

Regional in Nature

Activity Guide

MARCH – APRIL 2024



Calli Godley



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McCosker Creek Restoration and Public Access Project Opening Spring 2024

A MESSAGE FROM GENERAL MANAGER
SABRINA LANDRETH



The Park District is thrilled to announce that the largest creek restoration project in the District's history is wrapping up at Sibley Volcanic Regional Preserve. The public will be able to access the area starting April 2024.

The restoration project, which began construction in 2020, daylight, or opens up and restores to natural conditions, approximately half a mile of previously culverted creek, and restores habitat along portions of Alder, Leatherwood, and San Leandro creeks. Parkgoers will soon be able to enjoy the 250-acre site, which is situated within an oak woodland canyon leading to a ridgeline of rolling grassland hills. The restored natural habitat has the potential to support 10 special-status or protected species. Water quality and streamflow have been improved as well, providing new habitat for rainbow trout. These critical habitat improvements also align with the state's 30x30 goal of protecting biodiversity and improving climate resiliency.



When opened, the public will have access to approximately 3.5 miles of trails, including a nature trail along Alder Creek, and interpretive panels that detail the project and important species at the site. More public access improvements are planned in future phases, including additional parking, restrooms, water fountains, a group campsite, and connectivity to existing trails and sections of region-wide trails such as the Skyline Trail.

Watch for updates on the opening of the new McCosker Creek Restoration and Public Access Project, a park improvement to protect the natural habitat and provide enjoyment for all.

*East Branch tributary
of upper Alder Creek*



PARK DISTRICT RECOGNIZES Representative DeSaulnier WITH 2023 RADKE CHAMPIONING ADVOCACY AWARD

The East Bay Regional Park District and the Regional Parks Foundation have named U.S. Representative Mark DeSaulnier the 2023 Radke Championing Advocacy Award winner. Congressman DeSaulnier has been a long-time supporter and avid user of Park District parks and trails. In 2022, he was instrumental in securing \$3 million in federal funding for the District's planned visitor center at Thurgood Marshall Regional Park – Home of the Port Chicago 50.



Rep. DeSaulnier with Park District officials

New Restoration and Public Access Project Coming Soon to Coyote Hills

A nearly completed restoration project is coming soon to Coyote Hills, expanding the park by approximately 25 percent. The Coyote Hills Restoration and Public Access Project (Patterson Ranch) was made possible by the largest ever land donation to the Park District and will provide public access and restore habitat on approximately 170 acres of parkland. The project is expected to open in 2024.

The project will provide public access to new trails and restored and enhanced wildlife habitat, including areas with newly planted native trees, shrubs, and grasses. New park facilities will include additional parking, picnic areas, restrooms, water fountains, new and improved trails, wildlife overlooks, and educational exhibits and signage.

Funding for the Coyote Hills Restoration and Public Access Project was provided by the California Natural Resources Agency through Prop 68, U.S. Environmental Protection Agency, San Francisco Bay Restoration Authority's Measure AA, U.S. Fish and Wildlife Service/California Coastal Conservancy, and Measure WW.





Upcoming 90th Anniversary Events in the Regional Parks

As a continuing celebration of the Park District's 90th anniversary year, join us for naturalist-led "Explore Your Parks" Adventure Programs. Celebrate with us all year long!

DAY BY THE WATER

**Del Valle Regional Park,
Livermore**

Celebrate World Water Day at Del Valle! Find out how water benefits people and wildlife and learn water conservation tips to safeguard water for the future.

– **Mar 23** (Sat), 10am-3pm

90th ANNIVERSARY SUNDAY STROLL AND PICNIC

**Temescal Regional Recreation
Area, Oakland**

Learn the history of one of the Park District's first three parks, take a stroll and admire the wildflowers, and enjoy a picnic lunch together.

– **Mar 24** (Sun), 9:30-11am

TRAIL DAY HIKE

**Big Break Regional Park,
Antioch**

Join us at Big Break for Celebrate Trails Day, an annual celebration of America's trails that encourages people to get outside and enjoy the nation's exceptional trails and trail systems.

– **Apr 27** (Sat), 2-3pm

BIOBLITZ

**Coyote Hills Regional Park,
Fremont**

Join us for a 2023 City Nature Challenge bioblitz! While on a short hike, help find, photograph, and identify plants and animals using the iNaturalist app on smartphones or mobile devices, or bring a digital camera.

– **Apr 28** (Sun), 9:30-11:30am

SHEEP SHEARING DAY

Ardenwood Historic Farm, Fremont

See the farm's sheep get sheared, try your hand at wool carding, and watch fiber transform into yarn on a spinning wheel. Entrance fees apply. Free parking.

– **Apr 13** (Sat), 11am-3pm



Enjoy Earth Day in the Regional Parks

Earth Day is close to the Park District's heart and mission to preserve and protect our natural resources. It is both a celebration of the natural environment we enjoy in the Regional Parks and a reminder of our responsibility to take care of it.

Every day is Earth Day in the Park District, and there are all kinds of ways to celebrate and honor the Earth. Volunteer at an Earth Day clean-up event in a Regional Park or Shoreline, join us for an Earth Day themed activity, or take a hike or ride in nature. Learn more at ebparks.org/earth-day.

See pages 4, 5, and 11
for Earth Day activities
in the Regional Parks!



Lifeguards Wanted

FOR 2024 SWIM SEASON

Apply today to become an East Bay Regional Park District lifeguard! Park District lifeguards deliver high quality lifeguarding and program instruction for the safety of park visitors at 11 swimming areas in the District. Applications must be received by March 25. No experience is needed. There is a 10-day paid Lifeguard Academy held on weekends in April and May starting on April 20. Applicants must be 16 years or older by the first day of the Academy. Starting wage is \$20.78/hour.

Apply at eblifeguard.org/job

Becoming an East Bay Regional Park District lifeguard offers:

- Paid training with valuable first responder certificates
- Daily challenges as part of an excellent team
- Leadership and professional development
- Specialized training opportunities



Park District Awarded Certificate of Achievement FOR EXCELLENCE IN FINANCIAL REPORTING

The East Bay Regional Park has been awarded the Certificate of Achievement for Excellence in Financial Reporting by the District Government Finance Officers Association of the United States and Canada for its annual comprehensive financial report for the 2021-2022 fiscal year. This recurring award and recognition exemplify the Park District's commitment to excellence, transparency, and accountability. Learn more about Park District awards at ebparks.org/public-info/awards.



See ebparks.org/activity-search for upcoming activities

Springtime Along the Bay

Springtime has returned to Ardenwood and Coyote Hills. With the essential rain and longer days, the land is coming alive again! See the poppies, lupines, baby animals, and so much more. As the season progresses new flowers emerge, old flowers turn to seed. Come and find your place in nature and see it change throughout this crucial time of year.



Eric Nicholas

Springtime Matching Game

Can you match the springtime activity to these neighboring parks?

Spot egrets in their breeding plumage



Eric Nicholas

Visit the baby animals



See the federally threatened Bay checkerspot lay eggs and hatch in the Butterfly Garden



Keep a lookout for muskrats in the mid-afternoon until just after dusk



Davor Desarevic

Spring is when the corn is planted



Eric Nicholas



Ardenwood
HISTORIC FARM



Coyote Hills
REGIONAL PARK

Featured Naturalist Programs

EARTH DAY HABITAT RESTORATION FOR 30X30

Coyote Hills Regional Park, Fremont

Help us celebrate Earth Day, remove invasive plants, and contribute to the global initiative to conserve 30 percent of our land and water by 2030. Help restore wetland habitats, promote biodiversity, and enhance climate resilience.

Apr 20 (Sat), 9:30am-12:30pm

OLD FASHIONED BUTTER MAKIN'

Ardenwood Historic Farm, Fremont

Before modern grocery stores, people needed to make their own staples at home. Discover an easy way to make butter from cream then sample your tasty concoction on crackers!

– **Mar 10, 17, 31** (Sun), 11am-noon

MARSH MADNESS

Coyote Hills Regional Park, Fremont

Take a stroll through our marsh and learn more about the plants and animals that call it home. Get to know their unique traits and environments while you play a game of storytelling and science.

– **Mar 16** (Sat), 10-11:30am

SUNDAY MUSIC AT GARIN BARN

Garin Barn Visitor Center, Hayward

After a long week working on the farm, it is essential to take some time to relax. Bring your musical instruments to the Red Barn at Garin for a whimsical old-time feel and pleasant tunes to learn and play along to. Please bring your own string instruments.

– **Apr 28** (Sun), 2-3pm



Scan the QR code to find more upcoming activities such as **EARTHY EGGS, BEGINNING EMBROIDERY, NIKE MISSILES UNDONE,** and **SUNDAY MUSIC AT GARIN BARN.**

Signs of Spring

IN CONTRA COSTA COUNTY

Spring in eastern Contra Costa is a remarkable time of transformation and renewal. We eagerly anticipate the signs of this season each year. One of the most unmistakable indicators of spring's arrival are the vibrant wildflower blooms across parks like Black Diamond Mines. The hillsides and meadows come alive with a kaleidoscope of colors, from the cheerful orange of California poppies to the delicate purple of lupines. These floral displays delight the eye and provide essential nectar for native pollinators like bees and butterflies.

The lengthening days and warming temperatures stir the activity of our local wildlife. At Big Break, reptiles, amphibians, and mammals become more active, emerging from winter slumber. This is a great time to witness animals like western pond turtles basking in the sun and river otters playing in the slough.

In the East Bay Regional Park District, spring is a season of wonder and a time to celebrate the beauty and resilience of our local ecosystems. It's a time when the natural world reawakens, offering endless opportunities for exploration and appreciation in our beloved parks.

Common
fiddleneck
(*Amsinckia
menziesii* var.
intermedia)



Silver
bush lupin
(*Lupinus
albifrons*)



Jerry Ting

Western pond turtle
(*Actinemys marmorata*)

Featured Naturalist Programs

WILDFLOWER WALKS

**Black Diamond Mines Regional Preserve,
Antioch**

Join us to discover the wonderful world of wildflowers at Black Diamond Mines Regional Preserve. We will traverse the chaparral ecosystem in search of these colorful signs of spring. Be prepared to hike 2-3 miles on hilly, uneven terrain. Meet at upper parking lot of Black Diamond Mines. Best for ages 7+. Program starts at upper parking lot and ends at the Greathouse Visitor Center. Heavy rain cancels.

- **Mar 16** (Sat), 9:30-11:30am
- **Mar 17** (Sun), 9:30-11:30am
- **Mar 30** (Sat), 9:30-11:30am
- **Mar 31** (Sun), 9:30-11:30am



EARTH DAY DUNE RESTORATION

Big Break Regional Shoreline, Oakley

Join us for our Earth Day Sand Dune Restoration program, where we'll work together to revive and protect our historic ecosystem. Dig your hands into the sandy terrain as we remove invasive vegetation, fortify dune structures, and learn about this habitat's vital role in safeguarding our shores against erosion. Celebrate our planet's resilience and contribute to its preservation on Earth Day. Drop-in.

- **Apr 20** (Sat), 10am-12pm



Take a Hike!

You can check out a Regional Parks backpack at the Sunol Visitor Center. It comes equipped with field guides (including wildflower identification), maps, binoculars, and other park visit essentials!



See ebparks.org/activity-search for upcoming activities



FEATURED Naturalist Programs

HOOTIN' HABITATS

Tilden Nature Area

Discover which owls call the Bay Area home. Demystify the adaptations of these silent fliers and learn how to properly dissect an owl pellet. Meet at the visitor center. Drop-in. Info: (510) 544-2233.

– **Mar 2, 16, 30 (Sat)**,
11:15am-12:30pm

BUGS FOR LUNCH

Tilden Nature Area

Insects play a very important part in our ecosystem. From decomposition to food, bugs help make the world go round. We'll read a story about animals that rely on insects for food then make old fashioned ice cream ... topped with bugs! Meet at the visitor center. Drop-in. Info: (510) 544-2233.

– **Mar 30 (Sat)**, noon-1pm

Wildflower Color Clues

Use the clues to color these wildflowers! Then look for them next time you visit a Regional Park!



Yerba mansa

This plant has about one hundred tiny white flowers growing from a green conical-shaped flower head. Four to nine large white spoon-shaped bracts surround the flower head and develop red stains as it matures.



Shooting star

These dynamic-looking flowers resembling a wasp or a bird with purple wings. They are each about an inch in diameter, and have five petals which range in color from white to pink to lavender to magenta, starting out yellow at the base.



California poppy

California poppies have feathery, gray-green foliage. These four-petaled wildflowers are usually orange, pale-yellow, or cream.



WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m. through May. Free Garden entry. Pets are not allowed.

Special events, classes, and Friends of the Regional Parks Botanic Garden e-newsletter, visit nativeplants.org or call (510) 544-3169.

FREE WEEKEND AND HOLIDAY TOURS

Join a docent-led, weekend, garden tour. Meet at the Visitor Center. Max number of spots is 10 per tour. Rain cancels! Free. Drop in.

- **Saturdays**, 2 pm
- **Sundays**, 11am and 2pm

WEEKLY PLANT SALES

Find California native plant for sale at the potting shed near the Garden's West Entrance Gate.

- **Wednesdays**, 10am-noon
 - **First Saturday of the month**, 10am-2pm
- Information: nativeplants.org





Where are the Blossom Rock Trees?

Coast redwoods are tall! 380 feet is the height of the tallest known tree in the world, a redwood named Hyperion growing in Humboldt County. Before logging started in the mid-1800s, the East Bay had a redwood forest with huge trees. Ship captains sailing near the Golden Gate wrote about two redwoods at the top of a ridge in the Oakland hills that towered over others. Captains used these distant landmarks to navigate around the treacherous Blossom Rock, hidden just beneath the surface of the Bay between Alcatraz and Yerba Buena Islands.

Where were these trees? In the 1980s, John Nicoles (now-retired EBRPD vegetation manager), Paul Miller (now-retired interpretive parklands unit manager), and Martin Materrese (now-retired City of Oakland parkland resources supervisor) all went onto boats near the Golden Gate to try to duplicate what the ship captains did to avoid Blossom Rock, based on descriptions of where the distant trees were located. Unfortunately, there was too much variability in the positions of the boats historically to figure out the location of the trees by that method.



Deane Little

There were no photos of the Blossom Rock Trees that we know of, so could the second-growth forest in the East Bay hills give some clues? Nicoles and Materrese theorized that if the Blossom Rock Trees towered above others on the top of a ridge, then their second-growth sprouts might also tower above other trees (redwoods respout after falling or being logged). In Robert's Regional

Recreation Area, there is a tree that does indeed tower above surrounding trees,

and its location fits the general description provided by the ship captains! With convincing evidence, in 1986 the site became the Blossom Rock Navigation Trees California Historical Landmark.

What about the other Blossom Rock Tree? In 1977, the Daughters of the American Revolution installed a plaque in Oakland's Joaquin Miller Park implying it is the area where the Blossom Rock Trees lived. The location, however, is not on the top of a ridge, nor does it coincide with the general location described by ship captains; but the plaque is inside a partial circle of redwoods that is huge, sprouts that grew outside of the original tree!

Maybe we will never discover the location of the other Blossom Rock Tree, which adds some mystery to our knowledge of the beautiful East Bay redwood forests.



Andrew Ruppstein

Visit a Redwood

Here are three notable East Bay Regional Parks that feature these majestic trees:

1 TILDEN REGIONAL PARK in Berkeley

Walk the meandering paths through redwoods in the *Regional Parks Botanic Garden*.

2 ROBERTS REGIONAL RECREATION AREA in Oakland

Walk Roberts Ridge Trail to find the Old Growth Redwood Heritage Viewing Deck and Interpretive Exhibit. Have a picnic in Redwood Bowl.

3 DR. AURELIA REINHARDT REDWOOD REGIONAL PARK in Oakland

Stroll past ferns and along Redwood Creek on the paved Stream Trail. You will see the descendants of the original Blossom Rock forest. Visit the fishway (fish ladder) historical interpretive site.

MEASURE YOUR HEIGHT!

Using a measuring tape, measure your height. If the tallest coast redwood is 380 feet (4,548 inches), how many of you would it take to equal the height of the redwood?



See ebparks.org/activity-search for upcoming activities



IT'S WILDFLOWER SEASON!

MARCH 23 – APRIL 28

Each year from the end of March to the beginning of May, a rich diversity of wildflowers bloom throughout the Regional Parks. Visit Sunol Wilderness Regional Preserve and the Ohlone Wilderness to see impressive displays of flowers and celebrate the season with a variety of naturalist programs. Experience the season through hikes, videos, and art activities, and check out our Activity Guide for naturalist-guided virtual and in-person programs. Visit us on the Sunol Wilderness Regional Preserve Facebook page for event listings and virtual programs. Enjoy the season!

Sunol Wildflower Art Contest

INSPIRE AND be INSPIRED

Spark your creativity in nature and celebrate the season by creating wildflower themed art!

We will be taking submissions from March 1 – April 20.

Winners for each category will be announced on April 26.

Categories: nature journal pages, painting, photography, poetry

To submit: email the following to svisit@ebparks.org:

Use the Subject: *Art Submission 2024*

Include: your name, contact info, category, artwork title (if applicable).

“Never take the first plant you find, as it might be the last – and you want that first one to speak well of you to the others of her kind.”

– Robin Wall Kimmerer



How Did Generations Past Experience Wildflower Season?

We don't have much in the way of oral histories recounting this time of year, but we found this photo of children among a field of flowers in our archives.

These third-generation Geary children were born and raised at Sunol, and they're clearly posing with the flowers – which we think is tarplant (*Madia elegans* – typically blooms in the summer). But as we looked at the photo, we felt something was missing ... so we brought out our art supplies and got down to some good old-fashioned coloring to bring you a colorized glimpse of wildflowers in bloom circa 1902.

Especially with color, the photo shows the same enjoyment then as we're seeing now.

Watch your step, and stay on the trail, as you search for flowers and pollinators this season.



Guess the Name of this Flower!

Native people across California dry and roast the seeds of this native perennial and grind them into a flour to make bread, cake, and porridge.

**Please note that these flowers are highly poisonous to humans and pets when fresh or improperly prepared.*

Answer: California buttercup
(*Ranunculus californicus*)

From a Park Naturalist

“California is home to a dazzling variety of native wildflowers, thanks to its diverse topographies, climates, and soils. Many of these wildflowers live for a short spring season before going to seed. This is because it makes more sense for these flowers to be annuals with a seasonal life cycle, so they don’t have to survive the state’s hot and dry summers.”

– Park Naturalist
Natalie Hurtado



FEATURED Weekend Programs



Explore your East Bay parks this spring as wildflowers flourish! Power up your knowledge by attending special flower programs to celebrate the season:

Join us in either of our Sunol wildflower morning programs: **Naturalist’s Choice** at 9am, or the 10am **Wildflower Exploration** along one of our more popular trails!

Wildflower Walks will be available for sign-up the day of, on a first come, first served basis at the Sunol Visitor Center.

To discover more visit: ebparks.org/parks/nature/wildflowers. And follow us on Facebook at Sunol Wilderness Regional Preserve!

Reminder: Wildflower season is a busy time at Sunol Wilderness Regional Preserve and gates may be closed mid-day due to capacity limits. Please plan your visit accordingly to enjoy the festivities of the season!



Clarkia sprout



Lupin sprout



Poppy sprout

FEATURED Naturalist Programs

WILDFLOWER HIKES

Sunol Wilderness Regional Preserve, Sunol

All wildflower programming will incorporate flower-finding along the trails. They are first come, first served with sign-ups required the morning-of at the Sunol Visitor Center. During peak season, the park reaches capacity early on weekends.

Hunt for Pollinators

– Mar 23 (Sat), 9am

Wildflowers of Sunol

– Mar 24 (Sun), 9am

– Apr 14 (Sat), 9am

Easter Family Wildflower Walk

– Mar 31 (Sun), 9am



Bird Outing

– Apr 6 (Sat), 9am

Spring Nature Journaling

– Apr 20 (Sat), 9am

Canine Capers

– Apr 27 (Sat), 9am

Wildflower Exploration

– Mar 25-Apr 28 (Sat-Sun), 10am

VIRTUAL NATURE JOURNALING WORKSHOP

Virtual

Wildflower Wonders

– Mar 23 (Sat), 2pm

Powerful Pollinators

– Apr 27 (Sat), 2pm

SPRING MINGLE

Sunol Wilderness Regional Preserve, Sunol

Looking to meet new people and make new friends with the same love of nature? Explore the parks in your backyard while meeting new neighbors. Expand your minds and hearts as you grow within your community in your East Bay parks. Ages 18+.

– Mar 30 (Sat), 9am

– Apr 7 (Sun), 9am

– Apr 13 (Sat), 9am

ART OF TATAKI ZOMÉ

Sunol Wilderness Regional Preserve, Sunol

Celebrate spring with Tatakí Zomé, the Japanese art of pounding fresh plant parts into cloth or paper! We will enjoy a spring wildflower hike and upon our return we will create a design on a bandana to take home. Registration required.

– Apr 21 (Sun), 9am-noon



WILDFLOWER BIOBLITZ

Sunol Wilderness Regional Preserve, Sunol

Find, identify, and record wildflowers! You will have the opportunity to learn how to identify some common wildflowers with interpretive staff as we hike around the park. No prior training or experience necessary. Registration required.

– Apr 28 (Sun), 9-11am



See ebparks.org/activity-search for upcoming activities

World Water Day

– DAY BY THE WATER –

Let's appreciate water together with a *Day by the Water* at Lake Del Valle. In observance of World Water Day, come by the Del Valle Visitor Center on **Saturday, March 23, 10am-3pm** for fun, family-friendly activities. You'll get the chance to learn more about the importance of water in our lives, how it moves and supports life all around us!



FEATURED Naturalist Programs

Discover the fun! Naturalist programs throughout March and April will give visitors the opportunity to explore a few different spots and learn about amphibians, plants, animal tracks, scorpions, wildflowers, and birds! Which programs will you join us for?

ST PATRICK'S DAY TREASURE HUNT

The Leprechauns have visited! Come discover, hunt, and see what treasures they may have left behind.

Del Valle Regional Park and the Visitor Center, Livermore

– **Mar 16** (Sat), 10am-4pm

Shadow Cliffs Regional Recreation Area, Pleasanton

– **Mar 17** (Sun), 1-4pm

WOOD DUCK BOX MONITORING

Del Valle Regional Park, Livermore

Be a part of our volunteer program and monitor our wood ducks. Meet at the Arroyo Staging Area. Registration required.

– **Mar 24** (Sun), 9:30-11:30am

– **Apr 20** (Sat), 10am-noon



Jerry Ting

FUN IN THE SUN

Day Camps

PARK'N IT DAY CAMP

Various Locations

Spend a whole week exploring and playing in an East Bay Regional Park! Recreation leaders, lifeguards, and naturalists provide caring supervision and an action-packed week of hiking, fishing, swimming, arts and crafts, sports, and active fun in the great outdoors.

– **Jun 10-14** (Mon-Fri), 9am-4pm #50854

– **Jun 17-21** (Mon-Fri), 9am-4pm #50855

– **Jun 24-28** (Mon-Fri), 9am-4pm #50856

– **Jul 8-12** (Mon-Fri), 9am-4pm #50860

– **Jul 15-19** (Mon-Fri), 9am-4pm #50857

– **Jul 22-26** (Mon-Fri), 9am-4pm #50858

– **Jul 29-Aug 2** (Mon-Fri), 9am-4pm #50859

Fee \$200 (non-resident \$220) Registration required.

LEADERS IN TRAINING

Various Locations

Looking for work experience or a career in Parks and Recreation? Apply to be a Leader-in-Training and receive hands-on job training and leadership experience in our day camps. Under staff guidance, work with other teens in supervising campers, leading games, and helping run camp! Leaders-in-Training must first apply and interview for positions.

– **Jun 10-14** (Mon-Fri), 9am-4pm #50863

– **Jun 17-21** (Mon-Fri), 9am-4pm #50864

– **Jun 24-28** (Mon-Fri), 9am-4pm #50865

– **Jul 8-12** (Mon-Fri), 9am-4pm #50866

– **Jul 15-19** (Mon-Fri), 9am-4pm #50867

– **Jul 22-26** (Mon-Fri), 9am-4pm #50868

– **Jul 29-Aug 2** (Mon-Fri), 9am-4pm #50869

Fee \$50 (resident/non-resident) Registration required.



FEATURED Outdoor Recreation Programs

ARCHERY

ARCHERY INTRODUCTION

Roberts Regional Recreation Area, Oakland

- **Mar 16** (Sat), 9:30-11:30am #50861
- **Apr 20** (Sat), 9:30-11:30am #50862

Fee \$50 (non-resident \$56) Registration Required.



FITNESS/WELLNESS

HIKING POLES: SKILLS AND TECHNIQUES + OPTIONAL PRACTICE HIKE

**Black Diamond Mines Regional Preserve,
Antioch**

- **Mar 23** (Sat), 8:45am-2:45pm #51145
- Fee \$75 (non- res \$83) Registration required.

BOTANIC GARDEN PRACTICE POLE HIKE

Tilden Regional Park, Berkeley

- **Mar 29** (Fri), 8:30-11am #51146
- Fee \$39 (non- res \$43) Registration required.

HIKING POLES: SKILLS AND TECHNIQUES + PRACTICE HIKE

**Sunol Wilderness Regional Preserve,
Sunol**

- **Apr 6** (Sat), 8:30am-3pm #51147
- Fee \$75 (non- res \$83) Registration required.

POLE WALKING FOR BALANCE, EXERCISE AND MAINTAINING MOBILITY

**Temescal Regional Recreation Area,
Oakland**

- **Apr 30** (Tue), 10:30am-2:45pm #51148
- Fee \$65 (non-res \$73) Registration required.

FISHING

TROUT FISHING – BASICS

Lake Chabot Regional Park, Castro Valley

- **Mar 22** (Fri), 9-11am #50850
- Fee Adult \$25 (non-res \$29) Fee Child \$21 (non-res \$25) Registration required.

TROUT FISHING – INTERMEDIATE

Lake Chabot Regional Park, Castro Valley

- **Mar 22** (Fri), noon-2pm #50851
- Fee Adult \$25 (non-res \$29) Fee Child \$21 (non-res \$25) Registration required.

INTRODUCTION TO SALTWATER FISHING

**Martin Luther King Jr. Regional Shoreline,
Oakland**

- **Mar 8** (Fri), 9-11am #50852
 - **Apr 19** (Fri) 9-11am #50853
- Fee Adult \$25 (non-res \$29) Fee Child \$21 (non-res \$25) Registration required.



BOATING/KAYAKING/PADDLING

KAYAKING BIG BREAK

**Brooks Island Regional Preserve,
Richmond**

- **Mar 15** (Fri), 9am-noon #51125
 - **Mar 20** (Wed), 10am-1pm #51126
- Fee \$30 (non-res \$34) Registration required.

BIRDING BY KAYAK

Big Break Regional Shoreline, Oakley

- **Mar 18** (Mon), 10am-1pm #51127
- Fee \$30 (non-res \$34) Registration required.

BOAT TO BROOKS

**Brooks Island Regional Preserve,
Richmond**

- **Mar 23** (Sat), 8am-3pm #50888
 - **Mar 24** (Sun), 8am-3pm #50889
- Fee \$85 (non-res \$95) Registration required.

SUNSET PADDLE

Various Locations

- **Apr 5** (Fri), 5-8pm #51129
 - **Apr 11** (Thu), 5-8pm #51128
- Fee \$30 (non-res \$34) Registration required.



CELEBRATE EARTH DAY! VOLUNTEER!

Planet vs. Plastics:

Join us by removing plastics from our shorelines and parks, and various other Earth Day projects helping to build a plastic-free planet for generations to come!

- **Apr 20** (Sat), 9am-noon

Find a Park Near You.....➔

Information: ebparks.org/we-celebrate/earth-day



DOC QUACK VOLUNTEER PROGRAM

REGISTRATION: ebparks.org or 1-(888)-327-2757, option 2

INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2319

WILDLIFE VOLUNTEERS – “RAIL RESCUE RANGERS” (#51256)

AT ELSIE ROEMER BIRD SANCTUARY/CROWN MEMORIAL STATE BEACH, ALAMEDA

During this hands-on adventure you'll help create habitat for the federally and state endangered California Ridgway's rail. We will remove non-native plants, pick-up trash, and plant wildlife friendly vegetation which will restore the upland areas of the Roemer Bird Sanctuary for rails. Physical labor is involved with this project. By participating, you'll earn your "Rail Rescue Ranger" patch. Parent participation required.

Registration deadline: April 14

- **Mar 23** (Sat), 9-11:30am...“Doc Quack”, Wildlife Biologist



See ebparks.org/activity-search for upcoming activities

East Bay Regional Park District

2950 Peralta Oaks Court
Oakland, CA 94605-0381



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

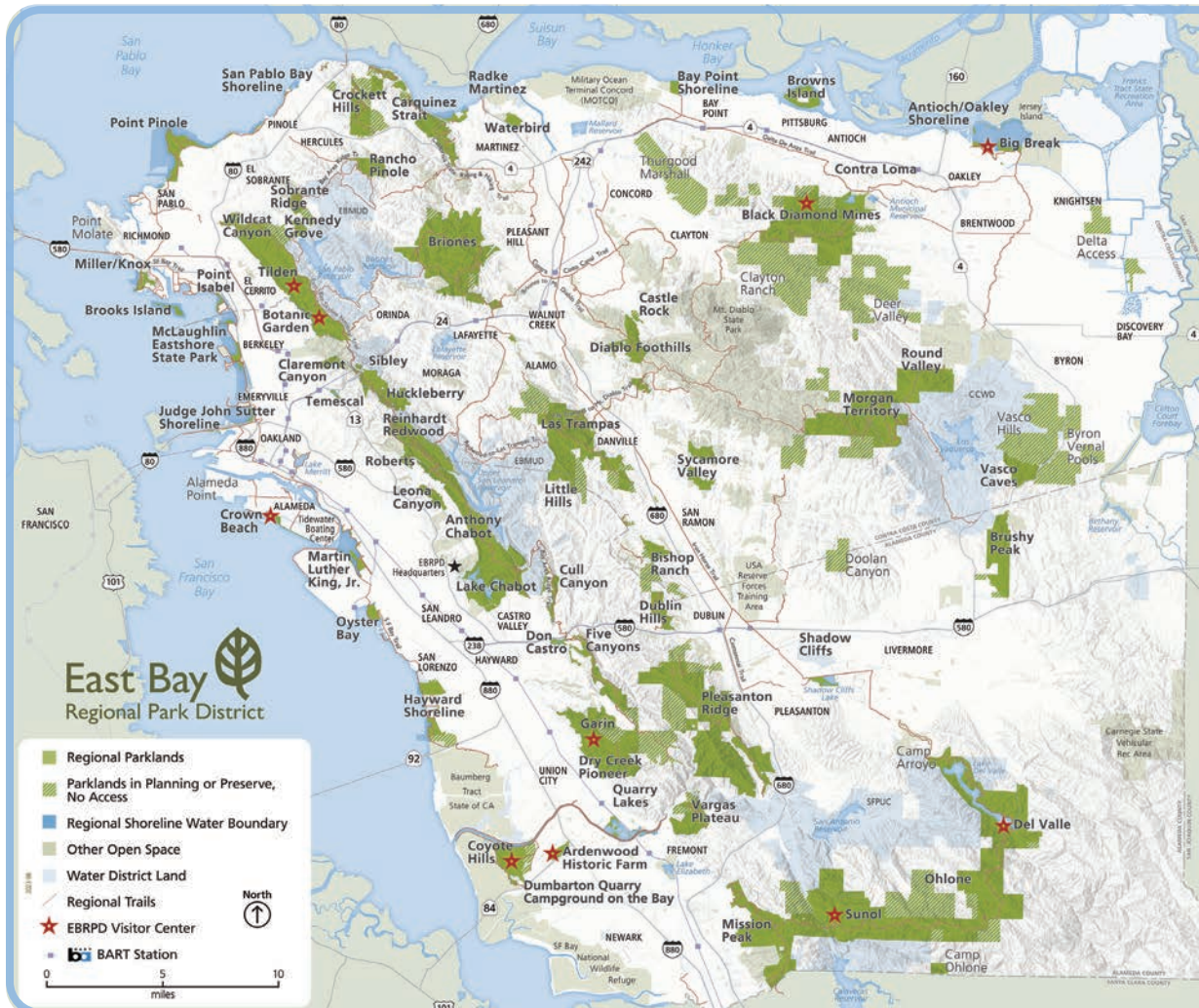
General Information..... 1-888-EBPARKS (1-888-327-2757)
Activities, Events, Maps, and More..... **ebparks.org**
Camping and Picnic Reservations..... 1-888-EBPARKS
Naturalist and Recreation Programs..... 1-888-EBPARKS
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Regional Parks Membership enjoy free day-use parking, swimming, dog pass, and more. 510-544-2220
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Visitor Centers

- Ardenwood Historic Farm, Fremont**
510-544-2797, awvisit@ebparks.org
- Big Break Regional Shoreline, Oakley**
Big Break Visitor Center at the Delta
510-544-3050, bigbreakvisit@ebparks.org
- Black Diamond Mines Regional Preserve, Antioch**
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- Coyote Hills Regional Park, Fremont**
510-544-3220, chvisit@ebparks.org
- Crown Memorial State Beach, Alameda**
Crab Cove Visitor Center and Aquarium
510-544-3187, ccove@ebparks.org
- Del Valle Regional Park, Livermore**
510-544-3146, dvvisit@ebparks.org
- Garin/Dry Creek Pioneer Regional Parks, Hayward**
510-544-3220 (Coyote Hills), chvisit@ebparks.org
Red Barn open summer Saturdays
- Sunol-Ohlone Regional Wilderness, Sunol**
510-544-3249, svisit@ebparks.org
Open weekends
- Tilden Regional Park, Berkeley**
Botanic Garden: 510-544-3169, bgarden@ebparks.org
Tilden Nature Area/Environmental Education Center
510-544-2233, tnairea@ebparks.org