

COLORING AND ACTIVITY BOOK

Explore, discover and enjoy
your Regional Parks!



Ardenwood Historic Farm

Iron Horse Trail

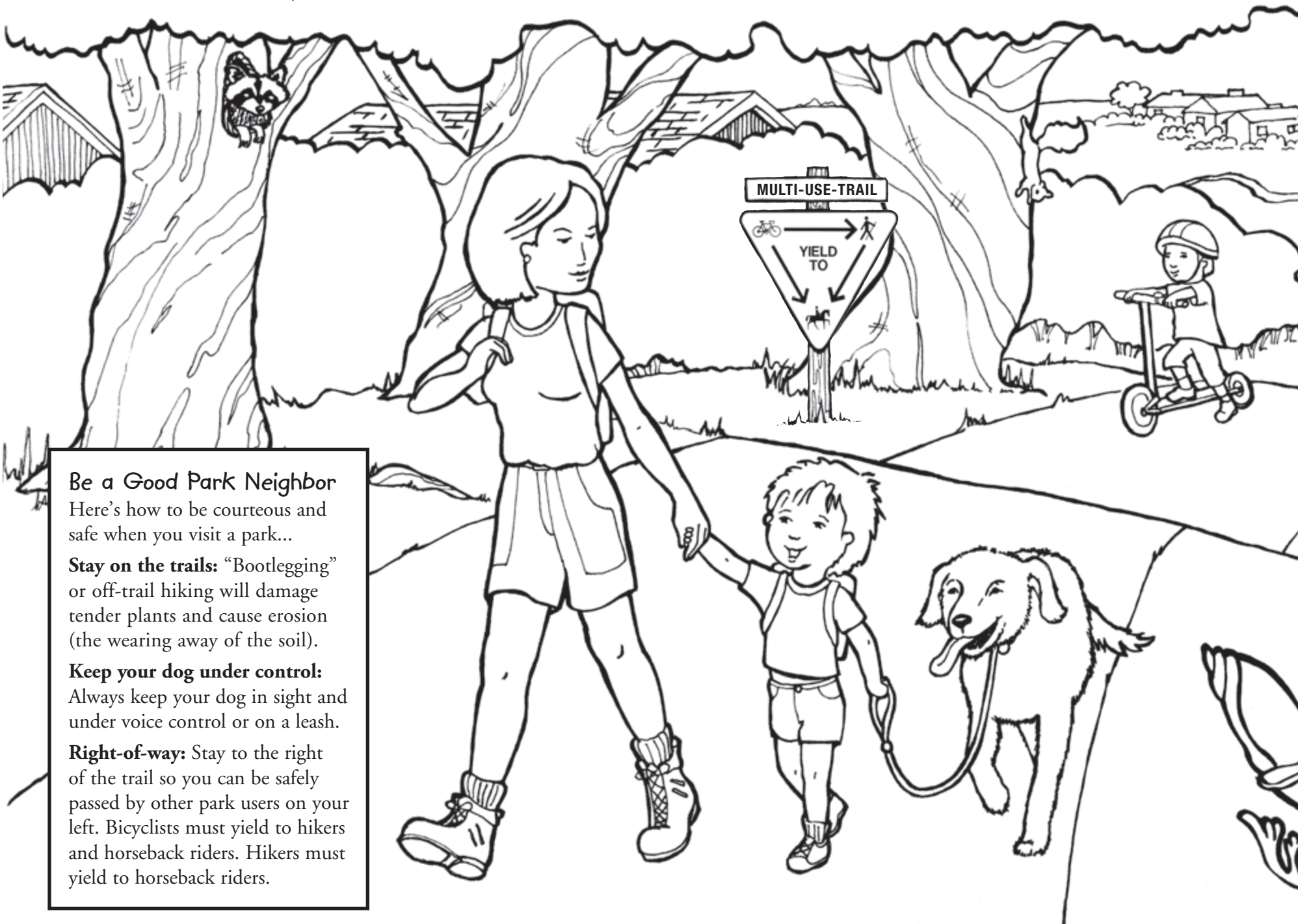
Be a Good Park Neighbor

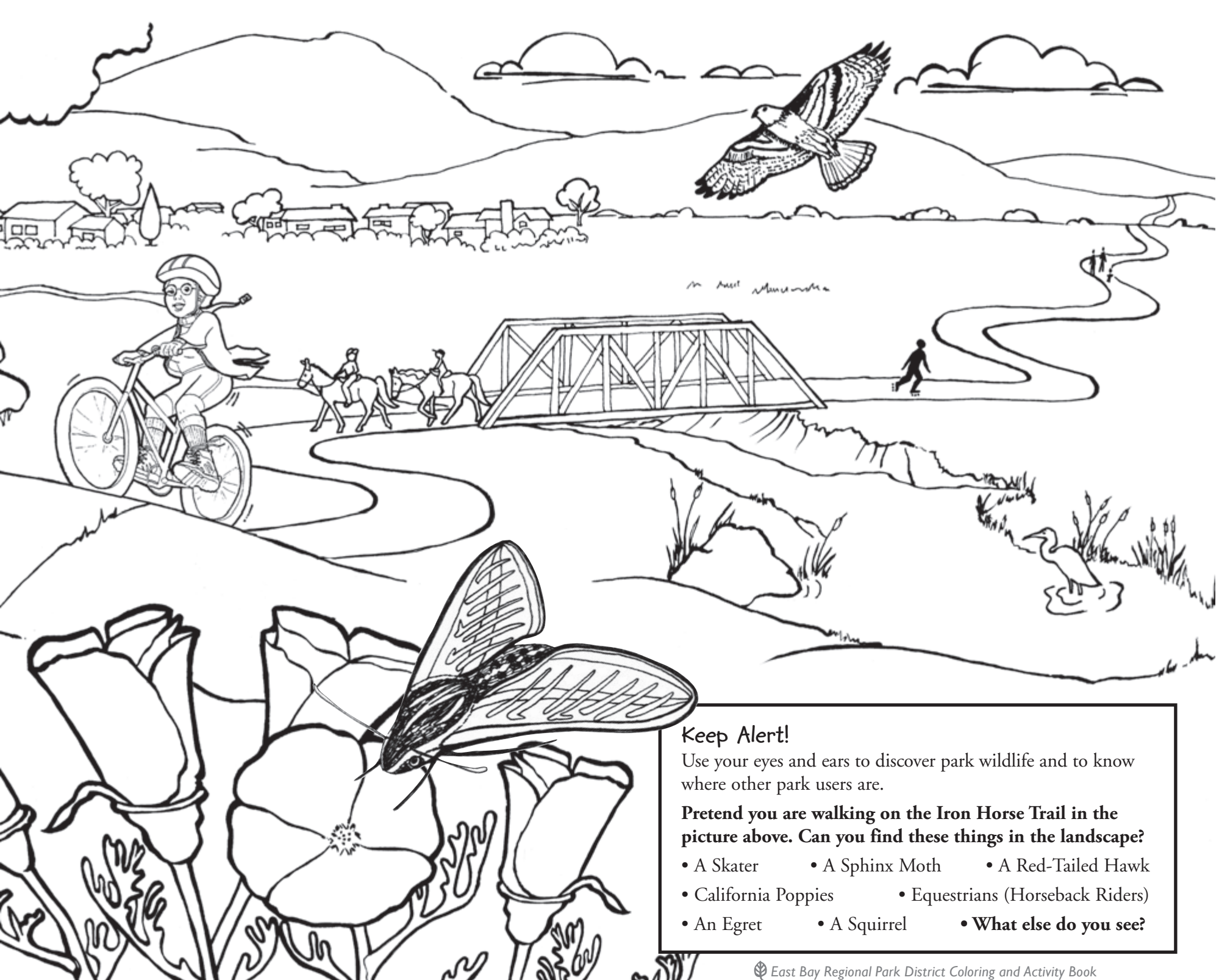
Here's how to be courteous and safe when you visit a park...

Stay on the trails: "Bootlegging" or off-trail hiking will damage tender plants and cause erosion (the wearing away of the soil).

Keep your dog under control: Always keep your dog in sight and under voice control or on a leash.

Right-of-way: Stay to the right of the trail so you can be safely passed by other park users on your left. Bicyclists must yield to hikers and horseback riders. Hikers must yield to horseback riders.





in West Marin

Keep Alert!

Use your eyes and ears to discover park wildlife and to know where other park users are.

Pretend you are walking on the Iron Horse Trail in the picture above. Can you find these things in the landscape?

- A Skater
- A Sphinx Moth
- A Red-Tailed Hawk
- California Poppies
- Equestrians (Horseback Riders)
- An Egret
- A Squirrel
- **What else do you see?**

Sunol Regional Wilderness



Crown Beach, Crab Cove

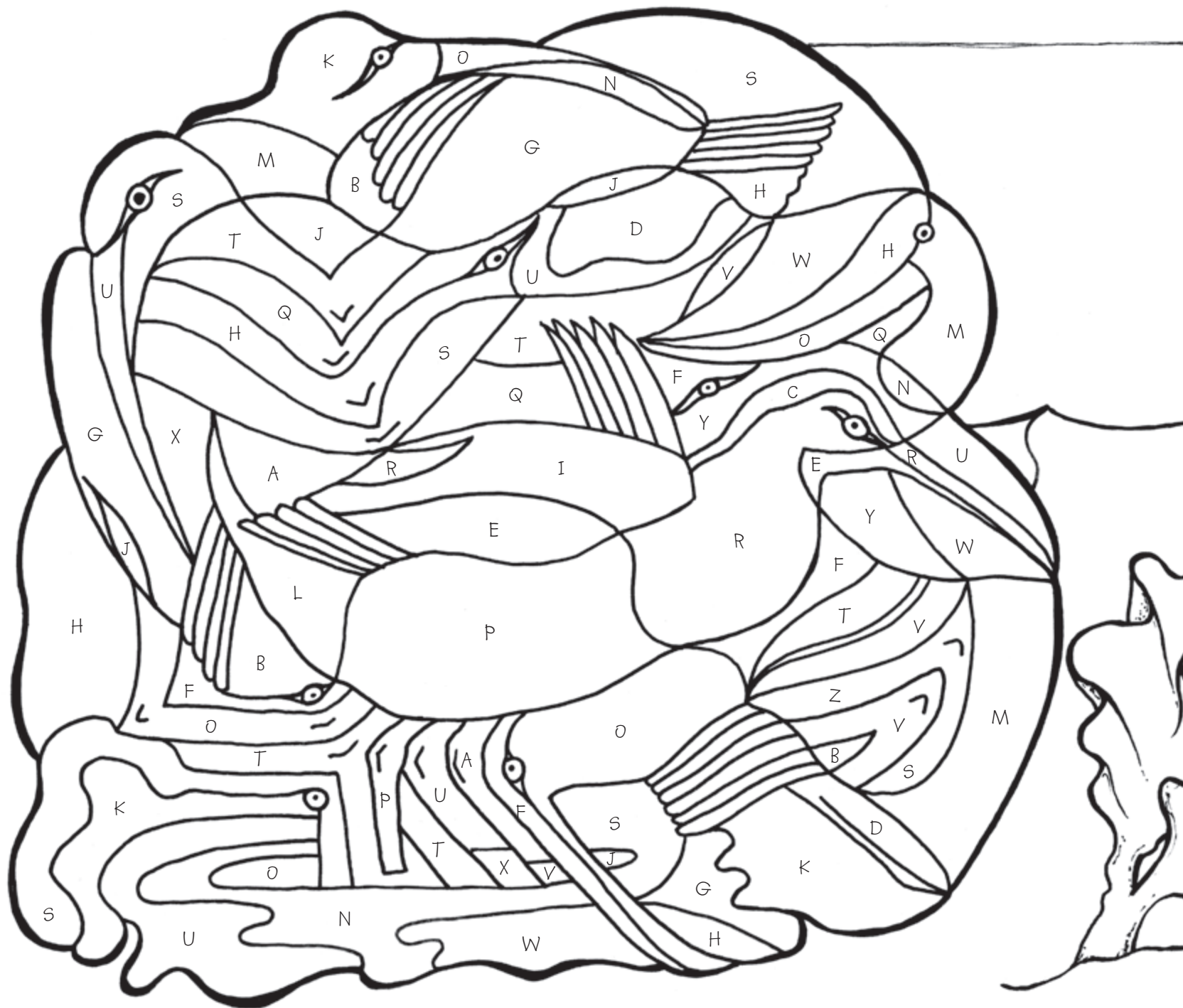
I Spy...

Can you guess what a **Clapper Rail** is? Here's a clue: A Clapper Rail can be found wading in San Francisco Bay marshes looking for clams, mussels and crabs to eat. Just like in this puzzle, they can be tricky to find because they are endangered (en-DAIN-gered), meaning there are not very many of them left in the wild.

Directions:

Find the Clapper Rail in the picture puzzle to the right by coloring in all the spaces that have the letters found in its name...

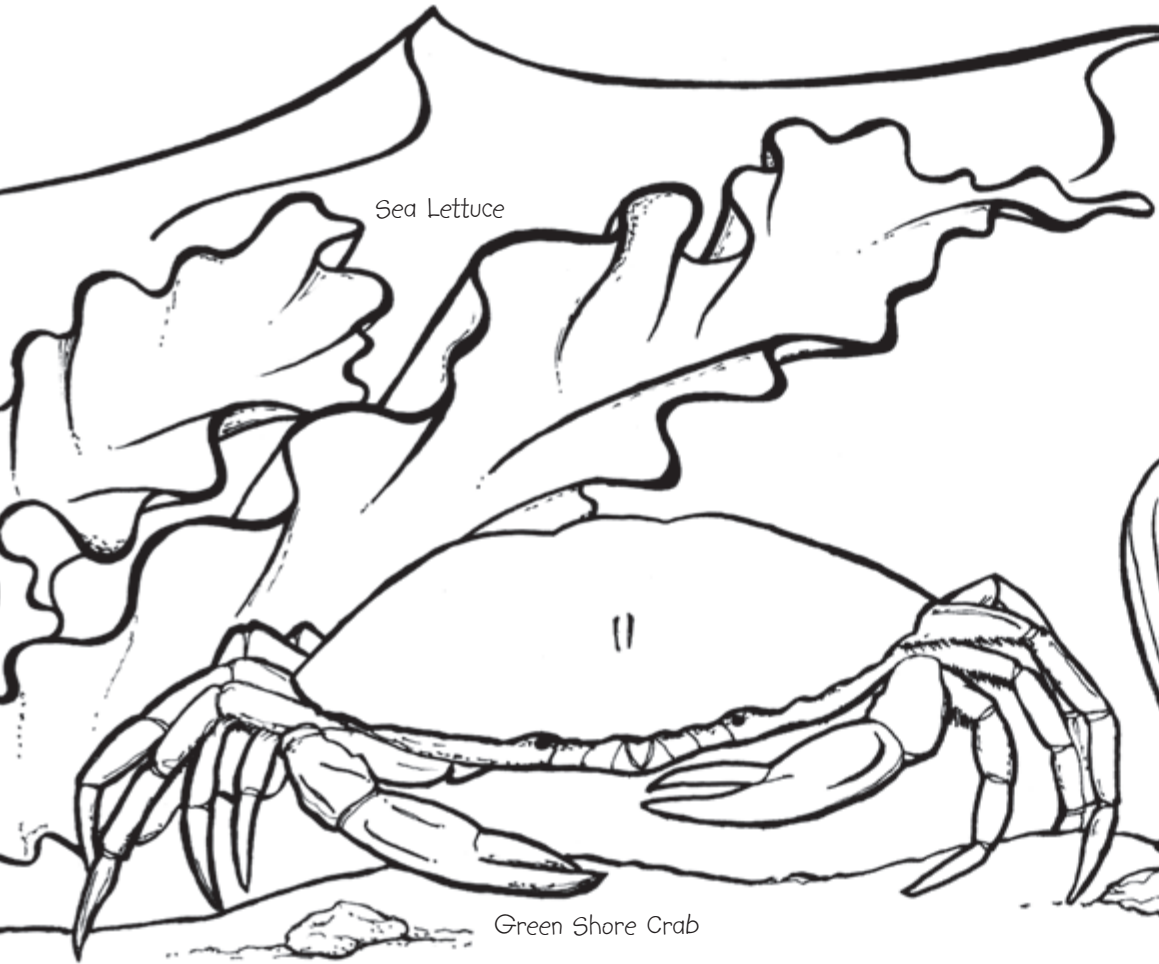
CLAPPER RAIL.



Least Tern



Sea Lettuce



Green Shore Crab

Blue Mussels



Rock Barnacles

Hike Through Tilden Park!



PARK FUN!
You visited the Environmental Education Center and learned something new.
(Move ahead one space to visit The Little Farm.)



PARK FUN!
You found a nest in a tree.
Look, don't touch, and let it be a baby bird!



UH-OH!
Poison Oak!
Look but don't touch!
(Move back one space.)



UH-OH!
You found trash on the trail. Pollution is ugly and hurts our plants & animals.
(Pick up the trash and move ahead one space to throw it away.)



How to Play:

1. Each player must find a small object to use as a place marker on the game page. Pebbles or dried leaves will work but *return all found objects back to nature!*
2. Use a die, six pennies or six additional flat found objects. Players take turns dropping the objects to see how many spaces to move. If you use pennies or found objects, count only the heads or the top of the objects.
3. A player who lands on a **PARK FUN!** or **UH-OH!** space has to follow the directions on that space.
4. The first player to hike to the Little Train wins the game.

PARK FUN!
Go for a pony ride!
(Pretend you are riding a pony and gallop around in a circle.)



PARK FUN!
Take a ride on Tilden Park's Merry-Go-Round!
(Make the sound that your favorite carousel animal would make.)



UH-OH!
Don't feed the wild animals!
Keep them wild and free.
(Go back two spaces.)

PARK FUN!

Go swimming in
Lake Anza!
(Pretend to jump in
and swim around.)



UH-OH!

Don't abandon
your pets or any
animals in the
park! Take them
to an animal
shelter where
they will be
cared for.
(Go back five
spaces.)



PARK FUN!

Smell the
flowers in the
Botanic Garden.
(Pretend to be
a tiny seed and
grow into a
big tree!)

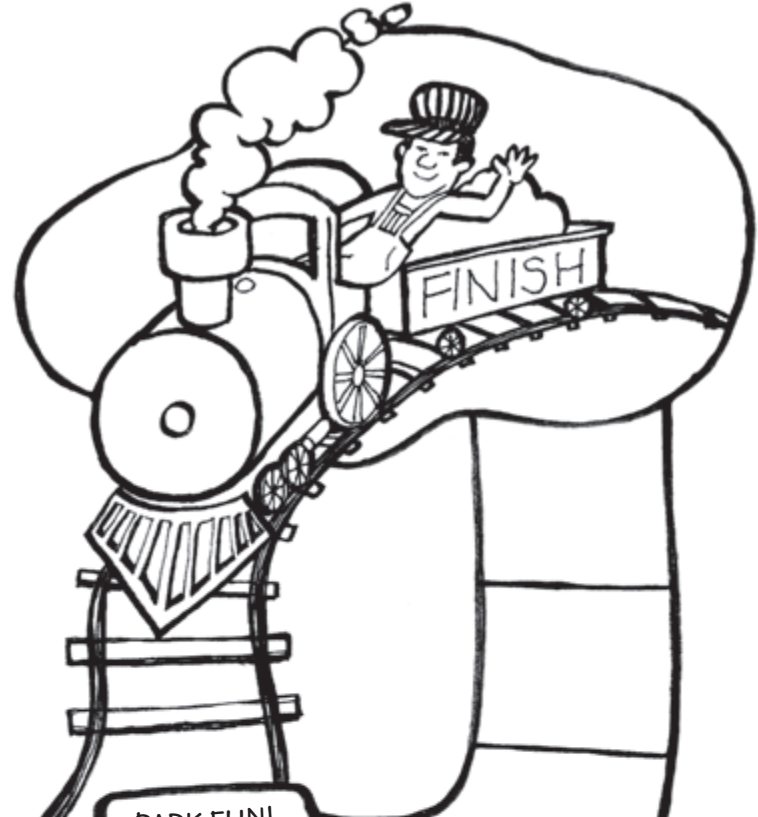
UH-OH!

You are getting tired,
but don't take a shortcut!
Always stay on the trails.
(Go back one space to rest.)

4

PARK FUN!

Your tummy tells you it
is time for a picnic!
(Pretend to cook a hot dog over
a campfire and eat it!)

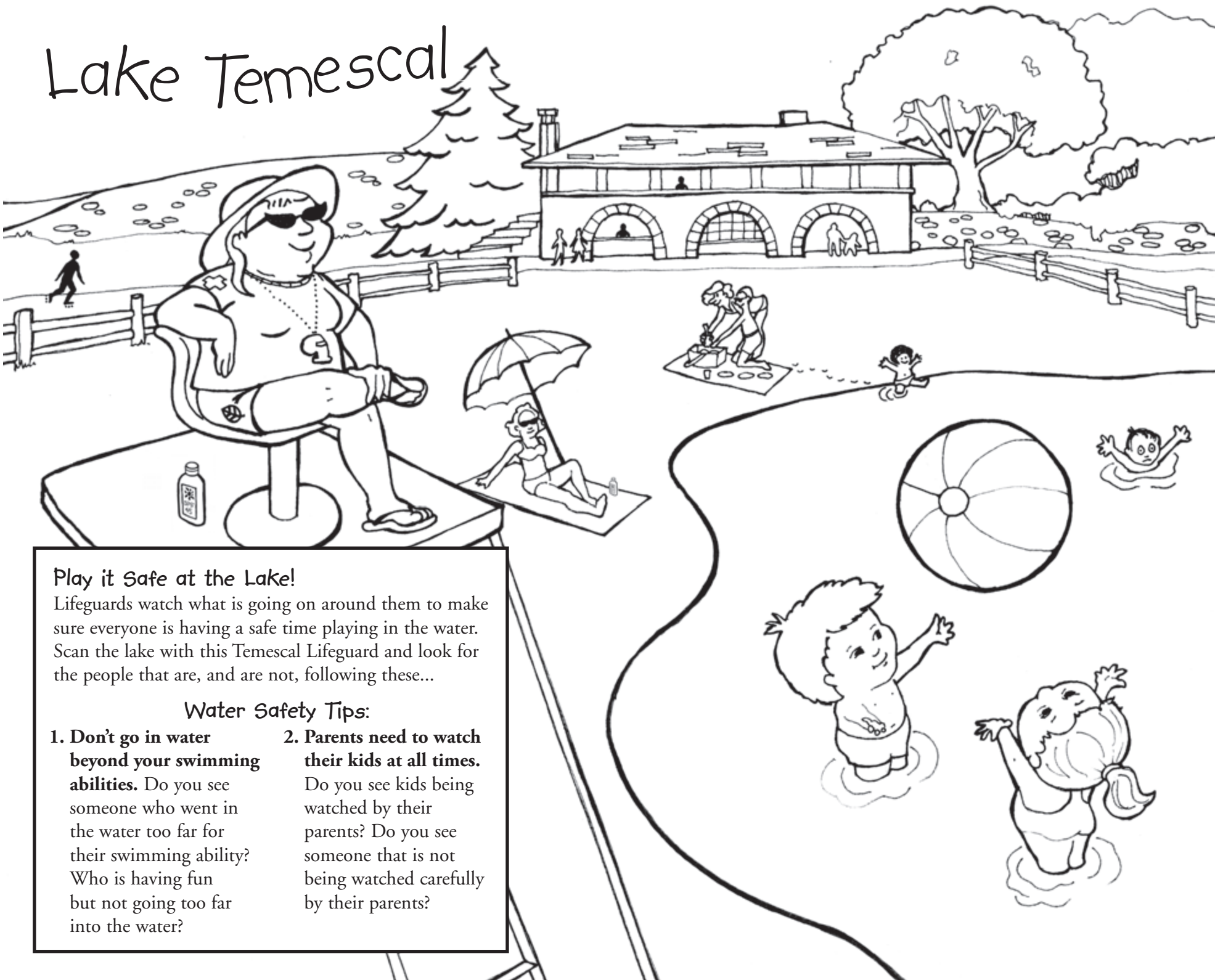


UH-OH!

You lost your golf ball on
the Tilden Golf Course.
(Go back three spaces
to find it.)



Lake Temescal



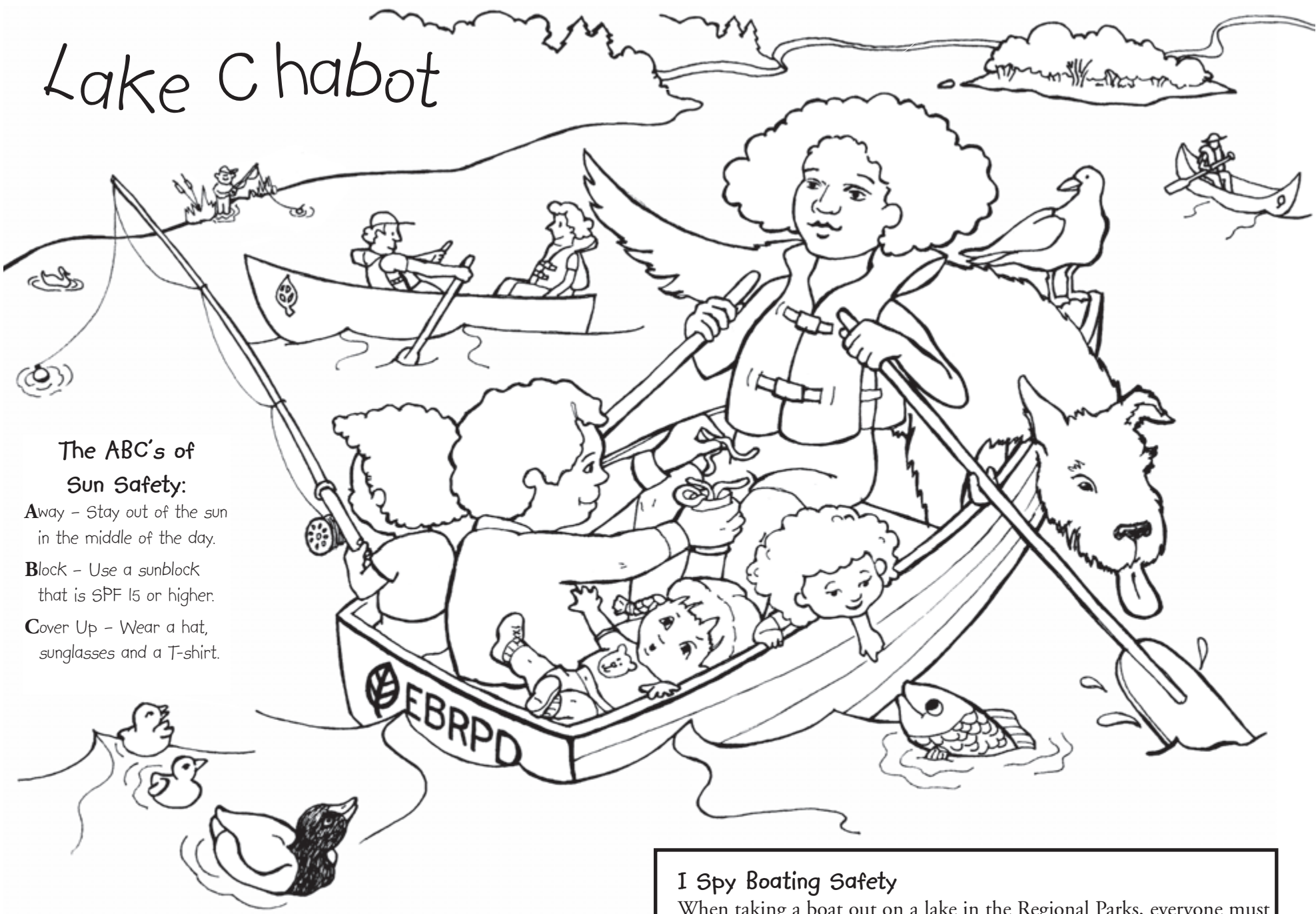
Play it Safe at the Lake!

Lifeguards watch what is going on around them to make sure everyone is having a safe time playing in the water. Scan the lake with this Temescal Lifeguard and look for the people that are, and are not, following these...

Water Safety Tips:

- 1. Don't go in water beyond your swimming abilities.** Do you see someone who went in the water too far for their swimming ability? Who is having fun but not going too far into the water?
- 2. Parents need to watch their kids at all times.** Do you see kids being watched by their parents? Do you see someone that is not being watched carefully by their parents?

Lake Chabot



The ABC's of Sun Safety:

Away - Stay out of the sun in the middle of the day.

Block - Use a sunblock that is SPF 15 or higher.

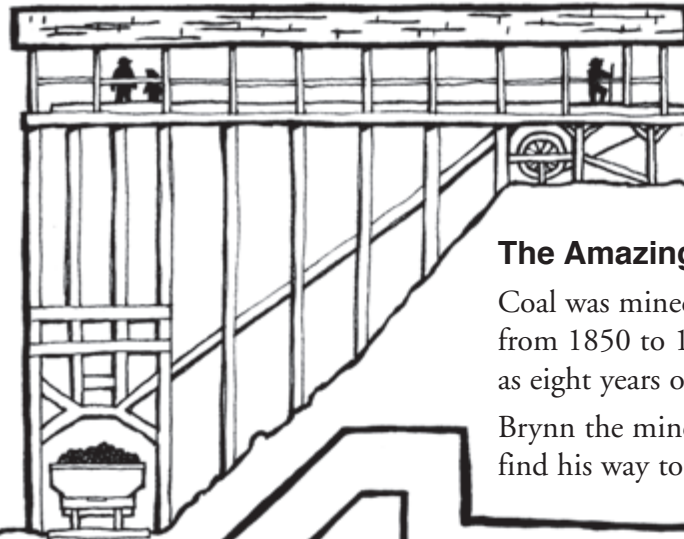
Cover Up - Wear a hat, sunglasses and a T-shirt.

I Spy Boating Safety

When taking a boat out on a lake in the Regional Parks, everyone must wear a life jacket and the boat must not be overloaded. Can you spy:

1. How many people are properly wearing a life jacket? _____
2. How many boats are not overloaded? _____

Black Diamond Mines

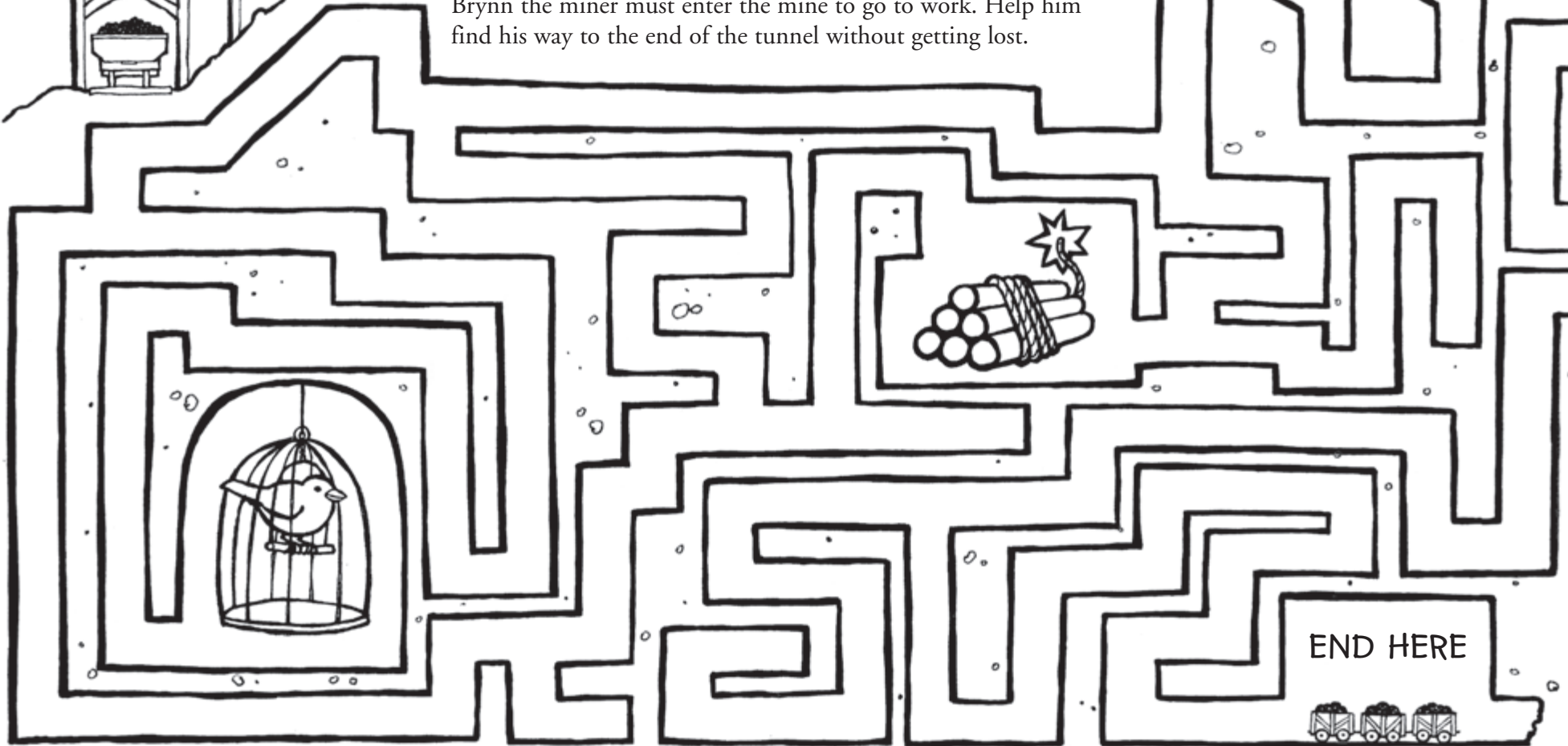


START HERE

The Amazing Black Diamond Coal and Sand Mines

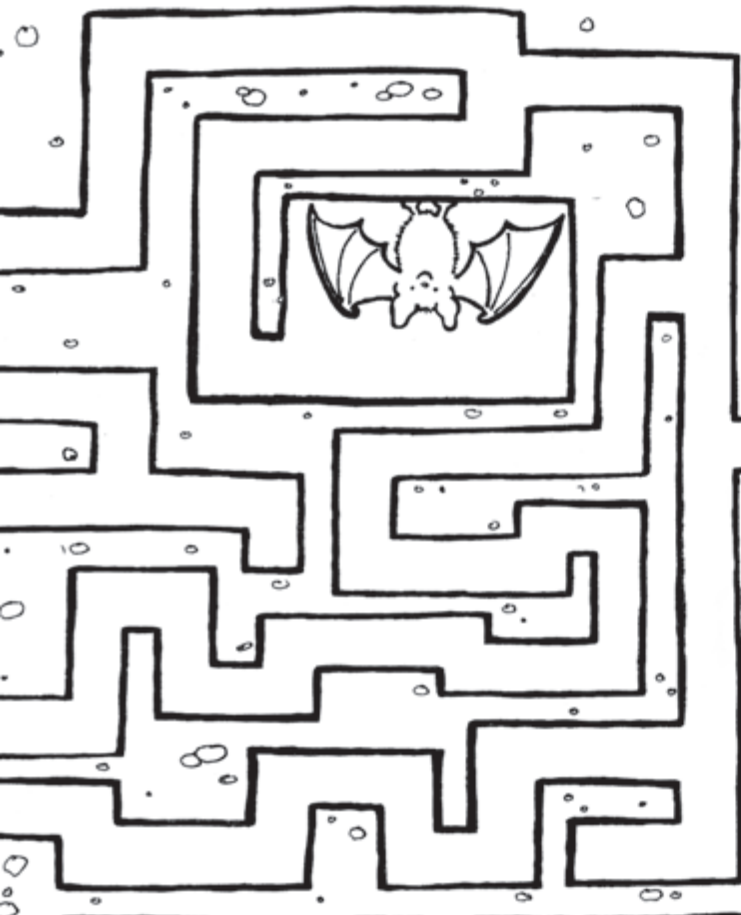
Coal was mined from hundreds of miles of underground tunnels from 1850 to 1900 and sand from 1920 to 1940. Boys as young as eight years old worked along with the men digging for coal!

Brynn the miner must enter the mine to go to work. Help him find his way to the end of the tunnel without getting lost.



END HERE





K	O	S	B	L	A	C	K	P	O	W	D	E	R	X	T	G
N	S	M	I	N	E	R	S	C	A	P	H	P	S	D	U	L
O	C	O	A	L	U	C	T	I	E	K	M	V	X	Y	Z	A
B	L	A	C	K	D	I	A	M	O	N	D	M	I	N	E	S
B	F	Z	N	R	D	S	L	E	R	A	I	L	S	A	E	S
E	J	J	E	A	K	J	P	K	E	B	X	E	O	M	G	K
R	L	N	D	C	R	O	Q	I	C	R	W	R	P	I	C	K
U	I	O	A	D	T	Y	D	T	A	S	H	A	F	T	H	P
M	R	R	V	S	S	A	N	D	R	X	F	U	S	E	C	L
Y	T	Z	O	I	L	L	A	M	P	B	S	I	L	I	C	A

Dig or Blast Your Way Through This Word Find

Here are words that have to do with excavating the sand and coal that came from the Black Diamond Mines. Look for each one in the word find above. The words go forward, down or diagonally left to right.

ADIT: a horizontal entrance into a mine.

AX: a wood-working tool used to shape and install timbers that support the mine's roof.

BLACK POWDER: an explosive used to loosen coal from the rock.

BLACK DIAMOND MINES

CANARY: a songbird once used by miners to detect dangerous carbon monoxide gas.

COAL: a combustible substance made of partially decomposed vegetable matter.

DYNAMITE: an explosive used in sand mining.

FUSE: a cord that ignites dynamite.

GLASS: the product made from mined sand.

KNOBBER: a boy apprentice who helped adult miners.

MINER: a person who digs for valuable materials.

MINERS CAP: a cloth cap worn by coal miners that had brackets on the front to hold an oil lamp.

ORE CAR: a cart that hauls sand or coal.

OIL LAMP: a lamp that burns oil to produce light.

PICK: a heavy wooden-handled iron or steel tool.

RAILS: bars of steel used as a track for the ore car's wheels.

SAND: a loose granular material used to make glass, mortar, abrasives, and foundry molds.

SHAFT: a vertical tunnel.

SILICA: a crystalline substance found in sand.

STOPE: a large subterranean (underground) room where the sand was mined.

TIE: the wooden support to which rails are fastened, keeping them in line for ore cars.

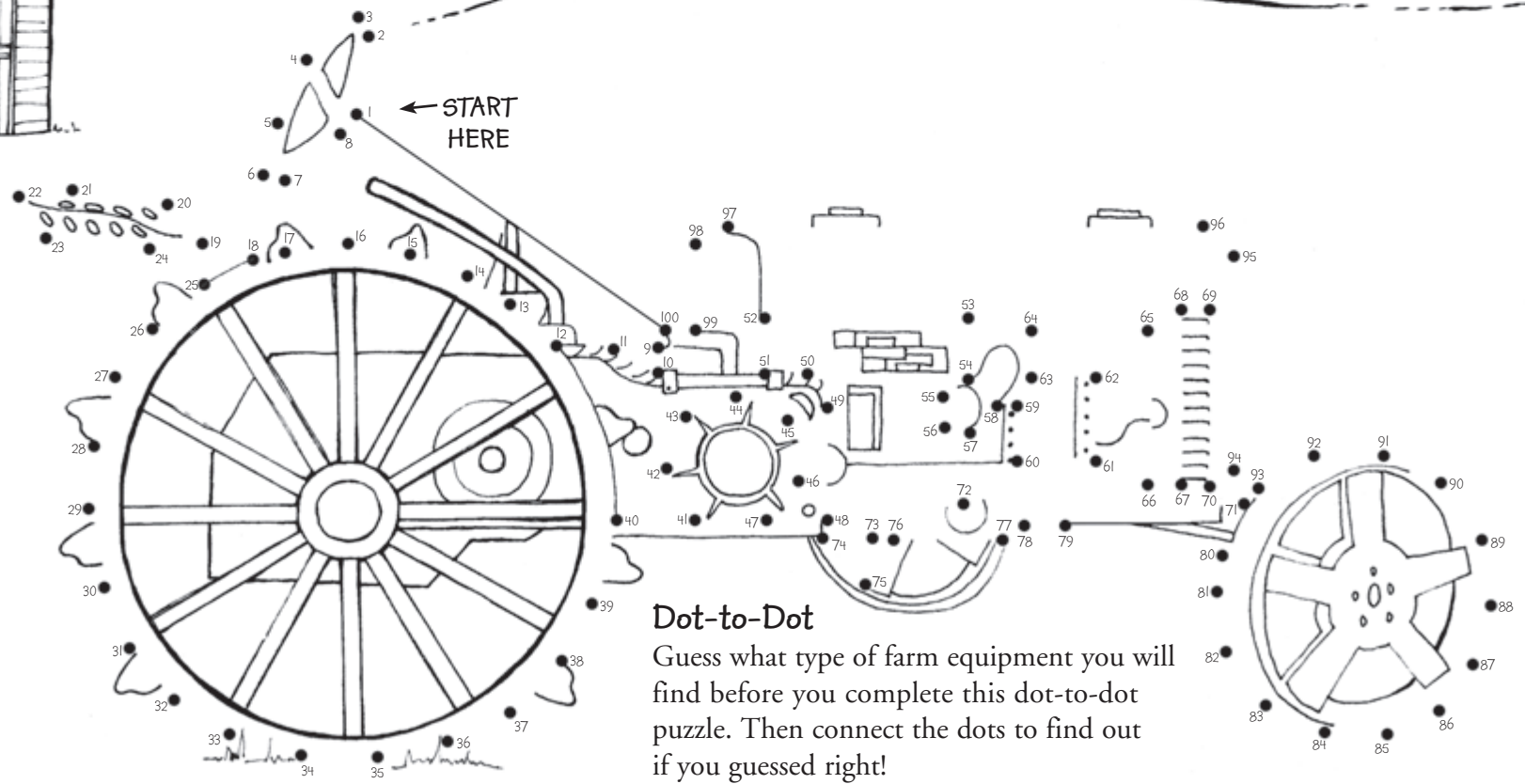
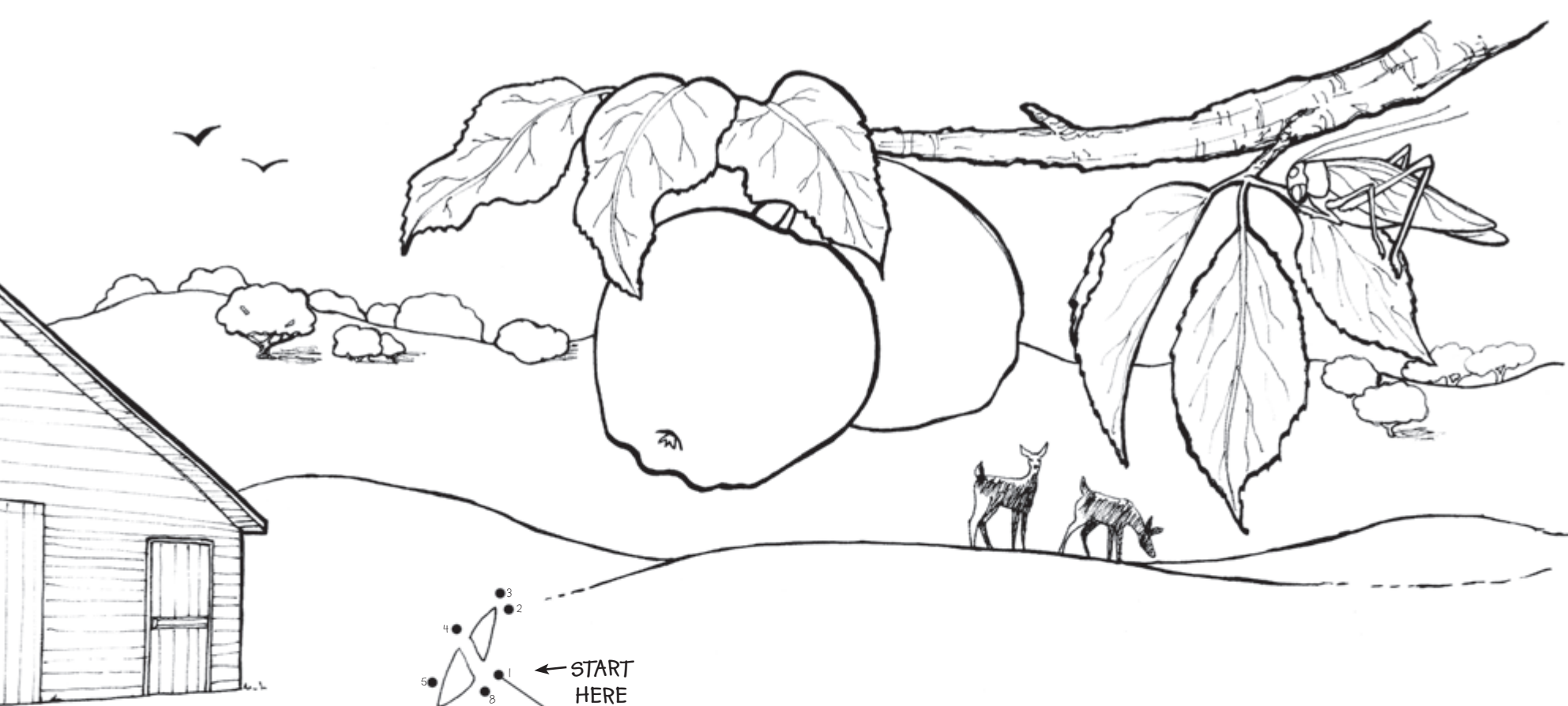
TRACKS: the rails & ties used by the ore cars.

TUNNEL: a long, narrow, underground passage used for mine access and ventilation.

Garin Regional Park

Garin was a farm before it became a Regional Park.
Guess what type of crop was grown and harvested
here. (Hint: You can find the answer in this picture.)





Dot-to-Dot

Guess what type of farm equipment you will find before you complete this dot-to-dot puzzle. Then connect the dots to find out if you guessed right!



East Bay 
 Regional Park District
 www.ebparks.org
 Regional Parkland
 Visitor Center

Dear Parent;
The East Bay Regional Park District Coloring and Activity Book was created to entertain and educate your child while introducing them to the Regional Parks. We encourage you to discuss the various safety, cultural, and environmental topics with your child as you discuss the parks with them through this book and by visiting your 65 different East Bay Regional Parks. You can find educational programs and fun park activities for the family by visiting our website at www.ebparks.org or in our newspaper publication **Regional In Nature**. The **Regional In Nature** park activity guide is published bi-monthly and can be found in any ANG newspaper or Bay Area News Group publications.

Healthy Parks Healthy People