. We'll discover the difference between hay and straw as we bring in this year's crop.

## FARM CHORES FOR KIDS

Ardenwood Interpretive Staff  
10:30-11am, Sat, Jun 16, 30

Running a farm is hard work. But it's fun too! Lend a hand cracking corn and feeding the animals. You'll check the chickens and help with other morning chores.

## HUGS & QUICHES FOR DAD

Ardenwood Mindy Castle  
11am-noon, Sun, Jun 17

There's no better way to show your love than with food! Bring dad over to the Country Kitchen as we put together some farm ingredients for a delicious sample.

## PRETTY PEACOCKS

Ardenwood Max Cade  
11am-noon, Sat, Jun 30

Come get to know our beautiful birds here at the farm, and make a craft inspired by our colorful feathered friends.

## BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510)544-3050 or email [BigBreakVisit@ebparks.org](mailto:BigBreakVisit@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.

## ALL ABILITIES DAY

Big Break Nichole Gange  
9am-3pm, Tue, May 1

Explore nature at your own pace and way. This program is inclusive for all abilities, offering something for everyone! Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Drop in. Indoor and outdoor options, wheelchair accessible.

## COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff  
8:30-9am, Wed, May 2, Jun 6

From tunnels to research projects, farming to fish stocks, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion of science and events shaping the region.

## DASHING DRAGONFLIES

Big Break Interpretive Staff  
2-3pm, Sat, May 5

From darners to skimmers, many dragonflies grace our waters and skies. Come learn the lifecycle & lifestyles of these shoreline marvels.

## BIG BREAK LITTLES

Big Break Nichole Gange  
10-11am, Mon, May 7, Jun 4; Tue, May 8, Jun 12

Bring the little ones out to the park to explore nature. In May, we will look for colors in nature. Gather materials and build mini nature structures in June. 1-5yrs

## GIRL SCOUT – BUGS!

Big Break Nichole Gange  
3:30-5pm, Tue, May 8 #21151

Brownies, take steps to earn your Bug Badge. We'll explore a bug's home and see them in action. Daisies, Juniors, Cadettes and Seniors welcome. Badges not provided. Adult participation required.

## PRE-MOTHER'S DAY

## FAMILY FILM FEST

Big Break Cat Taylor  
10-11:30am, Sat, May 12

What critter moms live here? How do we know? Enjoy wildlife footage taken by our trail cameras to view the hidden lives of these rarely-seen residents.

## OWL PELLET DISSECTION

Big Break Interpretive Staff  
2-3pm, Sat, May 13

Join us as we explore the wild world of owls and their digestive remnants. Pluck apart owl pellets to discover more about these predators' diets.

## HOOT OWLS FAMILY EXPLORATION

Big Break Cat Taylor  
7-9pm, Sat, Mar 19

HOOOO goes there? Families will explore the nocturnal world of owls tonight as we trek o'er darkening trails listening for

screeches, hoots, and clicks in the night. Bring flashlights.

## MAMMALS OF THE MARSH

Big Break Interpretive Staff  
2-3pm, Sat, May 19

Discover some of the Delta's furry cuties: river otters, beavers, minks, and more. Explore their similarities, differences, and adaptations to the unique habitat they call home.

## BLISSFUL BUTTERFLIES

Big Break Interpretive Staff  
2-3pm, Sun, May 27

Who's the king of the insects? The Monarch! Flutter on in to explore the kingdom of butterflies!

## THURSDAY BIRDING:

## RAPTOR BASELINE

Various Parks Mike Moran  
9-11:30am, Thu, May 31 #21158, Jun 28 #21159

The morning (eastern) side of Mount Diablo hosts a magnificent array of birds of prey; hawks, falcons, eagles. Help us document their variety and numbers in this fun, social, citizen science research project. No experience necessary – we'll teach you how to identify these birds. May 31: Morgan Territory; Jun 28: Big Break. Registration is required.

## 4TH ANNUAL LOCAL ART SHOW

Big Break Interpretive Staff & Local Artist  
10am-4pm, Sat, Jun 2, 9, Sun, Jun 3, 10

Come enjoy original work by local artists! These paintings reflect the variety, beauty and spectacle of our local landscapes.

## ANT ANTICS

Big Break Interpretive Staff  
2-3pm, Sat, Jun 2

Feeling antsy to find out what kinds of ants live around us? A nature walk at Big Break might help!

## BIG BREAK LITTLES PICNIC & GRADUATION

Big Break Nichole Gange  
11am-noon, Mon Jun 4; Tue Jun 12

Summer is almost here and some Little friends are moving on to classrooms. We're celebrating with a picnic after our regular scheduled program. Bring lunch and something to sit on.

## REDUCE, REUSE, RECYCLE

Big Break Interpretive Staff  
2-3pm, Sun, Jun 10

Love your planet by recycling! Come find fun ways to reuse common household items, as well as some hints for recycling and reducing waste.

## SECOND SUNDAYS CAMPFIRE

Big Break Nichole Gange  
6:30-8pm, Sun, Jun 10

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).

## DAD'S DAY TREE SHIRTS

Big Break Cat Taylor  
2:30-4pm, Sat, Jun 16

Turn a t-shirt into a leafy work of art just in time for Dad's Day! We'll take a walk to meet some leafy residents before printing up wearable art! Bring a plain t-shirt.

## PLANKTON PLUNGE

Big Break Interpretive Staff  
2-3pm, Sun, Jun 17

Collect and identify some of the smallest creatures of the Delta: plankton. Examine their habits and learn the vital role they play in our ecosystem.

## LEVEE TOP STROLL

Big Break Interpretive Staff  
2-3pm, Sun, Jun 24

Meander through the willows on this flat one-mile stroll. Calm your mind while enjoying a variety of plants and evidence of wildlife.

## SUNNY SIDE UP!

Big Break Interpretive Staff  
2-3pm, Sat, Jun 30

Let's build a miniature solar oven and explore the mysteries of the great, glowing orb in the sky: our sun!

## BLACK DIAMOND

Greathouse Visitor Center is open 10am-4:30pm, weekends March through November. Info: (510) 544-2750 or [bdvisit@ebparks.org](mailto:bdvisit@ebparks.org). Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Weekend parking fee: \$5.

## HAZEL-ATLAS SILICA-SAND MINE TOUR

Black Diamond Interpretive Staff

Various times, weekends, Mar thru Nov  
Explore the recently extended tour route on a 1-hour, guided, small-group tour. Must be 7+ years old. Reservation tours offered at 10am (only for groups of 10-15), as well as 11am and 2pm. First-come, first-served tours offered at noon and 3pm. Additional first-come, first-served tours may be offered, when demand is high and staffing

## 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. Look for **HPHP**.



HEALTHY  
PARKS  
HEALTHY  
PEOPLE  
BAY AREA



## May 2018

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27	28	29	30	31		

1

**Big Break:** All Abilities Day  
**Redwood:** Hikes for Tykes: Redwood

2

**Ardenwood:** Toddler Time  
**Big Break:** Coffee Talk & Delta News  
**Shadow Cliffs:** My First Fish!

3

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides

4

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides

5

**Ardenwood:** We All Scream For Ice Cream!, Patterson House Tours, Wax: It's The Bees Knees!, Animal Feeding, Wake Up The Farm, Garden Chores For Kids  
**Big Break:** Delta Discoveries, Dashing Dragonflies, Testing The Water  
**Coyote Hills:** Animal Tracking, Discovery Days  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time, Nature Party  
**Del Valle:** 50th Anniversary Party at Del Valle, Lakeside Cup of Joe, Patio Play  
**Dry Creek/Pioneer:** Bird Walk  
**Lake Chabot:** Saturday Strolls  
**Redwood:** Llamas - Mystics of Andes  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** : Docent Training Course, Farm Chores For Littles

6

**Ardenwood:** Corn Mosaics, Birds In The Garden, Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Hens Lay Eggs, Train Rides  
**Big Break:** Delta Discoveries, Testing Water  
**Coyote Hills:** Ethnobotany Hike, Ohlone People & Culture, Discovery Days  
**Big Break:** Family Nature Fun, Fish Feeding  
**Del Valle:** Snake Feedings, Patio Play  
**Redwood:** Llamas - Mystics of Andes  
**Round Valley:** Vasco Caves Regional Preserve Tour  
**Sunol:** Critter Crafts, Stream-side Science!, Wild Wonders  
**Tilden Nature Area:** : Fly-Fishing Intro, Talk With The Animals, Jewel Lake Goat Walk, Chores for Little Gardeners

7

**Big Break:** Big Break Littles  
**Crockett Hills:** Monday Birding

8

**Big Break:** Girl Scout - Bugs!, Big Break Littles



**Crab Cove:** Sea Squirts  
**Miller/Knox:** The Over-The-Hills Gang  
**Vargas Plateau:** Weekday Bird Walk

9

**Quarry Lakes:** Kayaking for Folks 50+

10

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides

11

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides

12

**Ardenwood:** Corn Mosaics, Patterson House Tours, Animal Feeding, Rope Making & Hay Hoisting, The Itsy Bitsy Spider...  
**Big Break:** Delta Discoveries, Testing The Water, Pre-Mother's Day Family Film Fest  
**Black Diamond:** Prospect Tunnel Loop  
**Coyote Hills:** Discovery Days  
**Crab Cove:** Grunion Greeter Workshop, Family Nature Fun, Fish Feeding, Nature Party  
**Del Valle:** "Flight at Night - Birds, Bats, and Kayaks", Lakeside Cup of Joe, Patio Play  
**Redwood:** Llamas - Mystics of Andes  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles

13

**Ardenwood:** Patterson House Tours, Victorian Table Top Games, Animal Feeding, Mother's Day On The Farm, Train Rides  
**Big Break:** Delta Discoveries, Owl Pellet Dissection, Testing The Water  
**Black Diamond:** Mine Open House  
**Coyote Hills:** Dust Marsh Bird Hike, Discovery Days, Engaging Ectotherms  
**Crab Cove:** Family Nature Fun, Fish Feeding, Moms on Mudflat, Songs and Stories by Shore  
**Del Valle:** Snake Feedings, Patio Play  
**Redwood:** Llamas - Mystics of Andes  
**Sunol:** Critter Crafts, Marvelous Moms!, Wild Wonders

**Tilden Nature Area:** Talk With The Animals, Wool to Dye For

14

**Sunol:** Outdoor Discoveries: Cattin' Around  
**Tilden Nature Area:** Monday Birding

15

**Roberts:** Hikes for Tykes

16

**Ardenwood:** Toddler Time  
**Crown Beach:** Early-Early Grunion Search  
**Wildcat Canyon:** Wednesday Walks

17

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Coyote Hills:** Poles for Balance & Maintaining Mobility  
**Crown Beach:** Third Thursdays at the Beach

18

**Ardenwood:** Patterson House Tours,

Animal Feeding, Train Rides  
**Tilden Nature Area:** Poles 2: Botanic Garden Practice Hike

19

**Ardenwood:** We All Scream For Ice Cream!, Patterson House Tours, Wax: It's The Bees Knees!, Animal Feeding, Wake Up The Farm, Garden Chores For Kids  
**Big Break:** Delta Discoveries, Mammals of the Marsh, Testing The Water, Hoot Owls Family Exploration  
**Coyote Hills:** Ohlone Village Site Tour, Cart of Curiosities, Discovery Days  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time, Island City Waterways  
**Del Valle:** Lakeside Cup of Joe, Patio Play  
**Diablo Foothills:** Pine Creek Picnic  
**Roberts:** Archery Introduction  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles, Baby Boom in Forests and Fields

20

**Ardenwood:** Cooking In The Country Kitchen, Patterson House Tours, Animal Feeding, Barnyard Buddies, Farmyard Story Time, Rope Making & Hay Hoisting, Beautiful Trees, Train Rides  
**Big Break:** Delta Discoveries, Testing The Water  
**Black Diamond:** Old-Fashioned Cemetery Picnic  
**Coyote Hills:** Ohlone People & Culture, Discovery Days: 50th Anniversary Edition  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time, Island City Waterways  
**Del Valle:** Stream-side Science!, Snake Feedings, Patio Play, Has the Eagle Landed?  
**Garin:** Ohlone Plant Uses  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Talk With The Animals, Jewel Lake Goat Walk, Chores for Little Gardeners

21

**Briones:** Monday Birding-Briones  
**Shadow Cliffs:** Lakeside Littles

22

**Contra Loma:** The Over-The-Hills Gang  
**Crab Cove:** Sea Squirts: All Animals Poop

23

**Brushy Peak:** Wednesday Walks

24

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides

25

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Del Valle:** Pioneer Valley Campfires

26

**Anthony Chabot:** Campfire Programs  
**Ardenwood:** Patterson House Tours, Stilt Walkers, Animal Feeding, Rabbit

Rendezvous, Rope Making & Hay Hoisting, The Itsy Bitsy Spider...

**Big Break:** Delta Discoveries, Testing The Water, Birding by Kayak, Kayaking  
**Carquinez Strait:** Scenic Carquinez  
**Coyote Hills:** Discovery Days  
**Crab Cove:** Family Nature Fun, Fish Feeding  
**Del Valle:** Campfires, Scenic Boat Tour, Beach Blast, Lakeside Cup of Joe, Patio Play  
**Garin:** Canine Capers Walk, Martin Luther King Jr, Pet First Aid & CPR  
**Miller/Knox:** Senior Anglers Pier Fishing  
**Redwood:** Llamas - Mystics of Andes  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles, Coastal Conservation Celebration

27

**Ardenwood:** Birds In The Garden, We All Scream For Ice Cream!, Patterson House Tours, Victorian Table Top Games, Animal Feeding, Hens Lay Eggs, Garden Chores For Kids, Train Rides  
**Big Break:** Delta Discoveries, Blissful Butterflies, Testing The Water  
**Black Diamond:** Miners And Their Tools  
**Coyote Hills:** Ohlone Village Site Tour, Discovery Days: 50th Anniversary Edition  
**Crab Cove:** Family Nature Fun, Fish Feeding  
**Del Valle:** Scenic Boat Tour, Beach Blast, Snake Feedings, Patio Play, Has the Eagle Landed?  
**Redwood:** Llamas - Mystics of Andes  
**Shadow Cliffs:** Bird Island Viewing!  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Talk With The Animals, Wool to Dye For

28

**Ardenwood:** Memorial Day Free Day  
**Black Diamond:** Memorial Day Mine Tours  
**Coyote Hills:** 50th Anniversary Celebration  
**Crab Cove:** Memorial Day Open House  
**Del Valle:** Lake Del Valle Scenic Boat Tour  
**Redwood:** Llamas - Mystics of Andes

29

**Crown Beach:** Hikes for Tykes—Encinal Beach

31

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Morgan Territory:** Thursday Birding

1

**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Del Valle:** Pioneer Valley Campfires

2

**Anthony Chabot:** Campfire Programs  
**Ardenwood:** Old Fashioned Butter Makin', Patterson House Tours, Animal Feeding, Hens Lay Eggs, Rabbit Rendezvous, Wonderful Wool, Katie Train Activities Day  
**Big Break:** 4th Annual Local Art Show, Delta Discoveries, Ant Antics, Testing The Water  
**Black Diamond:** Evening In The Wild West End  
**Contra Loma:** Fishing - Bass Basics



# Regional in Nature



**Coyote Hills:** Bird Walk, Ohlone Village Site Tour, Discovery Days  
**Crab Cove:** Family Nature Fun, Fish Feeding, Annual Sand Castle and Sculpture Contest  
**Del Valle:** Campfires, Scenic Boat Tour, Beach Blast, Lakeside Cup of Joe, Patio Play  
**Redwood:** Poles-Basic Skills & Techniques Plus Hike  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles, Dragonflies and Other Insects, Free Outdoor Movie Night!

**3**  
**Ardenwood:** Beginning Embroidery, Cooking In The Country Kitchen, Patterson House Tours, Wax: It's The Bees Knees!, Animal Feeding, Barnyard Buddies, Learn The Ropes, Train Rides  
**Big Break:** 4th Annual Local Art Show, Delta Discoveries, Testing The Water  
**Black Diamond:** Late Bloomers  
**Briones:** Insect Expeditions  
**Coyote Hills:** Discovery Days, Butterfly & Bird Festival  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time, Nature Party  
**Del Valle:** Lake Del Valle Scenic Boat Tour, Beach Blast, Snake Feedings, Patio Play  
**Redwood:** Coffee Tasting in the Forest  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Twilight Walks, Talk With The Animals

**4**  
**Big Break:** Big Break Littles, Littles Picnic & Graduation

**5**  
**Lake Temescal:** Hikes for Tykes

**6**  
**Ardenwood:** Toddler Time  
**Big Break:** Coffee Talk & Delta News  
**Crockett Hills:** Wednesday Walks

**7**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides, Farmyard Docent Training

**8**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Crab Cove:** Concert at the Cove  
**Del Valle:** Pioneer Valley Campfires

**9**  
**Alameda Creek Trail:** Canine Capers Walk  
**Anthony Chabot:** Campfire Programs  
**Ardenwood:** Patterson House Tours, Victorian Table Top Games, Animal Feeding, Rope Making & Hay Hoisting, Wake Up The Farm, Garden Chores For Kids  
**Big Break:** 4th Annual Local Art Show, Delta Discoveries, Testing The Water  
**Coyote Hills:** Discovery Days, Nectar Garden Fun Day

**Crab Cove:** Return of the Terns, Family Nature Fun Hour, Fish Feeding Time  
**Del Valle:** Campfires, Scenic Boat Tour, Beach Blast, Lakeside Cup of Joe, Patio Play  
**Morgan Territory:** Edge of Night  
**Redwood:** Llamas - Mystics of Andes  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles, Animal Seeking Strategies

**10**  
**Ardenwood:** Old Fashioned Butter Makin', Patterson House Tours, Animal Feeding, Hay Harvesting, Wake Up The Farm, Train Rides  
**Big Break:** 4th Annual Local Art Show, Delta Discoveries, Second Sundays Campfire, "Reduce, Reuse, Recycle", Testing The Water  
**Black Diamond:** Mine Open House  
**Coyote Hills:** Discovery Days, Tule House Construction  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time, Nature Party  
**Del Valle:** Walk on the Wild Side, Scenic Boat Tour, Beach Blast, Snake Feedings, Patio Play  
**Redwood:** Llamas - Mystics of Andes  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Fly-Fishing Introduction, Talk With The Animals, "Insect Expeditions-Tilden, Lone Oak", Creek and Pond Survey

**11**  
**Sunol:** Outdoor Discoveries: Oh Deer!

**12**  
**Big Break:** Big Break Littles, Littles Picnic & Graduation  
**Crab Cove:** Sea Squirts  
**Dry Creek/Pioneer:** Weekday Bird Walk

**14**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides, Farmyard Docent Training  
**Crown Beach:** Early-Early Grunion Search

**15**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Del Valle:** Pioneer Valley Campfires

**16**  
**Anthony Chabot:** Campfire Programs  
**Ardenwood:** We All Scream For Ice Cream!, Patterson House Tours, Victorian Table Top Games, Animal Feeding, Rope Making & Hay Hoisting, Farm Chores For Kids  
**Big Break:** Delta Discoveries, Testing The Water, Dad's Day Tree Shirts!  
**Coyote Hills:** Discovery Days  
**Crab Cove:** Family Nature Fun Hour: Fathers in Nature, Fish Feeding Time  
**Del Valle:** Campfires, Scenic Boat Tour, Beach Blast, Lakeside Cup of Joe, Patio Play  
**Lake Temescal:** Saturday Strolls  
**Roberts:** Archery Introduction  
**Sunol:** Critter Crafts, Wild Wonders

**Tilden Nature Area:** Farm Chores For Littles, Sweet and Sour Solstice, Aquatic Insects, Takin' Pictures

**17**  
**Ardenwood:** Hugs & Quiches For Dad, Patterson House Tours, Animal Feeding, Barnyard Buddies, Hay Harvesting, Train Rides  
**Big Break:** Delta Discoveries, Planktonic Plunge, Testing The Water  
**Black Diamond:** Oak Apples  
**Coyote Hills:** Discovery Days  
**Crab Cove:** Fabulous Fathers, Family Nature Fun Hour, Fish Feeding Time  
**Del Valle:** Scenic Boat Tour, Beach Blast, Snake Feedings, Patio Play  
**Garin:** Father's Day Adventure: Atlatl Throwers, Fire Making  
**Redwood:** Fathers In The Forest  
**Sunol:** Critter Crafts, Fearless Fathers, Wild Wonders  
**Tilden Nature Area:** Insect Expeditions, Talk With The Animals, Creek and Pond Survey

**18**  
**Shadow Cliffs:** Lakeside Littles  
**Sunol:** Outdoor Discoveries

**19**  
**Leona Canyon:** Hikes for Tykes

**20**  
**Ardenwood:** Toddler Time  
**Hayward Shoreline:** Wednesday Walks

**21**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Crown Beach:** Third Thursdays at the Beach

**22**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Del Valle:** Pioneer Valley Campfires

**23**  
**Anthony Chabot:** Campfire Programs  
**Ardenwood:** Old Fashioned Butter Makin', Patterson House Tours, Animal Feeding, Hens Lay Eggs, Rabbit Rendezvous, Wonderful Wool  
**Big Break:** Delta Discoveries, Testing The Water, Birding by Kayak, Kayaking  
**Black Diamond:** "Snakes, Fast And Slow"  
**Coyote Hills:** Discovery Days  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time, Nature Party  
**Del Valle:** Campfires, Scenic Boat Tour, Beach Blast, Lakeside Cup of Joe, Patio Play  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles, Insects of Field and Wood, Peaking at Spring

**24**  
**Ardenwood:** We All Scream For Ice Cream!, Patterson House Tours, Animal Feeding, Hay Harvesting, Wake Up The Farm, Train Rides

## June 2018

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**Big Break:** Delta Discoveries, Levee Top Stroll, Testing The Water  
**Black Diamond:** Owl Barfology  
**Coyote Hills:** Discovery Days  
**Crab Cove:** Family Nature Fun Hour, Fish Feeding Time  
**Del Valle:** Scenic Boat Tour, Beach Blast, Snake Feedings, Patio Play, Puma Prowl  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Twilight Walks, Talk With The Animals, Insect Expeditions

**26**  
**Crab Cove:** Sea Squirts  
**Huckleberry:** The Over-The-Hills Gang

**27**  
**Anthony Chabot:** Full Moon Walk  
**Garin:** Wednesday Walks

**28**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Big Break:** Thursday Birding  
**Roberts:** Poles-Basic Hiking Skills & Techniques

**29**  
**Ardenwood:** Patterson House Tours, Animal Feeding, Train Rides  
**Del Valle:** Pioneer Valley Campfires  
**Shadow Cliffs:** Birding for Kids and Families

**30**  
**Anthony Chabot:** Campfire Programs  
**Ardenwood:** Pretty Peacocks, We All Scream For Ice Cream!, Patterson House Tours, Animal Feeding, Learn The Ropes, Farm Chores For Kids  
**Big Break:** Delta Discoveries, Sunny Side Up!, Testing The Water  
**Black Diamond:** Great Granites To Glass Bottles  
**Contra Loma:** Creatures of Contra Loma  
**Coyote Hills:** Discovery Days, Nectar Garden Fun Day, Volunteer Day  
**Crab Cove:** Family Nature Fun, Fish Feeding Time, Spiff Up For Summer Beach Clean-Up  
**Del Valle:** Campfires, Scenic Boat Tour, Beach Blast, Insect Adventures, Lakeside Cup of Joe, Patio Play  
**Martin Luther King Jr:** Kayaking - Sunset Paddle  
**Miller/Knox:** Catch of the Day  
**Redwood:** Easy Paced Pole Practice Hike & Yoga  
**Sunol:** Critter Crafts, Wild Wonders  
**Tilden Nature Area:** Farm Chores For Littles, A Woodland Walk, Takin' Pictures

permits. Reserve in advance online or by phone. Day-of ticket sales available only at Greathouse Visitor Center, where tours begin. Fee: \$5

### PROSPECT TUNNEL LOOP

Black Diamond Kevin Dixon  
8:30am-1:30pm, Sat, May 12  
Celebrate the height of spring in East County with a strenuous 7-mile trek to savor the season and see why prospectors scoured these hills. 9+yrs.

### MINE OPEN HOUSES <sup>SP</sup>

Black Diamond Interpretive Staff  
Noon-4:30pm, Sun, May 13, Jun 10  
The mine tour has been extended! Check out the new route (ages 7+ only) on a free self-guided tour starting at Hazel-Atlas Portal and ending, on the lower level, at Greathouse Portal. Activities for younger kids will be available above ground.

### OLD-FASHIONED CEMETERY PICNIC <sup>SP</sup>

Black Diamond Eddie Willis  
2-5pm, Sun, May 20  
Pack a picnic and blanket and hike ½ mile to Rose Hill Cemetery to learn about 19th-century coal miners and enjoy an Afternoon Tea. Victorian or steampunk outfits encouraged!

### MINERS AND THEIR TOOLS <sup>SP</sup>

Black Diamond Virginia Delgado  
1-2:30pm, Sun, May 27  
Examine the tools that lit the way for the miners who used picks to carve hundreds of miles of underground workings into these hills in the late 1800s. 7+yrs.

### MEMORIAL DAY MINE TOURS <sup>SP</sup>

Black Diamond Interpretive Staff  
11am-3pm, Mon, May 28  
On Memorial Day, tours through the Hazel-Atlas mine will be offered on a first-come, first-served basis at 11am, noon, 1pm, 2pm, and 3pm. Tickets available at Greathouse Visitor Center. Must be age 7+: parent participation is required. Fee: \$5.

### EVENING IN THE WILD WEST END <sup>SP</sup>

Black Diamond Kevin Dixon  
6-10pm, Sat, June 2  
As days get hot, take a hike to greet the night while listening for sounds of waking owls on the park's west side. 6 steep and rugged miles. 12+yrs.

### LATE BLOOMERS <sup>SP</sup>

Black Diamond Eddie Willis  
10am-noon, Sun, June 3  
As the hills dry out, certain flowers pop up. We'll hike to view some of our final blooms as we bid farewell to spring.

### OAK APPLES <sup>SP</sup>

Black Diamond Eddie Willis  
11am-12:30pm, Sun, June 17  
Discover the not-so-tasty truth behind these and other weird "fruits" during an easy stroll along wooded trails. After the

## Bird Walks



Band-tailed pigeon.

**Bird Walk**, Various Parks, May 5, page 13; Coyote Hills, June 2, page 11  
**Birds in the Garden**, Ardenwood, May 6, 27, page 6  
**Monday Birding**, Various Parks, May 7, page 13  
**Weekday Bird Walk**, Various Parks, May 8, page 13  
**Bird Island Viewing**, Shadow Cliffs, May 27, page 13  
**Thursday Birding**, Various Parks, May 31, June 28, page 7  
**Birding for Kids & Families**, Shadow Cliffs, Jun 29, page 14  
**Dust Marsh Bird Hike**, Coyote Hills, May 13, page 10  
**Has the Eagle Landed**, Del Valle, May 5, page 11-12

walk, stick around to make an oak-y craft to take home.

### SNAKES, FAST AND SLOW <sup>SP</sup>

Black Diamond Kevin Dixon  
9-11am, Sat, June 23  
Meet the Alameda whipsnake, driven from many of its Bay Area homes, yet safe here. Stretch your legs as you learn how endangered creatures rely on parks like these.

## REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30am-5pm, Oct- May; 8:30am-5:30pm Jun-Sep. Info: 510-544-3169. See [www.nativeplants.org](http://www.nativeplants.org) for information about docent training, special events, and classes, and to sign up for our e-newsletter.

### CLASSES THROUGH THE FRIENDS OF THE REGIONAL PARKS BOTANIC GARDEN

10am-1pm, Sun, May 20  
Garden-Worthy Native Grasses with Carol Bornstein  
9:30am-12pm, Sun, May 27  
Seed Propagation of California Native Plants with Susan Ashley

### FAMILY-FRIENDLY POLLINATION TOUR

2-3pm Sun, May 20  
Please join us at the Regional Parks Botanic Garden for a special family-

### OWL BARFOLOGY <sup>SP</sup>

Black Diamond Eddie Willis  
1-2pm, Sun, Jun 24  
Swoop in to see how owls are our allies. Dissect a real pellet to learn who-o-o eats who and how owls help your parks and neighborhoods.

### GREAT GRANITES TO GLASS BOTTLES <sup>SP</sup>

Black Diamond Kevin Dixon  
9-11am, Sat, Jun 30  
Sand. It's in the deserts, at the beaches, and in these hills. Where did it come from? Where is it going? Investigate Earth's mysteries on a guided walk.

## COYOTE HILLS

Coyote Hills Visitor Center is open Wed-Sun, 10am-4pm. Info: 510-544-3220 or [chvisit@ebparks.org](mailto:chvisit@ebparks.org).

### DISCOVERY DAYS: 50th ANNIVERSARY EDITION <sup>SP</sup>

Coyote Hills Interpretive Staff  
10:30am-3:30pm, Every Sat & Sun in May  
Join us in celebrating the 50th anniversary of Coyote Hills Regional Park! Enjoy a special exhibit honoring the park's rich history; come at 10:30am for a presentation honoring the early days of the park.

### ANIMAL TRACKING <sup>SP</sup>

Coyote Hills Kristina Parkison  
1-2:30pm, Sat, May 5  
Have you ever wondered who's been leaving those tracks in your yard? Learn to decode the secret language of animal tracks! 7+yrs

### ETHNOBOTANY HIKE <sup>SP</sup>

Coyote Hills Francis Mendoza  
10-11:30am, Sun, May 6  
Go on a moderate 2.0-mile hike and learn how native Californians traditionally man-



Monarch.

### BUTTERFLY & BIRD FESTIVAL <sup>SP</sup>

Coyote Hills Dino Labiste  
10am-3:30pm, Sun, Jun 3  
Join us for a joint celebration of nature's flying critters and Coyote Hill's 50th anniversary at this year's Butterfly & Bird Festival. Enjoy garden tours, family hands-on activities, educational speakers, photo presentations, and music. This event is dedicated to sharing 50 years worth of stories around increasing the numbers and species of butterflies and birds here at Coyote Hills, and how you can do the same for Bay Area landscapes. Meet at Visitor Center. Info: (510) 544-3220

aged the land through burning, pruning and cultivation. We'll explore plants like tule, willow, and dogbane to unearth their many uses. 12+ yrs.

### OHLONE PEOPLE & CULTURE <sup>SP</sup>

Coyote Hills Francis Mendoza  
1-2:30pm, Sun, May 6, 20  
Learn about Ohlone people and their intimate relationship with nature, family, and their ancestors. We'll discuss the important values of generosity and fairness that continue to resonate with Ohlone people today. 8+yrs

### DUST MARSH BIRD HIKE <sup>SP</sup> **HPHP**

Coyote Hills Francis Mendoza  
9-11am, Sun, May 13  
Go on a flat, easy 2-mile hike within the marsh as we look for ducks, shorebirds, and passerines in this important stop along the Pacific migratory flyway. 15+ yrs.

### ENGAGING ECTOTHERMS <sup>SP</sup>

Coyote Hills Francis Mendoza  
1-2pm, Sun, May 13  
Look for resident reptiles, native fish, and butterflies in and around the visitor center. Observe various ways these ectotherms regulate their body temperature. 5+ yrs.

### CART OF CURIOSITIES <sup>SP</sup>

Coyote Hills Kristina Parkison  
9-11am, Sat, May 19  
The Curiosity Cart, filled with wonders of cultural and natural history, is hidden somewhere within the park. Find it and discover the secrets it shares!



### COYOTE HILLS HISTORY CELEBRATION

Coyote Hills Interpretive Staff  
1-4pm Sat, May 26; Sun, May 27;  
Mon, May 28  
Honor our 50th anniversary through hands-on demonstrations, tours, talks, and a new exhibit.

### OHLONE VILLAGE SITE TOUR

Coyote Hills Kristina Parkison  
1:30-3:30pm, Sat, May 19  
10am-noon, Sun, May 27  
1:30-3:30pm, Sat, Jun 2  
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.

### DISCOVERY DAYS

Coyote Hills Interpretive Staff  
10:30am-3:30pm, Every Sat & Sun in June  
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 10:30am for an introduction to the topic of the week, or participate at your own pace.

### BIRD WALK

Coyote Hills Kristina Parkison  
8-10am, Sat, Jun 2  
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

### NECTAR GARDEN FUN DAY

Coyote Hills Interpretive Staff  
1-3pm, Sat, Jun 9, 30  
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. Parent participation required.

### TULE HOUSE CONSTRUCTION

Coyote Hills Dino Labiste  
1:30-4:30pm, Sun, Jun 10  
Lend a hand as we reconstruct a ruway (or tule house). Come and help gather tule. Take pride in thatching the ruway with tule. The Ohlone style house will be on exhibit and used in programs for years to come. 8+yrs

### BERRY-PICKING BASKET

Coyote Hills Dino Labiste  
10am-noon, Sun, Jun 10 #20721  
9am-4pm, Sun, Jun 24  
Tule was used by California Natives for various utilitarian items, like mats, boats, houses, as well as baskets. What makes this versatile marsh plant so unique? Learn more as we create a berry-picking basket from tule. 18+ years.  
Registration is required. Fee: \$15 (non-res. \$17)



### ISLAND CITY WATERWAYS

Crown Beach Interpretive Staff  
10-11:15am, 11:45am-1pm, 1:30-2:45pm & 3:15-4:30pm, Sat, May 19 & Sun, May 20  
Rhythmix Cultural Works' second annual Island City Waterways is presented this year in association with Crab Cove. Actors, dancers, and musicians will lead an easy stroll around the Cove for a 75-minute performance that brings to vibrant life the shoreline's rich history and celebrates the sea. Featuring taiko drummers, gamelan performers, contemporary dancers, stilt walkers, storytellers, and more, this unique performance is free for all ages.

### VOLUNTEER DAY: OHLONE VILLAGE SITE

Coyote Hills Kristina Parkison  
9-11am, Sat, Jun 30, #20725  
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 site. We'll provide snacks, water, gloves, tools, and a presentation about the village site's historical and cultural significance. 12+yrs. Registration is required.

## CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-5pm, and offers aquariums and exhibits about San Francisco Bay. For information about naturalist programs or other activities, call (510) 544-3187, or [ccove@ebparks.org](mailto:ccove@ebparks.org).

### FAMILY NATURE FUN

Crown Beach Interpretive Staff  
2-3pm, Every Sat & Sun, May & Jun  
The tides roll in and out making each day a chance to discover something new. Visit our beach, pond, or the San Francisco Bay Trail, and drop by to explore with us and have fun with a nature craft after the program!

### FISH FEEDING TIME

Crown Beach Interpretive Staff  
3-3:30pm, Every Sat & Sun, May & Jun  
Visit our aquarium's crabs and other critters while they eat! What's on the menu? What would they eat in the wild? Let's find out!

### SONGS AND STORIES BY THE SHORE

Crown Beach Morgan Dill  
11am-noon, Sun, May 13  
An interactive hour of nature fun for the whole family! Join us over tales and songs about worms, fungus, leaves and flowers, predators, prey, and more!

### MOMS ON THE MUDFLAT

Crown Beach Morgan Dill  
4:30-5:30pm, Sun, May 13  
Celebrate Mother's Day by the Bay! Wear mud boots to explore the mudflat looking for mother crabs, lugworms, and other critters!

### MEMORIAL DAY OPEN HOUSE

Crown Beach Interpretive Staff  
10am-4pm, Mon, May 28  
Family fun all day long! Meet our turtle and snake, visit the fish, make a nature craft, and enjoy the park. Try our self-guided his-

### SEA SQUIRTS

Crown Beach Interpretive Staff  
10:30-11:45am, Tue, May 8, 22,  
Jun 12, 26  
Share a morning of shoreline fun with your pre-school age child. We'll play games, explore nature, share stories, and do a craft related to the theme of the day! Ages 3-5 years. Registration is required.  
Fee: \$5 (\$7 non-res.)  
May 8: Low Tide Exploration #20767  
May 22: All Animals Poop #20770  
Jun 12: Terrific Trees #20774  
Jun 26: Seaweed Surprise #20776

tory walk – ask at the front desk.  
11-11:30am- Military History of Crab Cove  
2-3pm: Memorial Day Memories  
3-3:30pm: Fish Feeding

### CONCERT AT THE COVE

Crown Beach Interpretive Staff  
5:30-7:30pm, Fri, Jun 8  
Start your weekend with free music and family fun at the end of the day next to San Francisco Bay. The Visitor Center stays open later with activities on our deck starting at 4:30pm. Bring your blanket or lawn chair and a picnic dinner, or purchase local food and beverages (there is even a beer and wine garden!). Parking on Webster St. or Crown Beach lot at Otis. Sponsored by the Alameda Rotary Club and East Bay Regional Park District.

### ANNUAL SAND CASTLE AND SCULPTURE CONTEST

Crown Beach Interpretive Staff  
9am-1pm, Sat, Jun 2  
Get active and create a unique work of art or admire others' creations. Register at 9am for this FREE event with viewing and judging at noon. Award presentation: 1pm. Categories include castles and sculptures by youth, families, and adults. The event is cosponsored by the East Bay Regional Park District, Alameda Recreation & Parks, and the Bay View Women's Club.

### EARLY-EARLY GRUNION SEARCH

Crown Beach Susan Ramos  
12:30am-2:30am, Wed. morning, May 16 #20876;  
12:00am-2:00am, Thurs. morning, June 14 #20882  
On full and new moon nights, a fish called the grunion appears on sandy beaches to spawn. Help search the shore to see if they are here, and witness an incredible natural phenomenon of species survival. Registration is required.

### RETURN OF THE TERNS

Crown Beach Interpretive Staff  
10am-4pm, Sat, Jun 9  
Join us for a special day dedicated to the endangered California Least Tern! Reservations are not needed to enjoy our naturalist's brief slide show to learn about their long journey and fascinating behavior. Register in advance for your spot to view a nest site teeming with several hundred pairs of terns and their chicks, accessible only on our tour bus. Experts aboard the bus will interpret bird behavior. At 3:30pm, join us to watch these amazing acrobats hunt in the Bay (binoculars available for loan). Bus rides to the colony (reservations required): 11am #20814, 12:15pm #20815, and 1:30pm #20816  
8+ years old (for bus ride). Fee: \$9 per person for bus (\$11 non-res.)  
Registration is required.

## FABULOUS FATHERS

Crown Beach Susan Ramos  
10-11:30am, Sun, Jun 17  
Discover some fishy dads that protect with pouches and other means! We'll venture into the mud and rocks to look for fatherly critters during low tide. Wear old shoes or boots.

## SPIFF UP FOR SUMMER BEACH CLEAN-UP

Crown Beach Morgan Dill  
10am-noon, Sat, Jun 30  
Celebrate the start of summer by sifting the shore for plastic, wrappers, and other oddities that show up on busy summer days. Bring buckets and gloves or borrow ours.

## DEL VALLE

All programs meet outside the Del Valle Visitor Center unless otherwise noted. Info: (510) 544-3146 or [dvvisit@ebparks.org](mailto:dvvisit@ebparks.org).

### LAKESIDE CUP OF JOE <sup>SP</sup>

Del Valle Interpretive Staff  
9-10am, Every Sat, May 5-Jun 30  
Wander over to the Visitor Center for a free cup of coffee and find out what's happening around the park. How's the fishing, what wildlife has been seen, and what's planned for the weekend?

### PATIO PLAY <sup>SP</sup>

Del Valle Interpretive Staff  
4-4:30pm, Every Sat and Sun, May 5-Jun 30  
Discover the wonders of the lake and land through games, activities, and crafts.

### DEL VALLE SNAKE FEEDINGS <sup>SP</sup>

Del Valle Interpretive Staff  
11-11:30am, Every Sun, May 6-Jun 24  
Meet our resident gopher snake, Julius Squeezer for an up-close and personal visit. If he is hungry, we'll be able to feed him his lunch as well.

### HAS THE EAGLE LANDED? <sup>SP</sup> **HPHP**

Del Valle Ashley Grenier  
8:30-10:30am, Sun, May 20, May 27  
Once a federally endangered species, the bald eagle has made a comeback in the East Bay. We'll hike through the campground to see if the eagles have started to nest again. Bring binoculars, spotting scopes, and field guides.

### STREAM-SIDE SCIENCE! <sup>SP</sup>

Del Valle Ashley Adams  
1-3pm, Sun, May 20  
Campground amphitheater—Anyone can be a scientist! Explore the Arroyo Del Valle as we test the water to discover the health of this major habitat.

### LAKE DEL VALLE SCENIC BOAT TOUR <sup>SP</sup>

Del Valle Interpretive Staff  
1-2:30pm, Every Sat & Sun, May 26-Jun 30; Mon, May 28  
Catch cool breezes as you explore the lake the easy way - by boat. Find out about the creatures below, above and on land and

## DEL VALLE CAMPGROUND CAMPFIRES

### DAYS OF THE PIONEERS <sup>SP</sup>

Del Valle Interpretive Staff  
7:30-9pm, Every Fri May 25-Jun 29  
Campground amphitheater—What was Del Valle like before there was a lake? Discover the valley's history through hands on activities and stories during this family campfire.  
Memorial Day weekend to Labor Day weekend.

hear the history of the area. Bring a jacket and binoculars, if you have them. Purchase tickets at the east-side boat concession beginning at 6am, or in the Visitor Center when it is open. Call for pricing.

### BEACH BLAST <sup>SP</sup>

Del Valle Interpretive Staff  
1-1:15pm, 3-3:15pm, 5-5:15pm, Every Sat & Sun, May 26-Jun 30  
West Beach swim area—The whistle blows; lifeguards clear the water for a 15-minute swim break. Join us for a beach side nature break! We will have games, animals, and more to explore before the whistle blows again!

### WALK ON THE WILD SIDE <sup>SP</sup>

Del Valle Ashley Adams  
10am-noon, Sun, Jun 10  
Discover the wild side of Del Valle on a back-county exploration! Hike hidden trails traversed by non-human park visitors as we search for signs of wildlife. Meet at the campground amphitheater.

### PUMA PROWL <sup>SP</sup>

Del Valle Ashley Adams  
Noon-1:30pm, Sun, Jun 24  
Puma, cougar and mountain lion, are all names for an incredibly elusive feline in our parks. Come discover what we know about these majestic mammals and what we have yet to learn.

### INSECT ADVENTURES <sup>SP</sup>

Del Valle Constance Taylor  
Noon-2pm, Sat, Jun 30  
Have your mind blown as we dig into the fantastical world of six-legged critters! We will use nets, beat-sheets, and magnifying glasses as we learn tricks for finding insects.

### LET THE FUN BEGIN AGAIN! <sup>SP</sup>

Del Valle Constance Taylor  
10am-4pm, Sat, May 5  
The Visitor Center is opening for the season! Join us for a fun-filled day for the whole family. Try Nature Crafts (ongoing; 11am-3pm). Look for bald eagles on a bird walk (10am-noon & 2-4pm) and play Lawn Games (11am-noon & 1-2pm).

### A NIGHT WITH THE NATURALIST <sup>SP</sup>

Del Valle Naturalist Staff  
8-9pm, Sat, May 26  
8:30-9:30pm, Every Sat, Jun 2-Jun 30  
Campground amphitheater—The evening glow gives way to the roaring fire, as families gather along the creek side. We will discover the wonders of the park and this camping tradition each Saturday night. Memorial Day weekend to Labor Day weekend.

## SUNOL

Unless otherwise noted, all programs meet at the Sunol Visitor Center, open week-ends 10am-4pm. Info: 510-544-3249 or [svisit@ebparks.org](mailto:svisit@ebparks.org).

### WILD WONDERS <sup>SP</sup>

Sunol Interpretive Staff  
11am-noon, Every Sat and Sun, May 5-Jun 30  
Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

### CRITTER CRAFTS <sup>SP</sup>

Sunol Interpretive Staff  
Noon-3pm, Every Sat and Sun, May 5-Jun 30  
Get crafty, like a fox, as we learn all about the animal of the week. Stick around after our Wild Wonders program, or stop by after your hike.

### STREAM-SIDE SCIENCE! <sup>SP</sup>

Sunol Ashley Adams  
1-2:30pm, Sun, May 6  
Anyone can be a scientist! Explore Alameda Creek as we test the water to discover the health of this essential ecosystem.

### MARVELOUS MOMS <sup>SP</sup> **HPHP**

Sunol Ashley Adams  
10am-noon, Sun, May 13  
Celebrate this Mother's Day the nature way! This 3-mile moderate hike for the whole family will meander through the hills of Sunol as we find out about nature's marvelous moms!

### OUTDOOR DISCOVERIES <sup>SP</sup>

Sunol Ashley Adams  
10:30am-noon, Mon, May 14, Jun 11, 18  
Come explore the world around you in this hands-on preschool and home school nature series! We will discover, adventure, and create in the outdoor classroom of Sunol. 4-8yrs. No fee, but registration is required.  
May 14: Cattin' Around #20702  
Jun 11: Oh Deer! #20705  
Jun 18: Our Sensational Sun #20708

## FEARLESS FATHERS <sup>SP</sup> **HPHP**

Sunol Ashley Adams  
10am-1pm, Sun, Jun 17  
Find out about nature's fabulous fathers on this moderate 3.5-mile hike. Explore caves, ponds and woodlands on this journey to discover the fearless fathers of the forest.

## TILDEN NATURE AREA

The Environmental Education Center is open Tue-Sun, 10am-4:30pm. The Little Farm is open daily. Info: 510-544-2233 or [tnarea@ebparks.org](mailto:tnarea@ebparks.org).

### FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff  
10:30-11am, Every Sat, May & Jun  
Little children will enjoy taking care of the little animals at the Little Farm. Meet at the rabbit hutch for a variety of age appropriate activities.

### TILDEN DOCENT TRAINING COURSE

Tilden Nature Area Trent Pearce  
2-5pm, Sat, May 5, 12, 26, Jun 2  
Become a docent at the Tilden Nature Area! Help with our education programs, work on the Little Farm, participate in monitoring projects, and much more. Application required! Call (510) 544-3257 for information and application.

### TALK WITH THE ANIMALS <sup>SP</sup>

Tilden Nature Area Interpretive Staff  
11-11:30am, Every Sun, May & Jun  
Get up close and personal to the animals that call the Little Farm and Nature Area home. Learn how they move, how they find their food, and how they keep safe from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

### CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna Scimeca  
1-2pm, Sun, May 6, 20  
Lend a hand weeding, watering and planting our healthy vegetables. We might even taste a few!

### JEWEL LAKE GOAT WALK **HPHP**

Tilden Nature Area Jenna Scimeca  
3:30-4:30pm, Sun, May 6, 20  
Join us as we take our goats out on the trail to stretch their legs and see new sights! This short walk will start and end at the Little Farm.

### WOOL TO DYE FOR

Tilden Nature Area Jenna Scimeca  
1-3pm, Sun, May 13, 27  
Unlike video games, you can't shear a green sheep to get a green sweater! Discover how people create color from natural ingredients then dye yarn using a modern pantry staple.



## BABY BOOM IN FORESTS AND FIELDS ♿

Tilden Nature Area Brianna Contaxis-Tucker

2-3pm, Sat, May 19

Learn about the lives of youngsters on the farm and in the surrounding hills. Join in some arts and crafts and meet some critters too.

## COASTAL CONSERVATION CELEBRATION ♿

Tilden Nature Area Brianna Contaxis-Tucker

2-3pm, Sat, May 26

Do you like air, the ocean, birds, and mammals? Celebrate the birthday of Rachel Carson- historic activist, conservation scientist, and writer. Create an edible food chain and learn about local animals.

## DRAGONFLIES AND OTHER INSECTS **HPHP**

Tilden Nature Area Anthony Fisher

2-3:30pm, Sat, Jun 2

Search for this large, colorful predatory insect, its smaller cousin the damselfly and any other 6-legged we can find.

## TWILIGHT WALKS

Tilden Nature Area Trent Pearce

7-9pm, Sun, Jun 3, 24

Explore secret worlds on an evening walk with fellow crepuscular creatures. Meet at the Environmental Education Center.

## ANIMAL SEEKING STRATEGIES ♿

Tilden Nature Area Brianna Contaxis-Tucker

1-2pm, Sat, Jun 9

Hear some nature stories then learn how to track and find hidden animals. Honor the birthday of E.O. Wilson, a scientist who wrote about these natural wonders.

## TAKIN' PICTURES

Tilden Nature Area Anthony Fisher

10-11:30 am, Sat, Jun 16, 30

Bring any ol' camera or phone and practice taking nature pictures. This exercise will have you seeing new details in your world. Practical advice for taking better pictures will be available.

## AQUATIC INSECTS

Tilden Nature Area Anthony Fisher

2-3:30pm, Sat Jun 16

Insects are everywhere! Today's quest includes those on, in and around water. We'll dip nets and see what we find.

## CREEK AND POND SURVEY

Tilden Nature Area Trent Pearce

11am-noon, Sun, Jun 10, 17

Learn how to find aquatic invertebrates on this family-friendly outing. Wear shoes to get wet and muddy. Nets provided!

## SWEET AND SOUR SOLSTICE ♿

Tilden Nature Area Brianna Contaxis-Tucker

12:30-1:30pm, Sat, Jun 16



These pups at Tilden Regional Park seemed perfectly at ease with people about.

Celebrate the summer sun with festive arts and crafts, then help press some lemons and other seasonal fruits to make a refreshing treat.

## INSECTS OF FIELD AND WOOD

Tilden Nature Area Anthony Fisher

10-noon, Sat, Jun 23

Come ply the grasses and trees for insects. View the results under the SUPERSCOPE!

## PEEKING AT SPRING

Tilden Nature Area Anthony Fisher

2-3:30pm, Sat, Jun 23

Hike to Wildcat Peak while peeking at springy things. Enjoy small details of nature and grand views of the Bay. Steep!

## A WOODLAND WALK **HPHP**

Tilden Nature Area Anthony Fisher

2-3:30pm, Sat, Jun 30

Come ramble the Nature Area and breathe in the trees and ferns. Learn their names too!

## OTHER PARKS

### BIRD WALK **SP** **HPHP**

Various Parks Kristina Parkison

8-10am, Sat, May 5

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

### FATHER'S DAY ADVENTURE: FIRE MAKING ♿ **SP**

Garin Dino Labiste

10am-noon, Sun, Jun 17

Learn how to start a fire without matches or lighters. Unravel the science behind how the hand drill produces an ember. Generate solar power to create a fire-hot coal using an aluminum can or water bottle. Acquire the skill to build a safe, efficient campfire. 8+yrs. Info: (510) 544-3220

### ATLATL THROWERS ♿ **SP**

Garin Dino Labiste

1:30-3:30pm, Sun, Jun 17

Join us for a day of Stone Age activity using a prehistoric dart thrower. Atlatls

## VASCO CAVES REGIONAL PRESERVE TOUR ♿

Vasco Caves Interpretive Staff

9am-2pm, Sun, May 6 #20396

Hike 2-3 miles through this windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. The Preserve is accessible only through guided tours. The May 6 tour stages at Round Valley. 10+yrs. Info: (510) 544-2750. Registration is required. Fee: \$30 (nonresident \$34)

## MONDAY BIRDING

Various Parks Anthony Fisher

9am-noon, Mon, May 7, 14 & 21

Bird hikes for all ages and skill levels.

**May 7:** Crockett Hills, Crockett Ranch Staging Area. Hills. **May 14:** Tilden Nature Area, meet at the Environmental Education Center Hills. **May 21:** Briones, Alhambra Creek Staging Area. Hills. Info: (510)544-2233

## THE OVER-THE-HILLS GANG

Various Parks Trail Gail

10am-12:30pm, Tue, May 8 & 22, Jun 26

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks.

**May 8:** Miller Knox – if it's hot, the walk will be flat, if not, we'll go up the hills.

Meet at the first parking lot on your right after the tunnel.

**May22:** Contra Loma, Main Parking Lot – "mostly" flat.

**June26:** Huckleberry, Skyline Blvd Staging Area - Up and down on this mostly shaded walk. Info: (510)544-2233

## WEEKDAY BIRD WALK **SP**

Various Parks Kristina Parkison

7:30-9:30am, Tue, May 8, Vargas Plateau

Meet at Vargas Road Staging Area

7:30-9:30am, Tue, Jun 12, Dry Creek/

Pioneer

Meet at May Road Staging Area

were utilized by hunter/gatherer societies, like the Ohlone. Watch a demonstration on how to create a Paleolithic stone point. Try your skill at hitting a target with an atlatl dart. 8+yrs. Info: (510) 544-3220

## FATHERS IN THE FOREST

Redwood James Frank

3-4:30pm, Sun, Jun 17

Celebrate Father's Day with a family-friendly foray for fatherly figures and their youngsters. Frolick through the redwood forest, finding flora and fauna. And finish at the park's playground. Stroller friendly.

Info: (510) 544-3187.

Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Bring water, sunscreen, and binoculars or scopes. 12+yrs. Info: (510) 544-3220

## PINE CREEK PICNIC

Diablo Foothills Kevin Dixon

10am-1pm, Sat, May 19

Enjoy a relaxing nature walk along the shady banks of Pine Creek and eat together in a serene, secluded nook. Info: (510) 544-2750.

## OHLONE PLANT USES **SP**

Garin Francis Mendoza

9-11:30am, Sun, May 20

Go on a 3-mile hike to learn how Ohlone traditionally use plants for food, medicine, shelter, and tools. Some steep sections and creek-crossings so bring sturdy shoes, water, and sun protection. 15+yrs. Info: (510) 544-3220

## LAKESIDE LITTLES **SP**

Shadow Cliffs Ashley Grenier

10-11am, Mon, May 21, Jun 18

Bring your little ones out and discover nature. Each month we'll explore a trail, look at bugs, search for birds, and much more. Let's get outside! Parent/caregiver participation required. 1-5yrs. Info: (510) 544-3249

## SCENIC CARQUINEZ

Carquinez Shoreline Kevin Dixon

9:30am-noon, Sat, May 26

Stroll along this easy, rolling, paved trail with stunning views. This out-and-back trip follows one of the most accessible and least-known scenic trails in the Regional Parks. Info: (510) 544-2750.

## BIRD ISLAND VIEWING **SP** **HPHP**

Shadow Cliffs Ashley Adams

9am-noon, Sun, May 27

Join us, Ohlone Audubon, and Golden Gate Bird Observatory on a journey through the park to find the island of birds! Meet at the boat ramp. Info: (510) 544-3249

## CANINE CAPERS WALK ♿ ♿ **SP**

Various Parks Kristina Parkison

9-11am, Sat, May 26, Garin, #20773

9-11am, Sat, Jun 9, Alameda Creek Trail, #20768

The restorative effect of spending time outdoors with a friend, furry or otherwise, is well-known! 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. 8+yrs. Registration is required.

## COFFEE TASTING IN THE FOREST ♿

Redwood Bellal Naderi & Michael Charnofsky

9-10:30am, Sun, Jun 3 #20990

Caffeinate your brain with locally roasted coffees and take a short walk to listen for

## HIKES FOR TYKES <sup>SP</sup> **HPHP**

Various Parks Interpretive Staff  
10:30-11:45am, Tue, May 1, 15, 29,  
Jun 5, 19

Enjoy some nature before naptime with your young child! Join us to travel over hill and dell and explore the fabulous flora and fauna of the Regional Parks. Tools for exploration will be provided. Hikes average about 1 mile. Bring a snack. Strollers are not recommended for most hikes.

**May 1:** Redwood (Trudeau)

**May 15:** Roberts (Main, Lower Parking Lot)

**May 29:** Encinal Beach (Alameda)

**Jun 5:** Lake Temescal (North Entrance)

**Jun 19:** Leona Canyon (Canyon Oaks Dr.). Info: (510) 544-3187

birds just back from vacation down South. One flat, paved mile. BYOBM (binoculars and mug), or borrow ours. 18+. Registration is required.

Fee: \$3 per person (\$5 non-res)

## INSECT EXPEDITIONS

Various Parks Trent Pearce  
2-3:30pm, Sun, Jun 3, 10, 17 & 24

Get to know your local insects on these adventure-filled outings! All insects will be released after capture. Nets provided!

**June 3:** Briones, Bear Creek Staging Area  
**June 10:** Tilden Regional Park, Lone Oak Picnic Site

**June 17:** Tilden Nature Area, Environmental Education Center

**June 24:** Tilden Regional Park, Vollmer Peak Trailhead

Info: (510)544-2233

## EDGE OF NIGHT <sup>♿</sup>

Morgan Territory Kevin Dixon  
5-9pm, Sat, June 9 #20874

Walk to the edge of night in a mountainous park that is a challenge to reach, a little wild, and known for wondrous surprises. 12+yrs. Info: (510) 544-2750. Registration is required.

## CAMPFIRE PROGRAMS – ANTHONY CHABOT <sup>♿</sup>

Anthony Chabot Interpretive Staff  
8-9pm, every Sat, Memorial Day weekend – Labor Day weekend

Join us for this FREE event at the Campground Amphitheater. Learn about the parks and nature around you through games, songs, photos and stories around the campfire. New topic each week. Non-campers are welcome to come in for the program! Info: (510)544-3187.

## CREATURES OF CONTRA LOMA

Contra Loma Virginia Delgado  
Noon-1:30pm, Sat, June 30  
Meet the creatures that call this place home and learn how to keep them, and yourself, safe while you explore. 5+yrs. Info (510) 544-2750.

## WEDNESDAY WALK-HAYWARD SHORELINE

Hayward Shoreline Susan Ramos  
9:30am-1:30pm, Wed, June 20  
Walk the Bay Trail past a sewage treatment facility and a landfill, and see a restored marsh on this flat 8+ mile hike. Bring water, snack and wear hat, sunscreen and comfortable hiking shoes. Meet at Hayward Shoreline at the end of Grant Ave. in San Lorenzo. Info: (510) 544-3187.

## BIRDING FOR KIDS AND FAMILIES <sup>SP</sup>

Shadow Cliffs Constance Taylor  
Noon-2pm, Fri, Jun 29  
Flying friends are everywhere! Get to know your feathered neighbors and make some new bird friends this summer. Binoculars provided. Meet at Lakeside picnic area. Info: (510) 544-3249

## FULL MOON WALK

Anthony Chabot Susan Ramos  
7:30-9:30pm, Wed, June 27  
Take a short walk to the top of the hill to watch the sun set as the full moon rises. Bring a snack and blanket to sit on. Meet at the day use parking area off of Marciel Road. For information, call (510) 544-3187.

## VOLUNTEER

### WILDLIFE VOLUNTEERS – "RIPARIAN RE-LEAF"

Coyote Hills "Doc Quack," Certified Wildlife Biologist  
9:30am-noon, Sat, May 12 #21343  
Help the park's wildlife by planting willow, cottonwood, and sycamore sapling. Physical labor is involved. By participating, you'll earn your "Wetland Partners" patch. Meet in the overflow parking lot adjacent to the entrance gate kiosk.

### WILDLIFE VOLUNTEERS – LEAST TERN COLONY MONITORS TRAINING

Hayward Shoreline "Doc Quack," Certified Wildlife Biologist  
1:30-4pm, Sat May 12 #21344  
Here is your opportunity to learn about the family life of terns, recording data about their nest distribution, chronology and reproductive success using the Type 2 monitoring method. In this method, surveys are conducted from a vehicle approximately 25m (75ft.) from the island at various times of day, with the majority of the surveys conducted from 7am to 5pm, seven days a week. A Cabela's professional 60mm (2.4 in) spotting scope on a car window mount will be available. By participating, you'll earn your "Colony Caretakers" patch. Physical labor is involved with this project.

All ages welcome, parent participation required. Deadline to sign-up is 5/4/18. Recommended: Outdoors clothing (long pants), water replant boots or hiking boots (close-toed footwear), hats and gloves, water, and sunscreen.

### GRUNION GREETER WORKSHOP <sup>♿</sup>

Crown Beach Karen Martin & Susan Ramos  
7-8:30pm, Sat, May 12 #21196  
Help with our newest science project as we document one of the northernmost spawning events of a small fish called the grunion. Become trained to count and record data that is being used for scientific study! Must be willing to "work" odd hours of the night depending on the moon. Registration is required.

### THIRD THURSDAYS AT THE BEACH

Crown Beach Park Staff  
10am-noon, 1-3pm, Thu May 17, Jun 21 #20900  
Volunteers are needed in our Demonstration Garden to help with maintenance, including weeding, pruning, mulching and other park projects. One-time or on-going help welcome. Wear long pants, closed-toe shoes, and a hat, and bring a water bottle. Info: (510) 544-3187.

## WEDNESDAY WALKS

Various Parks Interpretive Staff  
9:30am -1pm  
Discover the natural and human history of our beautiful parklands and improve your health on a naturalist-led hike. Hikers of all ages and abilities are welcome on these fast-paced hikes. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels.

**May 16** – Wildcat Canyon , Alvarado Staging Area: Learn and explore on this strenuous, hilly walk with Trail Gail. Meet at Alvarado Staging Area.

Info: (510) 544-2233

**May 23** – Brushy Peak: Hike 4.2 miles around this culturally significant East County landmark. Moderately strenuous.

Info: 510-544-3282

**June 6:** Crocket Hills, Crockett Ranch Staging Area, with Trail Gail - Ranchlands and views, this park has lots to offer. We'll explore this beautiful area, including a segment of the Bay Area Ridge Trail. 8+yrs. Info: (510) 544-2233.

**June 20** – Hayward Shoreline: Meet at Grant Ave Staging Area. In San Lorenzo for an 8+ mile, flat walk past a restored marsh and other bayside sights. Bring a snack for this extended adventure.

Info: (510) 544-3187

**June 27** – Garin : A moderately-strenuous, 4 -mile hike into a secluded canyon. Info: (510) 544-3282

## SATURDAY & SUNDAY STROLLS <sup>SP</sup>

Various Parks Interpretive Staff  
10am-noon.  
Wake up and walk into nature. Each week we will explore a different park and the natural wonders within. Hikes range from 2-5 miles. Great for families. Dogs welcome on most hikes.

**Sat, May 5:** Lake Chabot (Marina) Hike along the shady East Shore Trail to Huck's trail and back, about 3.5 miles. Meet at the Marina Store. Parking and dog fees apply.

**Sat, Jun 16:** Lake Temescal (North Entrance) We'll explore this lakeside urban oasis on a 2-mile double loop around a home for birds, otters and other wildlife. Info: (510) 544-3187.



Colony Caretakers.



## VISITOR CENTERS

### ARDENWOOD

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

### BIG BREAK

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

### BLACK DIAMOND MINES

5175 Somersville Road  
Antioch, CA  
(510) 544-2750

### BOTANIC GARDEN

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

### COYOTE HILLS

8000 Patterson Ranch Rd.  
Fremont, CA  
(510) 544-3220

### CRAB COVE

1252 McKay Avenue  
Alameda, CA  
(510) 544-3187

### DEL VALLE

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

### GARIN

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

### SUNOL-OHLONE

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

### TILDEN NATURE AREA

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

## SWIM FACILITIES

### 1-888-327-2757, option 3

### LAKE ANZA

Tilden Regional Park  
Berkeley, CA | ext. 4563

### CASTLE ROCK

1700 Castle Rock Road  
Walnut Creek, CA | ext. 4515

### CONTRA LOMA

1200 Frederickson Lane  
Antioch, CA | ext. 4518

### CULL CANYON

18627 Cull Canyon Road  
Castro Valley, CA | ext. 4523

### DEL VALLE

7000 Del Valle Road  
Livermore, CA | ext. 4524

### DON CASTRO

22400 Woodroe Ave.  
Hayward, CA | ext. 4527

### QUARRY LAKES

2100 Isherwood Way  
Fremont, CA | ext. 4552

### ROBERTS POOL

10570 Skyline Blvd.  
Oakland, CA | ext. 4555

### SHADOW CLIFFS

2500 Stanley Blvd.  
Pleasanton, CA | ext. 4557

### LAKE TEMESCAL

6502 Broadway Terrace  
Oakland, CA | ext. 4561

## 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 for 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.



**ONLINE registration** is available if the program title displays this symbol: Go to [www.ebparksonline.org](http://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-4:00pm Mondays through Fridays (closed weekends and holidays). Call 1-888-EBPARKS (327-2757) and select option 2. TRS Relay for the Hearing Impaired: 7-1-1.



**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 **East Bay**  
Regional Park District

# Concerts at the Cove

**JUNE 8 • JULY 13 • AUGUST 10**

Join us for incredible free music and fun!

4:30 to 5:30 PM.....FOOD AND CRAB COVE FAMILY PROGRAM

5:30 to 7:30 PM.....MUSIC



Information: 510-544-3185 or [ebparks.org](http://ebparks.org)  
Crab Cove Visitor Center • 1252 McKay Ave., Alameda

PRODUCED BY: East Bay Regional Park District, Regional Parks Foundation, and the Rotary Club of Alameda

19<sup>TH</sup> ANNUAL

## Butterfly & Bird Festival



**Sunday, June 3**

10 a.m.-3:30 p.m.

**Celebrate Our Winged Friends:**

- Get up close and personal with nature's "flying critters"
- Learn to create a wildlife-friendly habitat in your backyard
- Educational speakers
- Photo presentations
- Family hands-on activities
- Garden tours, music and more

**East Bay**  
Regional Park District

**Coyote Hills Regional Park**  
8000 Patterson Ranch Road, Fremont, CA 94555  
Info: [ebparks.org](http://ebparks.org) or 510-544-3214

  
**REGIONAL PARKS  
Foundation**  
Supporting East Bay Regional Parks

## Love your Parks? Become a Member!

Membership is a great way to show your support and commitment to your Regional Parks. As a thank you, Members receive:

- Personalized Membership Card(s)
- Day-Use Parking
- Swimming
- Annual Dog Pass

Sign up for a Membership today:  
[RegionalParksFoundation.org/MEM](http://RegionalParksFoundation.org/MEM);  
or call 510-544-2220.

Photo: S. Harper

**East Bay**  
Regional Park District

**East Bay**  
Regional Park District

*Healthy Parks Healthy People*

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

**Ardenwood Historic Farm • 34600 Ardenwood Blvd., Fremont**

## Mother's Day on the Farm

Sunday, May 13 • 11 a.m.-3 p.m.



Photo: Zarzycki

**C**elebrate the special people  
in your life at the farm. Make your own  
flower crowns, potpourri sachets and  
Victorian-themed cards to show your affection.

**Mother's Day Buffet Brunch Available:**  
Advance reservations required at  
[ardenwoodevents.com/mothers-day-brunch.com](http://ardenwoodevents.com/mothers-day-brunch.com).

**East Bay**  
Regional Park District

*Healthy Parks Healthy People*