

Regional in Nature

Activity Guide



May – June 2019

East Bay 
Regional Park District

Healthy Parks Healthy People



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

Vargas Plateau Regional Park, the Park District's newest Regional Park, opened in 2017, continues the District's 85 year legacy of preservation and recreation.

See "A Park District is Born," page 2. Photo: Kevin Fox

Inside:

- Swim Lessons and Jr. Lifeguards • page 4
- Kayaking Opportunities, Pole Walking • page 5
- Ardenwood Mother's Day & Memorial Day • page 6
- 20th Annual Butterfly & Bird Festival • page 11
- Junior Naturalist Camp at Del Valle • page 12



Meadow Homes Spray Park and Restroom Replacement, Concord

Measure WW Local Investments • See page 2.

Contents

- Aquatics/Jr. Lifeguards..... 4
- Recreation Programs 4
- Ardenwood 5
- Botanic Garden 6
- Big Break..... 7
- Black Diamond 10
- Coyote Hills 10
- Crab Cove, Del Valle 11
- Sunol 12
- Tilden Nature Area 12
- Other Regional Parks 13
- Volunteer Programs 14
- Registration & Fees 15
- Visitor Centers/
Swim Areas..... 15



Healthy Parks Healthy People

ebparks.org

General Information
1-888-EBPARKS or 1-888-327-2757

Camping & Picnic
Reservations 1-888-EBPARKS

Naturalist & Recreation
Programs..... 1-888-EBPARKS

TRS Relay Service..... 7-1-1

EBRPD Board of Directors

- Whitney Dotson..... Ward 1
- Dee Rosario..... Ward 2
- Dennis Waespi..... Ward 3
- Ellen Corbett..... Ward 4
- Ayn Wieskamp (President)..... Ward 5
- Beverly Lane..... Ward 6
- Colin Coffey..... Ward 7
- Robert E. Doyle..... General Manager

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



A Park District Is Born

A MESSAGE FROM GENERAL MANAGER ROBERT E. DOYLE



In 1928, a movement to create a grand park in the East Bay hills was launched by a group of conservationists and community leaders, including such notable members as Robert Sibley, president of the UC Berkeley Alumni Association; Aurelia Reinhardt, president of Mills College; Ansel Hall of the National Park Service; and East Bay real estate tycoon Duncan McDuffie. Thanks to the vision and determination of these leaders, we are celebrating the East Bay Regional Park District’s 85th Anniversary this year.

At the commission of these hopeful leaders, Frederick Law Olmsted, Jr. of the Olmsted Brothers, the first landscape architecture firm in the nation, came to the East Bay to assess park needs and survey potential



Frederick Law Olmsted, Jr.

Courtesy of Frederick Law Olmsted Nat. Historic Site, NPS

parkland. In 1930, with the co-authorship of Ansel Hall of the National Parks Service, *Proposed Park Reservations for East Bay Cities*, also known as the Olmsted-Hall Report, was published. The report called for a “sizable park

“The charm of the region as a place in which to live will depend largely upon the natural conditions that are destined to disappear unless properly protected for the public.”

— *Proposed Park Reservations, 1930*

for open space preservation and recreation.” Within four years, the Regional Park Proposal, a measure to establish the East Bay Regional

Park District with an assessment of five cents per \$100 of assessed property value, was placed on the ballot. On November 6, 1934, with the rallying cry “Parks for the People,” the proposal passed with 71% of the vote. East Bay residents had decided, during the depths of the Great Depression, to tax themselves for parks.

Thank you for your trust and support. Today, the East Bay Regional Park District is the largest regional park agency in the country with over 122,000 acres protected in perpetuity, and is a national model for land use preservation, recreation, climate adaptation, parkland management, and connecting people with nature.

Join us in celebrating the Park District’s 85th Anniversary and thanking the visionary leaders who helped create this beautiful park system for all of us to enjoy.

See you in your Regional Parks!

Measure WW Local Investments

\$125 MILLION BENEFITTING LOCAL COMMUNITIES

In 2008, voters in the Alameda and Contra Costa counties approved Measure WW to invest \$500 million in East Bay parks. \$125 million of Measure WW was specifically dedicated for local park and recreation projects (Local Grant Program) on a per/capita (population) basis.

Over the past 11 years the East Bay Regional Park District has approved \$118 million toward 240 projects benefitting the local communities in the two counties. Of those, 162 projects have been completed so far. Key projects included youth and senior centers, sports courts and fields, aquatics centers, picnic areas, safe playground equipment, and park infrastructures such as bathrooms, water fountains, safety lighting, and parking. For a list of projects in your community visit ebparks.org/MeasureWW.



Playground Installation, Concord



Alameda Boys & Girls Club Renovation



Richmond Natatorium Renovation

Wildfire Protection A Year-Round Effort

A year-round fire season is now the “new normal” in California. The 2018 wildfire season was the deadliest and most destructive wildfire season on record in California. The Park District is actively working every day to reduce the fuel load in regional parks and maintaining healthy forests by thinning excessive growth.

Each year, the Park District thins and removes hazardous vegetation on over 1,000 acres to reduce fire risks. The Park District also maintains a professional, 50+ member fire department, eight strategically

located fire stations, specialized wildland fighting equipment, and five remote weather stations that collect data to help strategically determine staffing levels and locations.

While our efforts to reduce the risk of severe wildfires and prepare for wildfires is extensive, it is the collective efforts of homeowners and neighbors that can have the greatest impact. Reducing fire fuels around homes and taking other precautions can help prevent small fires from becoming large disasters.

What You Can Do To Help

- Create and maintain defensible space 30-100 feet around your home. For more information visit ebparks.org/about/fire/wildfire_prevention.htm
- Watch for and understand Red Flag warnings and follow all restrictions on burning and use of power equipment.
- If you see a potential fire hazard in the parks, report it by calling 510-881-1833.



Longtime Regional Parks Volunteers Share Fascination with Park District History

Richard Langs began his volunteer service as a docent at the Tilden Park Golf Course. Spending much of his time at the golf course pondering the beautiful park setting around him, he met Jerry Kent, a retired District employee who broadened his familiarity with the history of the Park District. Jerry invited him to volunteer at the Park District's Archives, where in 2005 he became the Archives' first volunteer.



Since becoming a volunteer in the Archives, Richard has authored three books on Tilden Park, including *Merry-Go-Round*, *100 Years of Spinning Dreams*; *Tilden Regional Park, Queen of the East Bay Regional Parks*; and a recently-published pocket-book version called *Tilden Regional Park: A History*.

Richard held book signings for the latter two books at the Brazilian Room in Tilden Park. *Merry-Go-Round* is available for purchase at the carousel concession stand, and the latest edition of the *Tilden Regional Park* book is available at the concessions stand, the Tilden Park visitor center, and online.

Amelia Marshall began volunteering at the Park District's Archives in 2012, but her volunteer service began much earlier. In 1998, after boarding her horse Dolly at Skyline Ranch for many years, Amelia was invited to join the volunteer mounted patrol. The volunteer mounted patrol is part of the Volunteer Trail Safety Patrol that works with the Park District Police Department to promote safe and courteous park and trail use by District visitors.



Amelia and Dolly rode with the mounted patrol until 2006 when Dolly could no longer actively serve. Amelia then switched to the hiking patrol, where she is currently a volunteer. She discovered the Archives after her son worked there as an intern at Tilden Regional Park.

Amelia had already published a book called *Oakland's Equestrian Heritage* when she began her work at the Park District Archives. In 2017 she published *East Bay Hills, A Brief History*, which covers the little-known legends of the area hills, from native peoples to modern-day park naturalists. Her books are available for purchase online.

Health Matters

East Bay
Regional Park District
AND
KAISER PERMANENTE® thrive

ARE PROUD PARTNERS
IN 2019 WITH THE MUTUAL GOAL
OF PROMOTING HEALTH AND FITNESS.

KAISER PERMANENTE HEALTH TIPS:

Come Back Stronger

Are you the one with good intentions and an on-again, off-again exercise routine? Having trouble reaching your goal?

Don't worry, you're not alone. Even dedicated athletes have bad days — or even bad weeks. And, like them, you can come back stronger.

Rethink Your Exercise Plan:

Having a setback doesn't mean you've failed, so don't get discouraged. It's a sign that you might have to rethink your exercise plan, schedule, goals, or motivation a bit.

Enjoy Yourself:

Life is too short not to have fun — and exercise should be fun. If you're bored with what you're doing, try something new.

Encourage Yourself:

Think you're a bad person for skipping your workout? Pressuring yourself can keep you from getting the full benefit of exercise. Remember why you exercise and focus on what you're doing, not on the outcome.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S 2019 TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT WWW.KP.ORG (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).

Healthy Parks Healthy People

SUMMER PROGRAMS FOR YOUTH



Learn lifeguarding skills in a fun way. Scholarships available.

JUNIOR LIFEGUARD

Ready for fun and adventure? Our eight, one-week sessions pack loads of lifeguarding skills and engaging activities. Each session has a different theme but will always cover CPR, first aid, and water rescue skills. Offered at five facilities, this day camp meets from 9am-4pm, Mon-Fri. Scholarships available. Offered for ages 8-12. For info on dates, themes, curriculum, and more, visit www.eblifeguard.org/juniorlifeguards. No onsite registration.

SWIM LESSONS

Offered at Contra Loma Lagoon and Roberts Pool. Swim Lessons are a great start to a safe, fun summer. We offer a wide range of American Red Cross swim levels for ages 6 months through teens. Adult Lessons offered at Roberts. Classes at both locations meet Mon-Thu for two weeks.

Reserve your spot by signing up now. For more info on dates, times, and class descriptions, visit www.eblifeguard.org/swimlessons.

JUNIOR LIFEGUARD AIDE

Learn leadership, communication, and team building skills. Participants assist instructors and act as role models to young Junior Lifeguard participants by demonstrating and teaching skills as well as setting up and leading activities as directed by the lead instructor. This is a great opportunity to get a foot in the door if you would like to be a lifeguard. Offered for age 13-15. Applications are required, and due May 1. For more info and an application, contact Aaron Roth at aroth@ebparks.org or call (510) 690-6624.



Cadets relaxing after a morning of active training.

JUNIOR LIFEGUARD CADET

Offered at Lake Anza Only. This program will challenge teens ages 14-18 mentally and physically to embrace the EBRPD Lifeguard Service's core values of integrity, honesty, respect, service, and safety. Junior Cadets do this through developing skills in teamwork, professionalism, and communication. 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. Cadets 15+ will earn a lifeguarding certificate. Applications are required and due May 1. For information and an application, contact Kyle Maxwell at kmaxwell@ebparks.org or call (510) 690-6620.

RECREATION

LLAMAS – MYSTICS OF THE ANDES

Redwood LAMAS Outfitters
 Noon-3:30pm, Sat, May 4 #25059;
 10am-1:30pm, Sun, May 5 #25060; May 19
 #25063; Jun 2 #25066;
 11am-2:30pm, Sat, May 18 #25062; Jun 1
 #25064;
 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 two people can share one llama, or reserve your own. Adult participation required for ages 8-17yrs (adult registers). Registration is required. Fee: \$90 per llama - 6 llamas max. per class (non-res. \$100)

FIRST AID FOR DOGS

MLK Shoreline Peter Pay
 9am-1pm, Sat, May 25 #25084
 Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury, and safely transport an injured pet

PARK'N IT DAY CAMP

Mon-Fri, 9am-4pm
 Jun 10-14, Temescal #24216
 Jun 17-21, Temescal #24218
 Jun 24-28, Don Castro #24219
 Jul 8-12, Contra Loma #24382
 Jul 15-19, Coyote Hills #24384
 Jul 22-26, Miller Knox #24423
 Jul 29-Aug 2, Ardenwood
 #24376

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;



A week of hiking, fishing, swimming, arts & crafts and other activities.

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
 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. **LITs must first apply and interview for positions.** Download an application at www.ebparks.org or contact Megan Seccombe, Recreation Coordinator, at mseccombe@ebparks.org or (510) 544-2554 for a paper copy. 13-17yrs. Fee: \$50



LITs receive training, community service hours, and job-skills development.

to the veterinary clinic. This program focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate included in fee. 12+yrs. Registration is required. Fee: \$50 (non-res. \$56)

FATHER'S DAY FISHING

Crown Beach Recreation staff
12:30pm-2:30pm, Sun, Jun 16 #25139
Learn about some 'famous' fish dads then go fishing with your kids! Adults who are fishing must have a day or annual fishing license – call for more information. Kids 15 & under can fish for free. All fishing gear provided. Space is limited. Registration is required. No fee.

FLY-FISHING INTRODUCTION

Tilden Fish First!
7am-1pm, Sun, May 12 #25042; Jun 9 #25048
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)

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
10am-noon, Sat, Jun 15 #25100;
1:30-3:30pm, May 18 #25094;
Jun 15 #25099
Gain 90-minutes of archery coaching and practice at an outdoor range; all equipment provided. Designed for beginners, 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)

ARDENWOOD

Ardenwood is open Tue-Sun. from 10am-4pm. Admission fees apply. Info: (510) 544-2797, awvisit@ebparks.org or www.ebparks.org.

ANIMAL FEEDING

Ardenwood Interpretive Staff
3pm, Thu-Sun
Check for eggs and feed the livestock. Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Chicken Coop.

RIDE THE RAILS - TRAIN RIDES

Ardenwood S.P.C.R.R.
Various times, Thu, Fri & Sun

KAYAKING / BOATING

Registration is required.

KAYAKING FOR FOLKS 50+

Lake Chabot Recreation Staff
11am-3pm, Fri, May 3 #25176; Wed, June 19 #25177
Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines for paddling. Then practice what you have learned touring the lake by kayak.
Fee: \$52 (non-res. \$58)

MOTHER'S DAY PADDLE!

Big Break Cat Taylor/Recreation Staff
1-3:30pm, Sun, May 12 #24990
Bring mom out for a guided Mother's Day natural paddle adventure on sparkling Delta waters! After dry-land instruction, we'll wend our way in our tandem kayaks.
Fee: \$30 (non-res. \$34)

KAYAKING – LONGER PADDLE

Big Break Cat Taylor/Recreation Staff
9am-12:30pm, Sun, Jun 30 #25113
Come ply the welcoming and wondrous waters of the Delta on this beginner (& up) kayak excursion. We'll start off with dry-land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline.

Adult participation required for ages 10-16yrs. (adult registers). 10+yrs.
Fee: \$40 (non-res. \$44)

SUNSET PADDLE

Tidewater Boating Center Recreation Staff
6pm-9pm, Fri, May 31 #25208; Fri, Jun 28 #25211

Relish the beauty of the sunset by kayak! We'll set off just before sunset and explore the calm waters of San Leandro Bay. Kayaks, instruction, and all associated safety gear provided. Adult participation required for ages 10-16yrs. (adult registers). 10+yrs.
Fee: \$30 (non-res. \$34)

BOAT TO BROOKS ABOARD DELPHINUS

Brooks Island Dolphin Charters/ Interpretive Staff
9am-3pm, Fri, May 3 #25014
9:30am-3:30pm, Sat, May 4 #25036
Join us for a relaxed, narrated boat ride to Brooks Island. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate and tea are provided. Ages 12+yrs. Fee: \$72 (non-res. \$80)

Registration information – register beginning March 26

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

Railroads once connected many of the farms with towns in the East Bay. Today they still run around the farm. Journey past rows of crops and through eucalyptus groves as you travel back in time. 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 the history of this 19-room Queen Anne Victorian farm house. Listed on the National Register of Historic Places, it operates as a museum of local history and Victorian life. Tours are led by docents dressed in 19th century clothing and take about 45 minutes. Check for tickets at the Train Station upon arrival. Special 15-minute tours for children 6 and under offered Thursday and Friday at 2:30pm, Saturday and Sunday at 11:30am. Info: (510) 791-4196.

TODDLER TIME

Ardenwood Interpretive Staff
10:30-11:45am, Wed, May 1, 15, 22, Jun 5, 19, 26

Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones can 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 4, 18; Sun, June 9, 23
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.

FUN WITH FELTING

Ardenwood Mindy Castle
11am-noon, Sat, May 4
Have some good, clean fun as we learn how felt is made from sheep's wool, and then make a felt toy to take home.

BEGINNING EMBROIDERY

Ardenwood Mindy Castle
1-2pm, Sat, May 4
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.

ROPE MAKING & HAY HOISTING

Ardenwood Interpretive Staff
2-3pm, Sat, May 4, 18
Make rope with our antique machine, and see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

BIRDS OF THE FARM **HPHP**

Ardenwood Christina Garcia
8-9:30am, Sun, May 5, 26, Jun 9, 30
The farm provides valuable habitat for a variety of birds. Let's explore the gardens, forests and fields for anything with feathers. No admission fee.

POLE WALKING & POLE HIKING

Learning how to use poles helps walkers & hikers improve endurance, posture, balance, confidence and strength and performance. Pole skills enhance your enjoyment of the outdoors all year long. All levels focus on learning anatomically-optimal techniques to expand your capabilities 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. *Registration is required.*

POLES 2: PRACTICE HIKE

Tilden Botanic Garden Jayah Faye Paley
8:30am-10:30am, Fri, Jun 7 #24984
Explore Beautiful Native Garden. Refine, enhance, and learn new skills on a gentle, varied terrain. Easy practice hike – connect with nature while improving confidence, pole performance, and body awareness. Previous EBRPD pole hiking instruction required. Test Drive Poles. Hike approximately 2 miles.
Fee: \$26 (non-res. \$30)

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Redwood Regional Jayah Faye Paley
8:30am-3pm, Sat, Jun 15 #24950
Comprehensive training helps hikers improve performance and confidence on the trail. Uphill: Improve power, endurance, and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save you knees! "Test drive" quality pole models on a beautiful, Redwood hike; learn which poles fit you best.
Fee: \$75 (non-res. \$83)

HENS LAY EGGS ♿

Ardenwood Interpretive Staff
10:30-11am, Sun, May 5, 26
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 COUNTRY KITCHEN ♿

Ardenwood Interpretive Staff
11am-1pm, Sun, May 5, 26, Jun 2, 16, 23
Stop by our outdoor farm 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. Pick up a historic recipe to try at home.

A program in partnership with . . .

KAISER
PERMANENTE® thrive



TRAILS CHALLENGE FREE

Take the Trails Challenge and join thousands of hikers and bikers. Complete at least 5 of the 20 trails featured in the guidebook by December 1! The trails are for all fitness levels. Free printed guidebooks and T-shirts are available at participating Visitor Centers (while supplies last).

Go "green" by downloading the guidebook at www.ebparks.org/TC. The trails are also available on the AllTrails app. A commemorative pin will be sent (while supplies last) once you complete the Challenge and submit your Trail Log.

Kaiser Permanente is a major sponsor of this program.



REGIONAL PARKS
Foundation

Supporting East Bay Regional Parks

MOTHER'S DAY ON THE FARM

Ardenwood Christina Garcia
11am-3pm, Sun, May 12
Celebrate this special people in your life at the farm today. Create a lovely gift sachet or flower crown, enjoy live music, and play a game of croquet or bocce ball. Treat yourselves to an elegant buffet brunch (advanced reservations required, www.ardenwood-events.com/mothers-day-brunch.com) or purchase from a special a-la-carte menu at the café.

STRAW PLAITING ♿

Ardenwood Marlene Gallegos
1-2pm, Sun, May 5, Jun 30
Want to weave beautiful braids out of straw? Stop by the farm to try straw plaiting using the straw from our hay harvest!

WALKING TALL

Ardenwood Max Cade
2-3pm, Sun, May 5, 26
Think you need to join the circus to handle stilts? Think again! Stop by the farm, learn about their global history, and try them out for yourself.

RABBIT RENDEZVOUS ♿

Ardenwood Interpretive Staff
10:30-11am, Sat, May 11, 25; 2-2:30pm, Sat, June 1, 15, 29
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.

FARMYARD STORY TIME ♿

Ardenwood Interpretive Staff
11am-noon, Sat, May 11
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.

WE ALL SCREAM FOR ICE CREAM! ♿

Interpretive Staff Ardenwood
1-2pm, Sat, May 11, Sun, May 26
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.

OLD-FASHIONED FUN

Ardenwood Interpretive Staff
2-3pm, Sat, May 11, 25
Old-fashioned pastimes once included stilt walking, running with tubers (potato- spoon race), testing your strength (tug-o-war) and hopping like a bunny (sack races). Join the fun and test your skills!

CORN MOSAICS ♿

Ardenwood Interpretive Staff
11am-noon, Sat, May 18; Noon-1pm, Sat, Jun 22
Learn how to turn our Indian corn into

MEMORIAL DAY FREE DAY ♿

Ardenwood Interpretive Staff
10am-4pm, Mon, May 27
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.

a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

VICTORIAN TABLE TOP GAMES ♿

Ardenwood Interpretive Staff
1-2pm, Sat, May 18
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.

GORGEOUS GOATS ♿

Ardenwood Interpretive Staff
10:30-11am, Sun May 19, Jun 2, 16, 30
Discover why goats are a farmyard mainstay. Lend a hand grooming our nannies and give them a snack as you learn all about these gentle farm friends.

CHOCOLATE: A STORY OF POWER, CULTURE, AND WONDER

Ardenwood Nicholas Fowlks
11am-noon, Sun, May 19, Jun 30
Join us for an irresistible taste of chocolate's tale, all while sampling this notorious treat.

TRACTOR TALK

Ardenwood Marianne Beacham & Aris Curtis
1-2pm, Sun, May 19, Jun 2
Come get face-to-face with one of the farm's unique tractors. Find out why the 1951 Model G John Deere was a mechanical workhorse and ahead of its time.

BEAUTIFUL TREES

Ardenwood Christina Garcia
2-3pm, Sun, May 19
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.

SWEET SALTINES ♿

Ardenwood Mindy Castle
11am-noon, Sat, May 25
"Salty" and "crunchy" might pop into your head when you think of saltines, but join us in the Country Kitchen for a sweet take on this popular 19th century cracker.

WAX: IT'S THE BEE'S KNEES! ♿

Ardenwood Mindy Castle
1-2pm, Sat, May 25
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 taste some Ardenwood honey.

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 for information about docent training, special events and classes, and to sign up for our e-newsletter.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Meet at the Botanic Garden Visitor Center. Rain cancels.

FAMILY-FRIENDLY TOUR

2pm-3pm, Sun, May 19
This is a docent-lead, family-friendly theme tour, Pollination Tour of California Native Plants. Spring flowers erupt in the garden calling all butterflies, birds, beetles and bees. You'll dissect a California poppy, watch pollinators at work, and learn how seeds disperse. Meet at the Botanic Garden Visitor Center. Rain cancels.

CLASSES: FRIENDS OF REGIONAL PARKS BOTANIC GARDEN

May 11: 10am-4pm, Sat - Landscape Alchemy Spring Color with California Dye Plants.
Jun 8: 11am-3:30pm, Sat - Make & Take



Western azalea *Rhododendron occidentale*

Your Own Watercolors with Natural Pigments.

Jun 15: 10am-1pm, Sat - Gardening for Butterflies.

Jun 16: 10am-2pm, Sun - Landscape Drawing & Observation

GARDEN CHORES FOR KIDS

Ardenwood Interpretive Staff
10:30-11:30am, Sun, June 1, 15, 29

Our garden has been growing this spring. Lead a hand weeding, watering and maybe planting some seeds. Discover how to grow vegetables as we get our hands dirty.

GARDEN BUG SAFARI

Ardenwood Pia Loft
12:30-1:30pm, Sat, Jun 1, 15

Discover the mysterious world of bugs as we explore our vegetable garden. We will observe these tiny farmers at work and tell their stories through arts and crafts.

LEARN THE ROPES

Ardenwood Interpretive Staff
2-2:30pm, Sun, Jun 2

Learn how a few twists and turns on our antique machine makes rope making a cinch.

CHORES FOR LITTLE FARMERS

Ardenwood Interpretive Staff
10:30-11am, Sat, June 8, 22

Rise and shine! Lend a hand! We'll start with a story before we prepare a morning treat for the sheep, goats and chickens.

MEET THE FARMER: WHAT'S THE BUZZ ABOUT BEES?

Ardenwood Pia Loft
Noon-1pm, Sat, June 8, 29

Join our team as we explore the wonderful world of fruits and vegetables and discover why bees are a farmer's best friend.

FARMYARD GAMES

Ardenwood Interpretive Staff
2-2:30pm, Sat, Jun 8, 22

Life on a farm wasn't all work and no play. Join us for some old-fashioned fun! Try your hand at classic American pastimes including tug-of-war and the potato-spoon race.

OLD FASHIONED BUTTER MAKIN'

Ardenwood Christina Garcia
11am-noon, Sun, Jun 9

Before modern grocery stores, people needed to make their own staples at home. Try some different ways to make butter from cream, then sample your tasty concoction on crackers.

HAY HARVESTING

Ardenwood Christina Garcia & Staff
1-2:30pm, Sun, Jun 9, 16, 23

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 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.

RAILROAD ADVENTURE DAY

Ardenwood S.P.C.R.R.
10am-3:30pm, Sat, Jun 15

This is a great opportunity to take a Saturday ride on the narrow gauge train

and learn about the history of the original railroad that ran through Ardenwood. The train is operated by the nonprofit Society for the Preservation of Carter Railroad Resources (spcrr.org, facebook.com/spcrrmuseum). Unlimited train rides are included with the Ardenwood park admission fee: \$6/adults (18+), \$5/seniors (62+), \$4/children (4-17), 3 and under are free.

BIG BREAK

Big Break Visitor Center at the Delta is open Wed-Sun, 10am to 4pm. Info: (510) 544-3050, or 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 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.

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, May 1, June 5

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.

ARACHNID ADVENTURES

Big Break Interpretive Staff
2-3pm, Sat, May 11

Our eight-legged residents are prowling the park...for food! Drop by to learn about spiders and join us in fun, arachnid activities.

MOTHER'S DAY FILM FEST!

Big Break Cat Taylor
10am-3pm, Sun, May 12

What critters live here? Bring mom out to enjoy wildlife footage taken by our trail cameras to view the hidden lives of these rarely-seen residents.

DUNES DAY RESTORATION!

Big Break Cat Taylor
9-11am, Sun, May 12, June 23

Help restore a small piece of the historic dunes as we remove invasive weeds and re-



An old log provides the perfect perch for this western pond turtle to bask in the sunlight. Photo: Jerry Ting.

TURTLEY AWESOME EGGS

Big Break Interpretive Staff
2-3pm, Sat, May 4

Turtles love Big Break. Join us on a nature hike to traverse the world of our favorite shelled reptiles.

establish native plants! Bring water, gloves, hat, closed-toed shoes, dress for weather and prepare for general grubbiness.

BIG BREAK LITTLES

Big Break Cat Taylor
10-11am, Mon, May 13, June 10

Tue, May 14, June 11
Bring the little ones out to the park to explore nature. Same program both days - come to one or the other! Dress to get dirty! May: Owls - Whooo goes there? June: Getting Buggy! - Crawlie, jumpy explorations.

PICKIN' UP YOUR PICNIC

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

In celebration of Earth Day, come to the park to learn ways to make your next picnic outing more eco-friendly!

HAPPY HAWK HPHP

Big Break Interpretive Staff
2-3pm, Sun, May 26

Frolicsome feathered friends are famously found in our park! Join us on a hike and discover how hawks hunt in their habitat.

THURSDAY BIRDING: RAPTOR BASELINE

Various Parks Michael Moran
9-11:30am, Thu, May 30 #25434 Big Break

Regional Trail
Jun 27 #25435 Round Valley Regional Preserve

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 community science research project. No experience necessary - we'll teach you how to identify these birds. Join in for one or all. Registration is required.

DASHING DRAGONFLIES

Big Break Interpretive Staff
2-3pm, Sat, June 1

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

STORIES OF THE NIGHT SKY

Big Break Cat Taylor
8:30-10pm, Sun, June 2

Sit back and enjoy star stories from around the world as we learn to navigate around the summer skies! Bring a flashlight, blanket or reclining camp chair (optional).

BLISSFUL BUTTERFLIES

Big Break Interpretive Staff
2-3pm, Sat, June 8

Join us on a walk as we learn about the beautiful butterflies that call Big Break home!

SECOND SUNDAY CAMPFIRE - GOING BUGGY!

Big Break Cat Taylor
6:30-8pm, Sun, June 9

Gather the family for an evening in the park! Bring a picnic dinner to enjoy before the festivities begin! We'll explore the buggy wonders of Big Break through insect activities and a family campfire (and S'mores, of course!)

NATURE PLAY

Big Break Nichole Gange
10-11am, Sat, June 15

The great outdoors is a natural playground for children. Bring your little ones out to explore nature in a playful way. Ages 1-5 yrs. Adult participation required.

MAMMALS OF THE MARSH

Big Break Interpretive Staff
2-3pm, Sat, June 15

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.

SUMMER SOLSTICE SUNSET WALK

Big Break Interpretive Staff
7:30-9pm, Fri, June 21

Celebrate the longest day of the year with an evening exploration of the Delta.

HELPFUL HEAT

Big Break Interpretive Staff
2-3pm, Sun, June 23

Join us in learning just how helpful the warm weather of summer can be for a wetland ecosystem!

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 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1
Ardenwood: : Toddler Time
Big Break: Coffee Talk & Delta News
Shadow Cliffs: My First Fish!

2
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

3
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Brooks Island: Boat to Brooks Aboard Delphinus
MLKing Jr. Shoreline: Kayaking for Folks 50+

4
Ardenwood: Wake Up The Farm, Fun With Felting, Patterson House Tours, Beginning Embroidery, Rope Making & Hay Hoisting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Turtley Awesome Eggs
Black Diamond: Butterfly Spring, Mine Tours
Brooks Island: Boat to Brooks Aboard Delphinus
Coyote Hills: Discovery Days, Ohlone Village Site Tour
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Soaring With Eagles
Dry Creek/Pioneer: Bird Walk
Hayward Shoreline: Wildlife Volunteers
Redwood: Llamas - Mystics of Andes
Round Valley: Vasco Caves
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Insect Party!, Closing the Farm (Moo)

5
Ardenwood: Birds Of The Farm, Train Rides, Hens Lay Eggs, Cooking In Country Kitchen, Patterson House Tours, Straw Plaiting, Walking Tall, Animal Feeding
Big Break: Testing Water, Delta Discoveries
Black Diamond: Mine Tours
Coyote Hills: Ethnobotany Hike, Discovery Days, Ohlone People & Culture
Crab Cove: Family Nature Fun, Fish Feeding
Huckleberry: Botanizing An Ecological Jewel
Redwood: Llamas - Mystics of Andes
Round Valley: Vasco Caves
Sunol: Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Talk With Animals, May Day Celebration Open House

6
Crab Cove: Early Early Grunion Search

7
Contra Loma: Over-The-Hills Gang

Regional in Nature

Activity Calendar

Lafayette/Moraga Trail: Hikes for Tykes

9
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

10
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

11
Alameda: Love Your Mother (Earth)
Ardenwood: Rabbit Rendezvous, Farmyard Story Time, Patterson House Tours, We All Scream For Ice Cream!, Old-Fashioned Fun, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Arachnic Adventures
Black Diamond: Mine Tours
Coyote Hills: Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Diablo Foothills: Butterfly Spring I
Roberts: Saturday Stroll
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Insect Party!, Coastal Conservation Celebration, Closing the Farm (Moo)

12
Ardenwood: Train Rides, Mother's Day On Farm, Patterson House Tours, Animal Feeding
Big Break: Testing The Water, Dunes Day Restoration!, Mother's Day Family Film Fest, Delta Discoveries, Mother's Day Paddle!
Black Diamond: Mother's Day Mine Tours
Coyote Hills: Dust Marsh Bird Hike, Discovery Days, Engaging Ectotherms
Crab Cove: Mother's Day Mamas, Family Nature Fun, Fish Feeding
Sunol: Marvelous Moms!, Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Fly-Fishing Intro., Nature Around Us, Talk With Animals, Fun with Felt

13
Big Break: Big Break Littles
Sunol: Outdoor Discoveries

14
Big Break: Big Break Littles
Crab Cove: Sea Squirts

15
Ardenwood: Toddler Time
Crockett Hills: Wednesday Walks

16
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Crab Cove: Third Thursdays in the Garden

17
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

18
Ardenwood: Wake Up The Farm, Corn Mosaics, Patterson House Tours, Victorian Table Top Games, Animal Feeding
Big Break: Testing Water, Delta Discoveries
Black Diamond: Mine Tours
Carquinez Strait: Butterfly Spring I

Coyote Hills: Discovery Days, Cart of Curiosities
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break
Garin: Canine Capers Walk
Redwood: Llamas - Mystics of Andes
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Insect Party!, Closing the Farm (Moo)

19
Ardenwood: Train Rides, Gorgeous Goats, "Chocolate: A Story ..", Patterson House Tours, Tractor Talk, Beautiful Trees, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Pickin' Up Your Picnic
Black Diamond: Mine Tours
Coyote Hills: Discovery Days, Ohlone People & Culture
Crab Cove: Native Plant and Butterfly Gardening, Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break
Garin: Ohlone Plant Uses
Morgan Territory: High Altitude Spring
Redwood: Llamas - Mystics of Andes
Sunol: Sunol to Mission Peak Hike, Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Nature Around Us, Talk With Animals, Tule Float

20
Shadow Cliffs: Lakeside Littles

21
Alameda Creek Trail: Weekday Bird Walk
Crab Cove: Hikes for Tykes
Miller/Knox: Over-The-Hills Gang

22
Ardenwood: Toddler Time

23
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Crab Cove: World Turtle Day Shell-Ebration!

24
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneers

25
Anthony Chabot: Campfire Programs
Ardenwood: Rabbit Rendezvous, Sweet Saltines, Patterson House Tours, Wax: It's Bee's Knees!, Old-Fashioned Fun, Animal Feeding
Big Break: Testing Water, Delta Discoveries
Black Diamond: Mine Tours
Coyote Hills: Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break, Night with a Naturalist
Diablo Foothills: Pine Creek Picnic
Garin: Opening Day
MLKing Jr. Shoreline: First Aid for Dogs
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Insect Party!, Closing the Farm (Moo)

26
Ardenwood: Birds Of Farm, Train Rides,

Hens Lay Eggs, Cooking In Country Kitchen, Patterson House Tours, We All Scream For Ice Cream!, Walking Tall, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Happy Hawk
Black Diamond: Mine Tours
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break
Huckleberry: Sunday Stroll
Sunol: Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Nature Around Us, Talk With Animals, Take a Walk on Wild Side

27
Ardenwood: Memorial Day Free Day
Black Diamond: Memorial Day Mine Tours
Coyote Hills: Memorial Day Open House
Crab Cove: Memorial Day Open House
Tilden Nature Area: Memorial Day Open House

28
Crab Cove: Sea Squirts: Incredible Insects

29
Crab Cove: Senior Stroll
Don Castro: Wednesday Walks

30
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Big Break: Thursday Birding

31
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneers
MLKing Jr. Shoreline: Kayaking - Sunset Paddle

1
Anthony Chabot: Campfire Programs
Ardenwood: Garden Chores For Kids, Patterson House Tours, Garden Bug Safari, Rabbit Rendezvous, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Dashing Dragonflies
Black Diamond: Oak Tales, Mine Tours
Coyote Hills: Bird Walk, Discovery Days, Native Knowledge Nature Walk
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break, Night with a Naturalist
Redwood: Llamas - Mystics of Andes
Round Valley: Around Round Valley
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Science Stories and Seeking Strategies

2
Anthony Chabot: Sunday Stroll
Ardenwood: Train Rides, Gorgeous Goats, Cooking In Country Kitchen, Patterson House Tours, Tractor Talk, Learn The Ropes, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Stories of the Night Sky



Celebrating 85 Years of Regional Parks

Black Diamond: Mine Tours, Moonless Night Hike
Coyote Hills: 20th Butterfly & Bird Festival, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break
Redwood: Llamas - Mystics of Andes
Sunol: Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Talk With Animals, Firemaking Techniques of the Ancients, Throwing the Atlatl

4
Crab Cove: Early Early Grunion Search
Roberts: Hikes for Tykes

5
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News

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

7
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneers
Tilden Nature Area: Poles 2

8
Anthony Chabot: Campfire Programs
Ardenwood: Chores For Little Farmers, Patterson House Tours, Meet The Farmer, Farmyard Games, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Blissful Butterflies
Black Diamond: Mine Tours
Contra Loma: Fun In the East Bay Parks
Coyote Hills: Phlower Photography, Discovery Days, Ohlone Village Site Tour
Crab Cove: Annual Sand Castle & Sculpture Contest, Family Nature, Fish Feeding
Del Valle: Nature Hike, Beach Break, Night with a Naturalist
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Fun with Felting, We All Scream for Ice Cream!

9
Ardenwood: Birds Of The Farm, Train Rides, Wake Up The Farm, Old Fashioned Butter Makin', Patterson House Tours, Hay Harvesting, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Second Sundays Campfire-Going Buggy!
Black Diamond: Mine Tours, Evening Cemetery Hike
Coyote Hills: Stories of the Past: Archaeology, Discovery Days
Crab Cove: Low Tide Exploration, Family Nature Fun, Fish Feeding
Del Valle: Has the Eagle Landed?, Nature Hike, Beach Break
Sunol: Mini Grand Tour, Nature Crafts, Animal Feeding, Wild Wonders

Tilden Nature Area: Fly-Fishing Intro., Talk With Animals, Make String from Plants, Dragons and Damsels

10
Big Break: Big Break Littles
Sunol: Outdoor Discoveries
Temescal: Leaders in Training -I, Park'n It Day Camp -I

11
Big Break: Big Break Littles
Crab Cove: Sea Squirts
Roberts: Over-The-Hills Gang
Shadow Cliffs: How Does Our Garden Grow?

13
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding

14
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneers

15
Alameda Creek Trail: Canine Capers Walk
Anthony Chabot: Campfire Programs
Ardenwood: Railroad Adventure Day, Garden Chores For Kids, Patterson House Tours, Garden Bug Safari, Rabbit Rendezvous, Animal Feeding
Big Break: Testing The Water, Nature Play, Delta Discoveries, Mammals of the Marsh
Black Diamond: Mine Tours, Evening in the Wild Wild West End
Coyote Hills: Discovery Days, Archeology Adventures
Crab Cove: Return of the Terns, Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break, Night with a Naturalist
Redwood: Hiking Poles: Skills & Techniques Plus Hike
Roberts: Archery Introduction
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores, Chores for Little Gardeners, Jewel Lake Goat Walk

16
Ardenwood: Train Rides, Gorgeous Goats, Cooking In Country Kitchen, Patterson House Tours, Hay Harvesting, Animal Feeding
Big Break: Testing Water, Delta Discoveries
Black Diamond: Mine Tours, Who-o-o Eats Who?
Coyote Hills: Discovery Days
Crab Cove: Father's Day Fishing, Family Nature Fun, Fish Feeding
Del Valle: Has the Eagle Landed?, Nature Hike, Beach Break
Garin: Father's Day Adventure: Fire Making, Father's Day Adventure: Atlatl Throwers
Sunol: Fearless Fathers, Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Talk With Animals, Games from Native CA, Throwing Atlatl

17
Shadow Cliffs: Lakeside Littles
Sunol: Outdoor Discoveries
Temescal: Leaders in Training - 2, Park'n It Day Camp - 2

18
Anthony Chabot: Hikes for Tykes
Dry Creek/Garin: Weekday Bird Walk

19
Ardenwood: Toddler Time
Hayward Shoreline: Wednesday Walks
MLKing Jr. Shoreline: Kayaking for Folks 50+

20
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Crab Cove: Third Thursdays in the Garden
Del Valle: Boat Tour

21
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Big Break: Summer Solstice Sunset Walk
Del Valle: Days of the Pioneers

22
Anthony Chabot: Campfire Programs
Ardenwood: Chores For Little Farmers, Patterson House Tours, Corn Mosaics, Farmyard Games, Animal Feeding
Big Break: Testing Water, Delta Discoveries
Black Diamond: Summer's Wildflowers, Mine Tours
Coyote Hills: Wonders of Wetlands, Discovery Days, Cart of Curiosities
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break, Night with a Naturalist
Sunol: Nature Crafts, Wild Wonders, Bats in Flight
Tilden Nature Area: Farm Chores, Fun with Felting, We All Scream for Ice Cream!

23
Ardenwood: Train Rides, Wake Up The Farm, Cooking In Country Kitchen, Patterson House Tours, Hay Harvesting, Animal Feeding
Big Break: Testing The Water, Dunes Day Restoration!, Delta Discoveries, Helpful Heat
Black Diamond: Mine Tours, Snakey Summer Season
Coyote Hills: Skills of the Past: Knotless Netted Bag, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Has the Eagle Landed?, Nature Hike, Beach Break
Redwood: Sunday Stroll
Sunol: Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Talk With Animals, Ferns are (Around) Us, Dragons & Damsels

24
Del Valle: Junior Naturalist Camp
Don Castro: Leaders in Training, Park'n It Day Camp

June 2019

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

25
Crab Cove: "Sea Squirts: Move it, Move it!"
Point Pinole: Over-The-Hills Gang

26
Ardenwood: Toddler Time
Bay Farm Island: Wednesday Walks

27
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Round Valley: Thursday Birding

28
Ardenwood: Train Rides, Patterson House Tours, Animal Feeding
Del Valle: Days of the Pioneers
MLKing Jr. Shoreline: Kayaking - Sunset Paddle

29
Anthony Chabot: Campfire Programs
Ardenwood: Garden Chores For Kids, Patterson House Tours, Meet The Farmer, Rabbit Rendezvous, Animal Feeding
Big Break: Testing The Water, Delta Discoveries, Levee Top Stroll
Black Diamond: Mine Tours, Prospect Tunnel
Coyote Hills: Nectar Garden Fun Day, Discovery Days, Animal Tracking
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: Nature Hike, Beach Break, Night with a Naturalist
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores

30
Ardenwood: Birds Of The Farm, Train Rides, Gorgeous Goats, "Chocolate: A Story ...", Patterson House Tours, Straw Plaiting, Animal Feeding
Big Break: Delta Discoveries, Testing The Water, Kayaking - Longer Paddle
Coyote Hills: Plein Air Paint Out, Art in the Park, Discovery Days
Crab Cove: Family Nature Fun, Fish Feeding
Del Valle: "Beat The Heat, Catch the View", Has the Eagle Landed?, Nature Hike, Beach Break
Roberts: The Biggest Trees in the World?
Sunol: Nature Crafts, Animal Feeding, Wild Wonders
Tilden Nature Area: Talk With Animals, Firemaking Techniques of the Ancients, Dragons and Damsels

LEVEE TOP STROLL

Big Break Interpretive Staff
2-3pm, Sun, June 29
Let's wander along the willows, water and wildlife on this flat, 1-mile stroll.

BLACK DIAMOND

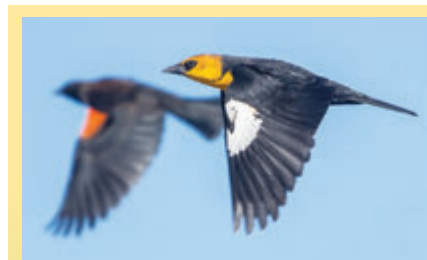
Sidney Flat Visitor Center is open 10am-4:30pm, weekends. Greathouse Visitor Center is open 10am-4:30pm, weekends Mar-Nov. Info: (510) 544-2750 or bdvisit@ebparks.org. Programs meet in parking lot at south end of Somersville Road unless otherwise noted. Weekend parking fee: \$5.

HAZEL-ATLAS SILICA-SAND MINE TOUR ^{SP}

Black Diamond Interpretive Staff
Various times, weekends, Mar-Nov
Explore the extended tour route on a 1-hour, guided, small-group tour. Must be 7+yrs. 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 permits. Reserve online or by phone. Day-of ticket sales available only at Greathouse Visitor Center, where tours begin. Fee: \$5

MOTHER'S DAY MINE TOURS ^{SP}

Black Diamond Interpretive Staff
11am-4:15pm, Sun, May 12
On Mother's Day, one-hour tours of 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. 7+yrs. Parent participation is required. Fee: \$5.



A red-winged and a yellow-headed blackbird at Ardenwood. Photo: Jerry Ting.

BIRD WALKS

Birds of the Farm, Ardenwood, May 5, 26, June 9, 30 page 5
Thursday Birding, Raptor Baseline, Various Parks, May 30, June 27, page 7
Happy Hawk, Big Break, May 26
Dust Marsh Bird Hike, Coyote Hills, May 12, page 10
Bird Walk, Garin, May 4, Coyote Hills, June 1, page 13
Weekday Bird Walk, Various Parks, May 21, Jun 18, page 14

MEMORIAL DAY MINE TOURS ^{SP}

Black Diamond Interpretive Staff
11am-4pm, Mon, May 27
On Memorial Day, one-hour tours of 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. 7+yrs. Parent participation is required. Fee: \$5.

BUTTERFLY SPRING ^{SP} **HPHP**

Various Parks Kevin Dixon
9-11:30am, Sat, May 4, 11, 18
Where do butterflies go in winter? When do they return? Join us for one program, or all three, to meet these quiet beauties in their summer homes. Moderate distances. May include steep terrain. Bring binoculars, if you have them. **May 4:** Black Diamond, end of Somersville Road, \$5 parking fee. **May 11:** Diablo Foothills, Orchard Staging Area. **May 18:** Carquinez Strait, Nejedly Staging Area. 8+yrs. Info: (510) 544-2750.

OAK TALES ^{SP}

Black Diamond Ricardo Black
9-11am, Sat, Jun 1
See the land through the eyes of the oaks on a hike over steep and varied terrain. 9+yrs.

MOONLESS NIGHT HIKE ^{SP}

Black Diamond Eddie Willis
7:30-10pm, Sun, Jun 2 #25046
Explore a realm that awakens after sunset. Hike 3.5 miles up steep, uneven, and rocky terrain to catch the sunset, then hike down in the dark. 10+yrs. Registration is required.

EVENING CEMETERY HIKE ^{SP} **HPHP**

Black Diamond Eddie Willis
6-8pm, Sun, Jun 9
Long ago, miners left their mark on these hills. Take a hike to historic Rose Hill Cemetery to hear tales of spirit, tragedy, heroism, and endurance. 8+yrs.

EVENING IN THE WILD WEST END ^{SP}

Black Diamond Kevin Dixon
6-10pm, Sat, Jun 15 #25057
Join the waking owls of the Preserve's west side in welcoming the night as the moon ascends. 6 steep and rugged miles. 10+yrs. Registration is required.

WHO-O-O EATS WHO? ^{SP}

Black Diamond Eddie Willis
11am-noon, Sun, Jun 16
Reconstruct the last meal of an owl. While picking through bony pellets, you'll learn whooo they eat and how they help our local parks.

SUMMER'S WILDFLOWERS ^{SP}

Black Diamond Kevin Dixon
9am-1pm, Sat, Jun 22. #25070
Sparser than Spring's yield - hardy and

beautiful - summer wildflowers are worth the wait. Route will be selected based on best blooms, but will almost certainly be steep. 10+yrs. Registration is required.

SLAKEY SUMMER SEASON ^{SP}

Black Diamond Eddie Willis
11am-noon, Sun, Jun 23
Reptile season is in full swing. Meet two resident snakes and learn how to safely share the trails with them and other scaly friends.

PROSPECT TUNNEL LOOP ^{SP}

Black Diamond Kevin Dixon
6:30-10pm, Sat, Jun 29 #25086
Enjoy East County to the fullest on a summer night. Prospectors did indeed scour these hills. Learn what they were after on this strenuous 7-mile hike. Meet at end of Frederickson Lane. 10+yrs. Registration is required.

COYOTE HILLS

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

DISCOVERY DAYS ^{SP}

Coyote Hills Interpretive Staff
11am-3:30pm, every Sat & Sun
Enhance your park adventure with hands-on exploration or crafts the whole family will enjoy. Come at 11am for an introduction to the topic of the week, or participate at your own pace. Parent participation required.

ETHNOBOTANY HIKE ^{SP} **HPHP**

Coyote Hills Francis Mendoza
10-11:30am, Sun, May 5
Go on a moderate 2-mile hike and learn how native Californians traditionally managed 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 ^{SP}

Coyote Hills Francis Mendoza
1-2:30pm, Sun, May 5 & 19
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 ^{SP} **HPHP**

Coyote Hills Francis Mendoza
9-11am, Sun, May 12
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 ^{SP}

Coyote Hills Francis Mendoza
1-2pm, Sun, May 12

OHLONE VILLAGE SITE TOUR ^{SP}

Coyote Hills Interpretive Staff
1:30-3:30pm Sat, May 4 #24998
10-noon & 1:30-3:30pm, Sun, May 26 #25000
1:30-3:30pm Sat, Jun 8 #24999
Walk one-half mile through vibrant marsh habitat to a more than 2,000-year-old Ohlone village site. Learn about Ohlone cultures, past to present. Tour a reconstructed shade structure, pit house, and sweat house. Meet at the Visitor Center.

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 ^{SP}

Coyote Hills Kristina Parkison
1-3pm, Sat, May 18, Jun 22
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!

MEMORIAL DAY OPEN HOUSE ^{SP}

Coyote Hills Francis Mendoza & Interpretive Staff
10am-4pm Mon, May 27
This Memorial Day, drop by to learn about the park's varied stories. Ohlone cultures, the military, and the wonders of nature that await you on the trails all play a part in Coyote Hills' past and present.

NATIVE KNOWLEDGE NATURE WALK ^{SP}

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Jun 1
Ohlone people have lived on this land for centuries and know its secrets. We'll share some of their knowledge of plants and animals, plus play some games Ohlone people enjoy! 7+yrs.

PHLOWER PHOTOGRAPHY ^{SP}

Coyote Hills Kristina Parkison & Don Jedlovec
9:30-11am, Sat, Jun 8 Course #24987
Photographer Don Jedlovec teaches tips and tricks needed to get professional images of floral jewels in the Butterfly Garden. In addition, learn how to attract avian and insect pollinators to your garden. 12+yrs. Registration is required.

STORIES OF THE PAST: ARCHAEOLOGY ^{SP}

Coyote Hills Dino Labiste
10am-noon & 1-3pm, Sun, Jun 9
Are you a dirt digger, history seeker, and artifact looker? Do you like puzzles? Piecing together stories from clues? These are all things archaeologists do to investigate how people lived in the past. Help us solve a puzzle and discover a story.

ARCHEOLOGY ADVENTURES

Coyote Hills Kristina Parkison
1-3:30pm, Sat, Jun 15 #25010
Discover the fascinating science of archeology and join us for a “dig!” We'll cover the basic principles of archeology through hands on activities and we'll finish up with a walk to – and tour of – our 2,000 year-old Ohlone village site.
10+yrs. Registration is required.

WONDERS OF WETLANDS **HPHP**

Coyote Hills Kristina Parkison
10-11:30am, Sat, Jun 22
Wetlands vibrate with life – insects, mammals, fish, and birds! Explore this amazing habitat with dip nets, binoculars, and fun scavenger hunts! 6+yrs.

SKILLS OF THE PAST:

KNOTLESS NETTED BAG

Coyote Hills Dino Labiste
9am-4pm, Sun, Jun 23 #25114
Acquire the skill to create a bag using the traditional technique of looping cordage. Knotless netting was used to create bags, baskets, nets, and garments during the Upper Paleolithic era. You'll also learn about plant fibers and process a dogbane to make cordage. 16+yrs. Fee: \$7 (non-res. \$9). Registration is required.

NECTAR GARDEN FUN DAY

Coyote Hills Interpretive Staff
10am-noon, Sat, Jun 29
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.

ANIMAL TRACKING

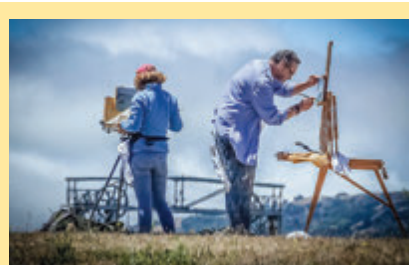
Coyote Hills Kristina Parkison
1:30-3pm, Sat, Jun 29
Have you ever wondered who left a track? Find out with fun activities designed to help you learn to decode the secret language of animal tracks! 7+yrs.

20TH ANNUAL BUTTERFLY & BIRD FESTIVAL

Coyote Hills Dino Labiste
10am-3:30pm, Sun, Jun 2
Join us for a fun time at the 20th Annual Butterfly & Bird Festival. The special event is dedicated to increasing the numbers and species of butterflies and birds in Bay Area landscapes. Spend a day of adventure and learning that allows you to get close to nature's flying critters. Enjoy garden tours, family hands-on activities, educational speakers, photo presentations and music. Learn how to bring your backyard to life by creating wildlife-friendly habitats!

PLEIN AIR PAINT OUT

Coyote Hills Dino Labiste
8:30am-3pm, Sun, Jun 30 # 25135
Visitor Center - Join fellow artists in a 1-day open air paint out and exhibition at Coyote Hills. Find inspiration from the natural setting as you capture the light and colors in the park. All 2-dimensional mediums are accepted. People's Choice Awards at the end of the day. 18+yrs. Fee: \$8 (non-res. \$10). Registration is required.



Artists capturing a classic California landscape in one of the Regional Parks. Photo: CatsMan2.

ART IN THE PARK

Coyote Hills Dino Labiste
10am-2pm, Sun, Jun 30
Families are invited for a day of art and fun. Enjoy nature-related art activities, meet talented artists painting in the park, learn about California's impressionists, and vote in the People's Choice Awards.
Info: (510) 544-3215.

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.

FAMILY NATURE FUN

Crab Cove 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 the beach or bike along the San Francisco Bay Trail, and drop by the Visitor Center to explore with us and have fun with a nature craft!

FISH FEEDING TIME

Crab Cove Interpretive Staff
3-3:30pm, every Sat & Sun, May & Jun
Meet our crabs, fish, and sharks while they eat! Learn how the Seafood Watch app helps their friends in the wild!

MOTHER'S DAY MAMAS **HPHP**

Crab Cove Michael Charnofsky
10:30am-noon, Sun, May 12
Explore around the Cove and pond, watching baby ducks, geese and possibly other animals being cared for by their mothers (and fathers). End with a motherly craft.

EARLY-EARLY GRUNION SEARCH

Crab Cove Susan Ramos
1am-3am, Mon, May 6 #25039
12:30am-2:30am, Tue, Jun 4 #25040
Otis St. Parking Lot - Under the cloak of night, stealthy silver fish called grunion slip and flip on sandy beaches to spawn. Help search our shore to see if they are here! Registration is required.

SEA SQUIRTS

Crab Cove Interpretive Staff
10:30-11:45am, Tue, May 14, 28 & Jun 11, 25
Share a morning of shoreline fun with your preschooler. We'll play games, explore nature, share stories, and do a craft related to the theme of the day! Please no older or younger siblings (exception: infants). 3-5 years. **May 14:** Fabulous Flowers #25015. **May 28:** Incredible Insects #25017. **Jun 11:** Mission to Outer Space #25018. **Jun 25:** Move it, Move It! How Animals Move #25020. Fee: \$5 (non-res. \$7). Registration is required.

WORLD TURTLE DAY SHELL-EBRATION!

Crab Cove Morgan Guenther
4:30-5:30pm, Thu, May 23
Esmerelda the three-toed box turtle formally invites you to her turtlely awesome birthday party. Take a shell-fie, make crafts, eat cake, and spend quality turtle time – BYOT (Bring Your Own Turtle) to join in the fun!

MEMORIAL DAY OPEN HOUSE

Crab Cove Interpretive Staff
10am-4pm, Mon, May 27
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 history walk – ask at the front desk. Scheduled programs: 11-11:30: Reptile Rendezvous, 12:30-1:30pm: Low Tide Walk; 2-3pm: Memorial Day Memories; 3-3:30pm: Fish Feeding.

SENIOR STROLL **HPHP**

Crab Cove Susan Ramos
2-3:30pm, Wed, May 29
Stroll down “Memory Lane” as we take a short walk around the park learning about the natural and cultural history of the area.

LOW TIDE EXPLORATION

Crab Cove Susan Ramos
11am-12:30pm, Sun, Jun 9
We'll venture into the mud and peer under rocks to look for a variety of critters during low tide. Wear old shoes or boots and clothes that can get dirty.

ANNUAL SAND CASTLE AND SCULPTURE CONTEST

Crab Cove Interpretive Staff

9am-1pm, Sat, Jun 8

Enjoy a day at the beach with friends and family either building a unique work of art or strolling to 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. Stop by our information table to learn about our Healthy Parks, Healthy People initiative!



RETURN OF THE TERNS

Crab Cove Michael Charnofsky
10am-4pm, Sat, Jun 15
Join us for a special day dedicated to the California least tern, an endangered species! View a presentation about their fascinating behaviors and the reasons for their success at the largest colony in Central/Northern CA. All visitors welcome. 10:15am, 11:30am, and 12:45pm. Reserve your spot to view the nest site teeming with several hundred pairs of terns and their chicks, accessible only on our tour bus (space limited). Experts aboard the bus will interpret bird behavior. At 3:30pm, join a naturalist to watch these amazing acrobats hunt at Crab Cove (binoculars available for loan). Bus rides to the colony (reservations required): 11am (#25103), 12:15pm (#25104), and 1:30pm (#25105) 8+yrs (for bus ride). Fee: \$9 per person for bus (non-res. \$11). Registration is required.

DEL VALLE

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

SOARING WITH EAGLES

Del Valle
Constance Taylor, “Doc Quack”
10am-noon, Sat, May 4, #24928
Behold the bald eagles! View the nest and learn how EBRPD is studying these amazing birds by asking citizen scientists to help with research. Earn a Raptor Researcher badge! Registration is required.

DEL VALLE CAMPFIRE PROGRAMS

Interpretive Staff

DAYS OF THE PIONEERS

7:30-9pm, every Fri, May 24 – Jun 28
What was Del Valle like before the lake? Discover the valley's history through hands on activities and stories during this family campfire.

NIGHT WITH A NATURALIST

8-9pm, Sat, May 25
8:30-9:30pm, every Sat, Jun 1– 29
The evening glow gives way to the roaring fire, as families gather along the creek-side. Discover the wonders of the park and this camping tradition each Saturday night.

NATURE HIKE **SP** **HPHP**

Del Valle Interpretive staff
10am-noon, every Sat & Sun, May 18-Jun 20
What is hiding in those hills? Discover the answer as we search for clues on this guided hike. Meet at campground store.

BEACH BREAK **SP**

Del Valle Interpretive staff
12:30-1:30pm, 2:30-3:30pm, 4:30-5:30pm,
every Sat & Sun, May 18-Jun 30
West swim beach - Discover the natural side of the park at this lakeside exploration station. Different games, crafts, and activities happening throughout the day.



This eaglet's plumage will change many times before developing into the signature white head and tail feathers of a bald eagle. Photo: Walnut Creek Man.

HAS THE EAGLE LANDED? **SP**

Del Valle Interpretive Staff
9:30am-noon, Sun, Jun 9, 16, 23, 30
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.

WATER, WILDLIFE, WILDERNESS: DEL VALLE BOAT TOUR **SP** **HPHP**

Del Valle Ashley Grenier
1-2:30pm, Thu, Jun 20, #25029
Join us on this 1.5-hour boat tour of Lake Del Valle as we discover how water, wildlife, and wilderness intersect at one of the Bay Area's most popular summer time destinations. Registration is required. Adult \$5/Child, Senior \$3.

JUNIOR NATURALIST CAMP **SP** **HPHP**

Del Valle Interpretive Staff
8:30am-3pm, Mon-Fri, Jun 24-Jun 28
#24548

Calling all nature lovers and future naturalists! Join us for this week long exploration of Del Valle. Nerd out with our staff while you learn the skills to discover the hidden wonders of the world around us, and how to share your passion for nature with others. Fee: \$150 (non-res \$170). 12-16yrs. Registration is required.

BEAT THE HEAT, CATCH THE VIEW **SP**

Del Valle Ashley Grenier
9-11am, Sun, Jun 30
Arroyo Rd. staging area - Greet the morning with a hike over the creek, through oak grasslands, and steep uphill for spectacular views of Lake Del Valle. Best 7+yrs.

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.

NATURE CRAFTS **SP** **HPHP**

Sunol Interpretive Staff
10am-noon, every Sat & Sun, May 4 to Jun 30
Discover the natural world through your artistic side. We will explore the wild side of Sunol with a different craft each week.

WILD WONDERS **SP**

Sunol Interpretive Staff
2-3pm, every Sat and Sun, May 4 to Jun 30
Wildness awaits! Discover the wonders of the wilderness through games, activities, and explorations. Great for families of all ages.

ANIMAL FEEDING TIME **SP**

Sunol Interpretive Staff
10:30-11am, every Sun, May 5 to Jun 30
Step inside our visitor center and meet the resident animals. Find out what and how they eat as you watch us feed our not-so-furry friends!

MARVELOUS MOMS! **SP** **HPHP**

Sunol Ashley Adams
10am-noon, Sun, May 12
Celebrate this Mother's Day the nature way! This 3-mile hike for the whole family will meander through the hills of Sunol as we find out about nature's marvelous moms!

OUTDOOR DISCOVERIES! **SP** **HPHP**

Sunol Ashley Adams
10:30am-noon, Mondays
May 13: Sensational Seeds #24937
Jun 10: Ice Cream Science #24942
Jun 17: Geology Rocks #24946
Explore the world around you in this hands-on preschool and home school na-

ture series! Join us as we discover, adventure and create in the outdoor classroom of Sunol. (4-8yrs). Registration is required.

SUNOL TO MISSION PEAK **SP** **HPHP**

Sunol Ashley Adams
8am-4pm, Sun, May 19 #24953
Hike the beast from the East! Many have made the trek to Mission Peak but few have journeyed through the wilderness of Sunol. This 10-mile adventure on the Ohlone Trail is a one of a kind experience any Bay Area hiker won't want to miss! Best for 7+yrs. Registration is required. \$2.

MINI GRAND TOUR **SP** **HPHP**

Sunol Ashley Grenier
8:30am-12:30pm, Sun, Jun 9 #25011
Trade in tablets, pavement, and shopping malls for Indian Joe Creek, Cave Rocks, and Little Yosemite on this "mini" grand tour of Sunol – the wilderness awaits. Ages 10+yrs. Registration is required.

FEARLESS FATHERS **SP**

Sunol Ashley Adams
10am-1pm, Sun, Jun 16
Find out about nature's fabulous fathers on this 3.5-mile hike. Explore caves, ponds and woodlands on this journey to discover the fearless fathers of the forest.

BATS IN FLIGHT **SP** **HPHP**

Sunol Constance Taylor, "Doc Quack"
7:30-9:30pm, Sat, Jun 22 #25043
Watch bats come out for the night and learn how EBRPD is studying these unique mammals by asking citizen scientists to help with research. Earn a Bat Brigade badge! Registration is required.

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.

INSECT PARTY!

Tilden Nature Area Anthony Fisher
1:30-2:30pm, Sat, May 4, 11, 18 & 25
A weekly exploration of insect life in pond, stream and field. Come to one or, come to all! We finish by viewing live creatures under the super-giant-ultra-see-bigger scope! Awesome!

CLOSING THE FARM (MOO)

Tilden Nature Area Anthony Fisher
3:30-4:30pm, Sat, May 4, 11, 18 & 25
Help feed the cows, sheep, goats, pigs, chickens, ducks, geese and rabbits and put them all to bed!

TALK WITH THE ANIMALS **HPHP**

Tilden Nature Area Interpretive Staff
11-11:30am, every Sun in 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



FARM CHORES FOR LITTLES

Tilden Nature Area Interpretive Staff
10:30-11am, every Sat in 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.

from predators. A different animal will be featured each week. Meet in the classroom at the Little Farm.

MAY DAY OPEN HOUSE **HPHP**

Tilden Nature Area Interpretive Staff
11:30am-2pm, Sun, May 5
Celebrate spring with maypoles, bubbles, and crafts for the whole family. The Berkeley Morris Dancers will educate and entertain as they perform the rites of May from 11am-noon.

COASTAL CONSERVATION CELEBRATION **HPHP**

Tilden Nature Area Brianna Contaxis-Tucker
2:30-3:30pm, Sat, May 11
Ask questions about the natural world. Stay curious! Come celebrate in honor of the birthday of Rachel Carson – historic activist, conservation scientist, and writer.

NATURE AROUND US **HPHP**

Tilden Nature Area Trail Gail
10-11am, Sun, May 12, 19, 26
Immerse yourself in nature, surround yourself with space and wonder. Come explore with a naturalist. Your clothes could get dirty.

FUN WITH FELT

Tilden Nature Area Trail Gail
2-3pm, Sun May 12
Stop by the farm and make a felted creation. We'll use wool, soap and our own energy to make a unique piece. Come get your hands wet while learning about wool.

TULE FLOAT – MAKE A MINI BOAT **HPHP**

Tilden Nature Area Trail Gail
2-3pm, Sun May 19
Bull rush or tule has many uses. One is to make boats. Join a naturalist and make a mini tule boat, then we'll go out and see if they float!

TAKE A WALK ON THE WILD SIDE

Tilden Nature Area Trail Gail
1-2:30pm, Sun, May 26
Trek to the top of the world. We'll climb Wildcat Peak, watch for wildlife and experience our connection to the rest of the Bay Area. Bring water, snacks.

MEMORIAL DAY OPEN HOUSE ♿
Tilden Nature Area Interpretive Staff
11am-3pm, Mon, May 27

Join us to celebrate at the Nature Area.
Blow bubbles, go for a nature walk and
enjoy your park!

**SCIENCE STORIES AND SEEKING
STRATEGIES** ♿

Tilden Nature Area Brianna
Contaxis-Tucker

1-2pm, Sat, Jun 1

Discover the critters that live in ponds and
fields around us. Honor the birthday of
E.O. Wilson, a scientist who wrote about
these wonders.

**FIREMAKING TECHNIQUES OF THE
ANCIENTS**

Tilden Nature Area Anthony Fisher
11:30am-12:30pm, Sun, Jun 2, 30

Try your hand at this foundational survival
skill that makes us uniquely human: making
fire from sticks.

THROWING THE ATLATL

Tilden Nature Area Anthony Fisher
2-3:30pm, Sun, Jun 2 & 16

Test your stone-age paleo-mettle with this
ancient hunting system. Can you hit the
broad-side of a mammoth? (No animals will
be harmed in the making of this experience.)

FUN WITH FELTING ♿

Tilden Nature Area Jenna S. Collins
1-2pm, Sat, Jun 8 & 22

Come find out how we can turn sheep's
wool into cloth! Practice your hand at wet
felting and make your own felted creation.

WE ALL SCREAM FOR ICE CREAM! ♿

Tilden Nature Area Jenna S. Collins
3:30-4pm, Sat, Jun 8 & 22

Put together some ice, salt, cream, sugar,
and a little muscle power to learn how we
make delicious old-fashioned ice cream.

MAKE STRING FROM PLANTS

Tilden Nature Area Anthony Fisher
11:30am-12:30pm, Sun, Jun 9

Stop by and experience this ancient human
skill. Make a piece to take home.

DRAGONS AND DAMSELS

Tilden Nature Area Anthony Fisher
2-3:30pm, Sun, Jun 9, 23 & 30

The highly skilled and strangely beautiful
dragonfly has ruled the earth since the
Jurassic. Today, we delve into their mind-
bending world and try to find and under-
stand these aerial predators.

CHORES FOR LITTLE GARDENERS

Tilden Nature Area Jenna S. Collins
1-2pm, Sat, Jun 15

Lend a hand weeding, watering and
planting healthy vegetables. Meet at Kids
Garden.

JEWEL LAKE GOAT WALK HPHP

Tilden Nature Area Jenna S. Collins
3:30-4:30pm, Sat, Jun 15

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.

GAMES FROM NATIVE CALIFORNIA

Tilden Nature Area Anthony Fisher
11:30am-12:30pm, Sun, Jun 16

Test your skill and test your luck with a
variety of traditional games.

FERNS ARE (AROUND) US

Tilden Nature Area Anthony Fisher
11:30am-12:30pm, Sun, Jun 23

Several beautiful fern species grace the
Nature Area. We will find as many as we
can, identify them and enjoy their fractal
majesty. Make a photo too!

OTHER PARKS

BIRD WALK ♿

8-10am, Sat, May 4 & Jun 1

The Bay Area bursts with bird life! New
and experienced birders alike join us as we
discover patterns of behavior, migration,
and habitat. **May 4** - Garin; meet at May
Road Staging Area. **Jun 1** - Coyote Hills.
Led by Kristina Parkison. 8+yrs. Info: (510)
544-3220.

VASCO CAVES TOUR ♿ ♿

Round Valley Interpretive Staff
9am-2pm, Sat, May 4 #25122; Sun, May 5
#25136

Vasco Caves: 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

HIKES FOR TYKES ♿ HPHP

Various parks Interpretive Staff
10:30-11:45am

Enjoy some nature before naptime
with your young child! Join a naturalist
as they take you over hill and dell to
explore 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 7: Lafayette-Moraga Trail (St.
Marys Road Staging Area) Spring has
sprung - discover what is out and
about! Strollers fine for this trail.

May 21: Crab Cove - (Visitor Center)
Wear old shoes or rainboots for a
walk in the park and along the beach!

Jun 4: Roberts - (Redwood Bowl
Staging Area) Explore the wondrous
shade of the tall trees!

Jun 18: Anthony Chabot - (Bort
Meadow Staging Area) Discover all
that hops, crawls and flies in the hills
of late spring! Info: (510) 544-3187.

only through guided tours. Both May tours
meet at Round Valley. 10+yrs. Info: (510)
544-2750. Fee: \$35 (non-res. \$40). Regis-
tration is required.

**BOTANIZING AN ECOLOGICAL
JEWEL**

Huckleberry Michele Hammond and
Michael Charnofsky

9:30am-12:30pm, Sun, May 5

On a two-mile walk discover what's
blooming, observe how plants adapt to
harsh conditions in a rare community,
and discuss management techniques to
promote diversity while limiting plant
pathogens. Info: (510) 544-3187.

OVER-THE-HILLS GANG HPHP

Various Parks Trail Gail
10am-12:30pm, Tue, May 7 & 21, Jun 11 & 25

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 7: Contra Loma, Main Parking Lot –
“mostly” flat. **May 21:** 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. **June 11:**
Roberts - How old are these trees. **June
25:** Point Pinole, Atlas Rd Entrance – Find
out what summer brings to the shoreline.
Info: (510) 544-2233.

WEDNESDAY WALKS ♿ HPHP

Various Parks Interpretive Staff
Discover the natural and human his-
tory of our beautiful parklands and im-
prove 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. Hikes begin at 9:30am.

May 15: Crockett Hills, Crockett
Ranch Staging Area - Ranchlands
and views, this park has lots to of-
fer. We'll explore this beautiful area,
including a segment of the Bay Area
Ridge Trail. 8+yrs. Led by Trail Gail.
Info: (510) 544-2233.

May 29: Don Castro/5 Canyons, 5
miles, moderate to strenuous. Led by
Christina Garcia Info (510) 544-3282

June 19: Hayward Shoreline, easy,
3-mile walk along the bay. Led by
Christina Garcia Info (510) 544-3282.

June 26: Bay Farm Island - Spunk-
meyer Field - Walk almost 6 flat miles
around the Island known as Bay Farm/
Harbor Bay in Alameda. Meet at
Spunkmeyer Field near the corner of
Doolittle Drive and 970 Harbor Bay
Parkway. Led by Susan Ramos. Info:
(510) 544-3187.

CANINE CAPERS WALK ♿ ♿

Various Parks Kristina Parkison
9-11am, Sat, May 18 Garin Regional Park,
course #25031

Jun 15 Alameda Creek Trail #25038

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.

HIGH-ALTITUDE SPRING ♿ HPHP

Morgan Territory Eddie Willis
10am-1:30pm, Sun, May 19

Spring hangs on a little longer at Morgan
Territory. See what's still in bloom on this
6-mile hike. Bring water, sun protection,
and lunch. 10+yrs.

OHLONE PLANT USES ♿

Garin Francis Mendoza
9-11:30am, Sun, May 19

Go on a 3.0-mile hike to learn how the
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.

**SATURDAY & SUNDAY
STROLLS** ♿ HPHP

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 two to five miles. Great for
families. Dogs welcome on most hikes.
Info: (510) 544-3187.

May 18: Roberts - (Redwood Bowl)
This 3 ½ mile trail takes you from red-
woods to hillside, and all the variation
in-between.

May 26: Huckleberry - (Huckleberry
Staging Area) Appreciate beauty all
around as we walk 3 miles. No dogs
please.

Jun 2: Anthony Chabot - (Bort
Meadow) We'll walk along Grass Val-
ley trail to the stone bridge and back
along Brandon trail with a stop at the
meadow. No restrooms available until
the end of the 3 mile walk.

Jun 23: Redwood (Canyon Meadow)
Enjoy a shady stroll among the red-
woods, learning about the natural and
cultural history of this area.
Info: (510) 544-3187.

WEEKDAY BIRD WALK ^{SP}

Various Parks Kristina Parkison
7:30-9:30am, Tue, May 21 Alameda Creek
(meet at Niles Staging Area),
Jun 18 Dry Creek/Pioneer (Meet at May
Rd. Staging Area)
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
9:30am-12:30pm, Sat, May 25
Enjoy a relaxing walk along the shady banks
of the creek and eat together in a serene,
secluded nook. Info: (510) 544-2750.

OPENING DAY AT GARIN ^{SP} ♿

Garin Interpretive Staff
11am-5pm, Sat, May 25
Come to the Red Barn on opening day
to enjoy activities, games, ice cream, and
programs celebrating the unique history of
Garin park and its communities.

AROUND ROUND VALLEY ^{HPHP}

Round Valley Kevin Dixon
9am-noon, Sat, Jun 1
Visit this remote haven for golden eagles,
kit foxes, and tiger salamanders, and learn
about the history of this land on a mod-
erately strenuous hike. No dogs. 10+yrs.
Info: (510) 544-2750.

FUN IN THE EAST BAY PARKS

Contra Loma Kevin Dixon
9:30am-12:30pm, Sat, Jun 8
Redwing Picnic Area - Stop by to discover
opportunities in the Parks, meet a snake,
and make nature-themed crafts. Info: (510)
544-2750.

THE BIGGEST TREES IN THE WORLD? ^{SP}

Roberts Michael Charnofsky
10am-noon: Sun, Jun 30
On a 1.5 mile exploration search for evi-
dence of a 32 foot diameter redwood, and
the Blossom Rock Trees that were visible
from the bay. Discuss theories, mysteries,
and controversies. Info: (510) 544-3187.

CAMPFIRE PROGRAMS – ANTHONY CHABOT ♿

Anthony Chabot Interpretive Staff
8-9pm, every Sat, Memorial weekend
– Labor Day weekend. Campground
Amphitheater - Free! Join us for after-
dark fun! 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.

HOW DOES OUR GARDEN

GROW? ^{SP} ♿

Shadow Cliffs Ashley Grenier
10-11:30am, Tue, Jun 11 #25016
With help from you! We've got plenty of
kid-friendly tasks to complete - watering,
digging, planting, painting, and eating. Bring
the family, get your hands dirty, and enjoy
the sunshine in our public garden. Pack
a lunch and stay after our work is done.
Registration is required.

LAKESIDE LITTLES ^{SP}

Shadow Cliffs Ashley Grenier
10-11am, Mon, May 20, Jun 17
11:30am-12:30pm, Mon, May 20, Jun 17
Bring your little ones out and discover
nature. 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.

VOLUNTEER

FRENCH BROOM REMOVAL/ RESTORATION PROJECT

Redwood Staff
9am-1pm, 1st Sat of the month.
9:30am-1:30pm, 2nd Sun of the month.
Help remove invasive French Broom
at various locations in the park. Tools,
protective equipment and snacks will be
provided. Call (510) 544-3127 or email
redwood@ebparks.org to confirm meeting
location as this can vary from month to
month. Rain cancels.

FATHER'S DAY ADVENTURE: ^{SP} ♿

Garin Dino Labiste
10am-noon, Sun, Jun 16

FIRE MAKING

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.

ATLATL THROWERS

1:30-3:30pm, Sun, Jun 16
Join us for a day of Stone Age activity
using a prehistoric dart thrower. Atlats
were utilized by hunter/gatherer societ-
ies, like the Ohlones. Watch a demon-
stration 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.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley Staff
9:30am - 3rd Sun of the month:
Huckleberry
9:30am- 2nd Sat of the month: Sibley



Park lovers volunteered their time and care to various park projects during Martin Luther King, Jr. Day of Service.

Monthly weeding sessions to help protect
native plants against invasive species dis-
placement. Tools provided.
Info: (510) 544-3112. sibley@ebparks.org.

LOVE YOUR MOTHER (EARTH)

BEACH CLEAN-UP

Encinal Beach Morgan Guenther
10:30am-noon, Sat, May 11
Celebrate Mother's Day by the Bay early
by giving the gift of sifting the shore for
plastic, wrappers, and other oddities to
our beloved planet! Bring buckets and
gloves or borrow ours.
Info: (510) 544-3187.

THIRD THURSDAYS IN THE GARDEN

Crab Cove Staff
10am-noon, 1-3pm, Thu May 16 & Jun 20
Volunteers are needed in our Demon-
stration Garden to help with maintenance,
including weeding, pruning, mulching and
other park projects. One-time or on-going
help welcome. Attend one or both ses-
sions. Meet at the bathhouse by Otis en-
trance. Wear long pants, closed-toe shoes,
hat, and bring a water bottle. Children
12 and under must be accompanied by an
adult. Info: (510) 544-3187.

NATIVE PLANT AND BUTTERFLY GARDENING ♿

Crab Cove Michael Charnofsky
9:30am-12:30pm, Sun, May 19 #25275
Help
beautify
the Visitor
Center
and pro-
vide food
for wildlife
as we
prepare
our but-



terfly and native plant gardens for summer.
You choose the work: weeding, pruning,
mulching, and general clean-up. Snacks
and refreshments served, tools provided.
Students earn community service hours.
8+yrs. Registration is required.



WILDLIFE VOLUNTEERS

with "Doc Quack", Certified
Wildlife Biologist

LEAST TERN COLONY MONITORS TRAINING

Hayward Regional Shoreline
1:30pm-4pm., Sat, May 4, 2019. #25571
Here is your opportunity to become
a "Birding-Detective" by investigating
into the family life of terns. You will
help record data about their nest dis-
tribution, chronology and reproductive
success using the Type 2 monitoring
method. In this method, surveys are
conducted from a vehicle approximat-
ely 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 profes-
sional 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. Par-
ent participation required.
Deadline to sign-up is 4/26/19.
Park in the Hayward Shoreline service
yard, at 3050 West Winton Ave.
We recommend outdoor clothing (long
pants), hiking boots (close-toed foot-
wear), gloves, hats, water, sunscreen
and binoculars.

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 Woodroave 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. 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 Concerts in the Parks



EAST BAY REGIONAL PARK DISTRICT

June 22....Lake Chabot
 July 12Crab Cove
 Aug. 9Crab Cove
 Aug. 23 ...Contra Loma

Sept. 13 ...Crab Cove
 Sept. 28 ...Gateway
 Multicultural Festival

MOTHER'S DAY ON THE FARM

Sunday, May 12
 11 a.m. to 3 p.m.

Ardenwood Historic Farm

Celebrate the special people
 in your life at the farm.

Admission fee applies. (See pg. 6)



To Register: www.ebparks.org/activities

FATHER'S DAY FISHING

Sunday, June 16
 12:30-2:30 p.m.

FREE
EVENT



Crab Cove

Go fishing with
 your kids!

Fishing gear
 provided.

Registration
 required.
 (See pg. 5)

FREE PARK FRIDAYS

Celebrate our 85th anniversary every Friday,
 now through the end of the year!



- **FREE** parking, swimming, fishing, and boating (State fees/permits still apply. Horses and dog fees waived.)
- **FREE** entrance to Ardenwood Historic Farm on non-event days.

East Bay 
 Regional Park District

Healthy Parks Healthy People

2950 Peralta Oaks Court
 Oakland, CA 94605-0381
www.ebparks.org

Regional Parks Foundation 50th Anniversary Gala

Join the fun on Thursday, **October 10, 2019**
 at Casa Real in Pleasanton as the
 Foundation celebrates its 50th anniversary
 with guest performer **Michael McDonald**.

Register online at regionalparksfoundation.org.

