

Regional in Nature Activity Guide

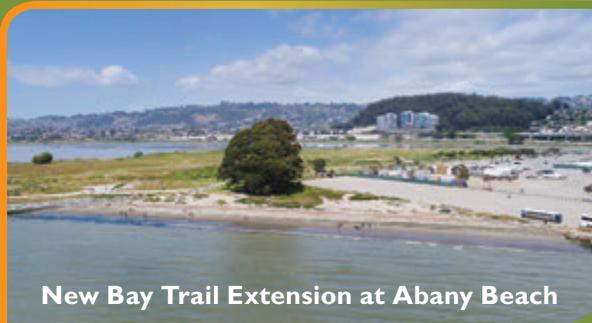
NOVEMBER – DECEMBER 2019



Photo: Michael Short



Expanding Access for Underserved
Children and Families
See page 3.



New Bay Trail Extension at Abany Beach

Inside:

- ◀ Pinnacle Year for Park District and Regional Parks Foundation • page 2
- Free Park Days • page 3
- Archery, Kayaking & Pole Walking • page 4
- Christmas at the Patterson House • page 5
- Volunteer Opportunities • page 14

Contents

Recreation Programs	4
Ardenwood	4
Botanic Garden	6
Big Break.....	6
Black Diamond	7
Coyote Hills	7
Crab Cove	10
Del Valle, Sunol	11
Tilden Nature Area.....	11
Other Regional Parks	12
Volunteer Programs	14
Registration and Fees.....	15
Visitor Centers/ Swim Facilities.....	15

East Bay
Regional Park District

Healthy Parks Healthy People

ebparks.org

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

Camping and Picnic Reservations...
..... 1-888-EBPARKS

Naturalist and 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!



Pinnacle Year for Park District and Regional Parks Foundation

A MESSAGE FROM
GENERAL MANAGER
ROBERT E. DOYLE



2019 has been a milestone year! The Park District turned 85, and the Foundation turned 50. We enjoyed celebrating with you at

the special **Concerts in the Parks** series and on **Free Park Fridays**. We value your support as we adapt to changing needs such as wildfire protection, climate resiliency, green transportation, habitat restoration, and park safety, to name a few.

Some notable 2019 achievements include:

Concord Naval Weapons Station Land Transfer

After 20+ years of community advocacy, 2,216 acres of U.S. Navy property at the Concord Naval Weapons Station have been transferred to the Park District for a future Regional Park. The future park, along with a planned visitor center, will integrate the human and military history of the site with the natural history and recreational opportunities of the land.



Educational Coal Mining Exhibit

The Park District is installing a new coal mine exhibit at Black Diamond Mines Regional Preserve that offers visitors an immersive educational experience complete with the sights and sounds of an 1870s era coal mine. (Grand Opening, Spring 2020)

Bay Observation Pier

A 600-foot long bay observation pier was recently completed in the Park District's future Judge John Sutter Regional Shoreline park, located at the eastern touchdown of the Bay Bridge. The observation pier, built atop six pilings from the old Bay Bridge, will provide spectacular Bay

Bay Trail Extension

The Park District will soon complete construction on a one-mile extension of the Bay Trail near Albany Beach – removing one of the largest gaps in the Bay Trail and creating 18 miles of continuous Bay Trail from Richmond to Oakland.



views and connect visitors to the site's transportation history. (Grand Opening, Spring 2020)

We wish you an enjoyable and safe holiday season.

See you in the great outdoors.

Park District Phasing Out Glyphosate

GLYPHOSATE CURRENTLY USED FOR FIRE IGNITION PREVENTION AND VEGETATION MAINTENANCE

The East Bay Regional Park District has joined the growing list of public agencies in the nation that are phasing out the use of glyphosate.

On July 16, 2019, the Park District's Board of Directors approved Resolution 2019-07-187 calling for an immediate ban on glyphosate use in picnic areas and full elimination in all developed park areas by the end of 2020. Glyphosate is currently used by the Park District for fire ignition prevention and vegetation maintenance.

In 2016, the Park District updated its integrated pest management practices to focus on early intervention strategies and the use of organic products, when possible, as an alternative. Since 2016, the Park District has reduced the use of glyphosate for park maintenance by 66%.

The Park District is currently evaluating potential alternatives and the additional financial resources and staffing needed to phase out glyphosate.



Expanding Access for Underserved Children and Families

REGIONAL PARKS FOUNDATION CONNECTING PEOPLE WITH NATURE



One of the key missions of the Regional Parks Foundation, which celebrated its 50th Anniversary this year, is to assist the East Bay Regional Park District with ensuring “access for all” so that everyone – regardless of ethnicity or financial means – can experience the physical and mental benefits of nature. Research shows that many children and families in underserved communities, as well as people with disabilities, do not utilize their Regional Parks as often as other members of the public.

One example is the Foundation’s flagship **Campership** program that offers a one-of-a-kind experience for underserved youth – many who

would otherwise not be able to attend camps during the summer or benefit from outdoor environmental education during the school year.

In 2018, the Foundation’s **Campership** program provided nearly 10,000 underserved youth the opportunity to discover and connect with nature.

Other examples include **Parks Express**, which provides free transportation to Regional Parks for seniors and children in underserved communities, **Fishing Derbies** that allow children with special needs to experience fishing, and

Multicultural Wellness Walks that bring residents from diverse backgrounds together to experience the health benefits of nature.



Visiting the Regional Parks Botanic Garden

GREAT, EVEN IN THE WINTER

Even during the dreariest days of winter, plants are blooming in the Park District’s Botanic Garden at Tilden Regional Park. In fact, October-November in California’s Mediterranean-climate is the equivalent of February-March for much of the rest of the nation. Some California native plants start flowering near the first rainfall which coincides with the late fall/early winter migration of hummingbirds.

The first blooming flowers of the rainy season are typically chaparral currant (*Ribes malvaceum*) and Refugio manzanita (*Arctostaphylos refugioensis*, pictured right), with even more currants, gooseberries, and manzanitas blooming through the winter.

Though all the plants in the Botanic Garden are native to California, not all are equally

at home in the Berkeley Hills location. When you visit the garden during the cold and wet winter months, you may see several small, odd structures with white coverings over the plants.

These structures are protecting the plants at risk from cold weather damage or that need dry, well-drained conditions, as they may rot with too much winter water. Most of the plants that fit into these two categories are found in the Southern California or Channel Islands sections of the garden.

Enjoy the winter season and take a leisurely walk in the Park District’s beautiful Botanic Garden!



Free Park Days

Your East Bay Regional Parks have been a little busier on Fridays this year thanks to **Free Park Fridays**. Since April, most Park District fees have been waived each Friday in celebration of the Park District’s 85th Anniversary.

On Friday, November 29, Free Park Fridays also coincide with the Park District’s annual **Green Friday** where Regional Parks are free the day after Thanksgiving to encourage residents to connect with nature rather than go shopping.

The Regional Parks will also be free for active and retired military members on **Veterans Day** – Monday, November 11.



Health Matters

KAISER PERMANENTE AND EAST BAY REGIONAL PARK DISTRICT ARE PROUD PARTNERS WITH THE MUTUAL GOAL OF PROMOTING HEALTH AND FITNESS.

Mind-Body Wellness

1. Get Outdoors – Spending time in nature is shown to decrease stress levels and benefit physical and mental health.
2. Sleep Well – Sleep can affect the way you feel mentally and physically.
3. Connect Face-to-Face (especially during the holidays) – Quality time with family and friends can do wonders for the mind, body, and spirit.

Healthy Parks Healthy People Healthy Parks Healthy People Healthy

RECREATION

ARCHERY - INTRODUCTION

Roberts Redwood Bowmen
1:30-3:30pm, Sat, Nov 2 #27035
Gain 90-minutes of archery coaching and practice at an outdoor range, with all your equipment provided. Designed for the beginner, the class starts with 30-minutes of classroom instruction. 8+yrs. (adult supervision required for children ages 8-13yrs). Registration is required.
Fee: \$50 (non-res. \$56)

Teenagers learning archery at the Redwood Bowmen Archery Club in Roberts Regional Recreation Area.



FIRST AID FOR DOGS

Big Break Peter Pay
9am-1pm, Sat, Nov 16 #27010
Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program

focuses on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Additional \$5 fee for book "First Aid for Dogs," required at time of class. 12+yrs.
Registration is required. Fee: \$50 (non-res. \$56) plus \$5 materials fee.

KAYAKING / BOATING



Kayakers at Lake Chabot.

Registration is required.

KAYAKING FOR FOLKS 50+

Big Break Recreation Staff
11am-3pm, Thu, Nov 14 #26950
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 Big Break by kayak.
Registration is required.
Fee: \$52 (non-res. \$58)

SUNKEN SHIPS & FLOWERPOTS PADDLE

Big Break Recreation Staff
9-11:30am, Sun, Nov 3 #27250, 1pm-3:30pm, Sun, Nov 3 #27251
Explore shipwrecks from yesteryear as we discover how nature has put them to good use! After dry land instruction, we will wend our way in our steady and

stable tandem kayaks. Adult participation required for ages 10-16yrs. (adult registers). 10+yrs.
Registration is required.
Fee: \$30 (non-res. \$34)

BIRDING BY KAYAK

Big Break Interp/Recreation Staff
9-11:30am, Sun, Dec 15 #27248;
1-3:30pm, Sun, Dec 15 #27249
Come ply the welcoming and wondrous waters of the Pacific Flyway on this longer kayak excursion. We will start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Loaner binoculars available. 8+yrs. Adult registration/participation required with registered child (ages 8-16yrs.)
Registration is required.
Fee: \$30 (non-res. \$34)

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 in Nov & Dec (except Nov 28)
Check for eggs and bring hay to 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 The Railroad Museum
10:15am-2:30pm, Thu, Fri, Sun through Nov 24
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 Ardenwood Station or Deer Park.

PATTERSON HOUSE TOURS

Ardenwood Patterson House Docents
Various times, every Thu-Sun thru Nov 10
Tour the beautifully restored Patterson House Museum. Discover the history of this 19 room Queen Anne Victorian farmhouse, listed on the National Register of Historic Places and operated 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 your arrival. Additional fee on non-event Saturdays. Special 15-minute tours for children 6 and under offered Thursday and Friday at 2:30pm, Saturday and Sunday at 11:30am.

WAKE UP THE FARM **HPHP**

Ardenwood Interpretive Staff
10:30-11am, Sat, Nov 2, 16
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.

PUMPKIN PALOOZA

Ardenwood Pia Loft
Noon-1pm, Sat, Nov 2, 23
Celebrate the great, big world of pumpkins as we get ready for the holidays. We will explore how these gourds have become fall staples while we make decorations for our Thanksgiving table.

CORN MOSAICS

Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Nov 2, 16
Learn how to turn our autumn-harvested Indian corn into a fun craft for the whole family! Use the rainbow of colored kernels to make your own mosaic.

FIXIN' FEED

Ardenwood Interpretive Staff
10:30-11am, Sun, Nov 3, 24
Expend some elbow grease shelling and grinding a tasty treat for the sheep, goats and chickens using our antique equipment. Make a new friend when you feed them by hand.

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. See next session for mobility class.
Registration is required.

Uphill: Improve power, endurance, and spine function. Downhill: Develop skills for a safer experience and to preserve your joints. Save your knees!

HIKING POLES: MORNING SKILLS & TECHNIQUES

Kennedy Grove Jayah Faye Paley
9am-1:30pm, Sat, Nov 16 #27005
Morning session helps hikers learn poles, trail and body skills. Beginner to experienced hikers learn techniques without the additional challenge of the practice hike in the afternoon.
Registration is required.
Fee: \$55 (non-res. \$61)

HIKING POLES: SKILLS & TECHNIQUES PLUS HIKE

Tilden Jayah Faye Paley
9am-3pm, Sat, Dec 14 #27002
Comprehensive training helps hikers improve performance and confidence on the trail.
"Test drive" quality pole models on a beautiful scenic hike. Learn which poles fit you best.
Registration is required.
Fee: \$75 (non-res. \$83)

WONDERFUL WOOL &

Ardenwood Mindy Castle
11am-noon, Sun, Nov 3

We'll start with a yarn about wool before visiting our fleeciestic friends. Along the way we'll learn how we can transform their special fur into woolly wonders.

WE ALL SCREAM FOR ICE CREAM! &

Ardenwood Mindy Castle
1-2pm, Sun, Nov 3

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, Sun, Nov 3

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 skill!



TODDLER TIME &

Ardenwood Interpretive Staff
10:30-11:45am, Wed, Nov 6, 20

Bring the tots out for an exciting morning at the farm. Hear a story, do some chores, and meet some farm friends. Little ones will enjoy a variety of activities at their own pace. We'll meet rain or shine! After a break, we'll be back again in 2020. (1-4 yrs.)

GARDEN CHORES FOR KIDS &

Ardenwood Interpretive Staff
10:30-11:30am, Sat, Nov 9, 23

Our garden has been growing this spring. Lend a hand weeding, watering and maybe planting some seeds. Discover the secrets of heirloom vegetables as we get our hands dirty.

TURKEY TALK &

Ardenwood Pia Loft
Noon-1pm, Sat, Nov 9; 1:30-2:30pm, Sat, Nov 23

Did you know that turkeys can fly up to 55 mph? Or that you can tell their gender by looking at the shape of their poop? Come explore all things turkey while we make holiday decorations in honor of these Thanksgiving superstars.

CORN HUSK DOLLS &

Ardenwood Pia Loft
1:30-2:30pm, Sat, Nov 9

Craft your own folk art doll of colorful husks gleaned from the field. Corn silk hair, a twig broom or an acorn cap will add individual character to your creation.

FARMYARD STORY TIME &

Ardenwood Interpretive Staff
10:30-11:30am, Sun, Nov 10

The Little Red Hen, the Three 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.

CHRISTMAS EVENING OPEN HOUSE AT THE PATTERSON HOUSE &

Ardenwood Patterson House Staff & Docents

5:30-8:30pm, Fri, Dec 6

Put yourself in the holiday spirit by visiting our Christmas Open House with your chance to see the Patterson House fully decorated for the holidays. Enjoy live music, refreshments, Victorian inspired decorations and much more! Fee: Adults \$7 in advance, \$8 at the door, Children (12 and under) free. This is an "after hours" City of Fremont event at the park. Register at regerec.com. Info: (510) 791-4196 or rkiehn@fremont.gov.

DAY-TIME CHRISTMAS TOURS AT THE PATTERSON HOUSE &

Ardenwood Patterson House Staff & Docents

11:30am, noon, 1pm, 2pm & 3pm, Sat, Dec 7, 14, 21; Sun, Dec 8, 15 & 22

Begin your holiday season by seeing the historic Patterson House dressed up for the holidays. Enjoy a docent led Christmas tour highlighting Victorian inspired decorations and holiday traditions from the late 1800s. House Tours are \$2-\$3 (plus winter rate park admission fee at Arden Station park entrance) and tickets are available at the house. Special shortened tour for children 6 and under offered at 11:30am.

For booking a large group or inquiries about weekday tour schedule, please call (510) 544-3289. Weekday group and public tours are available Thursdays and Fridays, December 5, 6, 12, 13, 19 & 20. Children's Tours are offered at 2:30pm on Thursdays and Fridays.

Registration information – register beginning September 24

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

COOKING IN COUNTRY KITCHEN &

Ardenwood Interpretive Staff
11am-1pm, Sun, Nov 10, 24

Stop by the Country Kitchen and take a tasty step back in time! Discover how to cook with a wood-burning stove and sample the special of the day, be it savory or sweet. Pick up an historic recipe to try at home.

MEET THE BUNNIES &

Ardenwood Interpretive Staff
12:30-1pm, Sun, Nov 10; 2-2:30pm, Sun, Nov 17

Come meet the farm rabbits. Learn why they have big ears, what's their favorite food and how they communicate. See if you can find the softest part of a bunny.

VICTORIAN TABLE TOP GAMES &

Ardenwood Interpretive Staff
1:30-2:30pm, Sun, Nov 10; 2-3pm, Sun, Nov 24

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.

FELTED PUMPKINS &

Ardenwood Mindy Castle & Interpretive Staff

Noon-1pm, Sat, Nov 16; 1-2pm, Sun, Nov 17; 11am-noon, Sun, Nov 24

Create some felted fall fun for your Thanksgiving dinner table with these woolly little pumpkins!

WOOL THAT'S TO DYE FOR! &

Ardenwood Mindy Castle
10:30am-noon, Sun, Nov 17

Unravel the ancient mysteries of dyeing yarn. Discover nature's secrets for transforming white wool into a palette of autumn's colors and how you can do it at home.

BEGINNING EMBROIDERY &

Ardenwood Mindy Castle
1-2pm, Sun, Nov 24

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.

MONARCH BUTTERFLY SEARCH

Ardenwood Mindy Castle & Pia Loft
10:30am and 1:30pm, Fri, Nov 29; 10:30am, Sat, Nov 30

Let's go on a butterfly hunt! Somewhere on the farm the monarchs may be settling into their winter home. Learn about their fascinating journey as we search the Eucalyptus groves. Meet at the Greenhouse.

VICTORIAN WINTER HOLIDAY DECORATIONS &

Ardenwood Pia Loft
12:30-1:30pm, Sat, Nov 30, Dec 14

Cloves, oranges, ribbons, oh my! Learn about Victorian-era winter holiday traditions and make decorations to take home and spread joy.

MONARCH SPOTTING **HPHP**

Ardenwood Interpretive Staff
2-2:30pm, Sat, Nov 30, Dec 7, 14, 21, 28; Sun, Dec 1, 8, 15, 22, 29

With brilliant orange-and-black wings, monarchs are some of the most easily recognizable butterflies, but that does not mean their clusters are easy to find! Join our staff as we search for our winter visitors and use a spotting scope to take a closer peek. Meet at the Greenhouse.

MONARCHS FOR KIDS &

Ardenwood Mindy Castle & Pia Loft
10:30-11:30am, Sun, Dec 1, 29; Sat, Dec 7, 21

Young children will enjoy an interactive program all about monarch eggs, caterpillars, chrysalides and butterflies. Meet at the Granary. (3-6 yrs.)

WIGGLING WORM BINS

Ardenwood Mindy Castle
12:30-1:30pm, Sun, Dec 1, 15

Come visit our worms at the farm, learn how they are an important part of growing your garden, and find out how to make your own worm bin at home.

OJO DE DIOS &

Ardenwood Pia Loft
12:30-1:30pm, Sat, Dec 7, 21

Yarn has been used for centuries to make decorations as well as clothing. Watch how fleece becomes yarn on our spinning wheel, try out a drop spindle, and weave your own colorful ornament to hang for the holidays.

MONARCHS: POLLINATOR ROYALTY &

Ardenwood Interpretive Staff
10:30-11:30am, Sun, Dec 8, 22; Sat, Dec 14, 28

Bees get all the buzz but did you know that butterflies are pollinators, too? Discover how these fluttery creatures affect our surroundings and learn how to protect them. Meet at the Greenhouse.

NATIVE PLANT GARDENS

Ardenwood Mindy Castle
12:30-1:30pm, Sun, Dec 8, 22

Explore our native plant gardens here at the farm, learn their numerous benefits, and perhaps be inspired to include native plants at your home! Meet at the Greenhouse.

MARVELOUS MONARCHS

Ardenwood Mindy Castle & Pia Loft
10:30-11:30am, Sun, Dec 15; 12:30-1:30pm,
Sat, Dec 28; Sun, Dec 29

Explore the amazing phenomena of migrating monarch butterflies through a slide presentation and find out how you can participate in monarch conservation! Meet at the Granary.

BIG BREAK

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

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

DELTA DISCOVERIES

Big Break Interpretive Staff
11am-2pm, every Sat & Sun
Discover the wonders of the Delta through hands-on arts and crafts activities! Each week we will explore different wetland wonders.

TESTING THE WATER

Big Break Interpretive Staff
9-10am, every Sat & Sun
Track the health of the Delta! Using state of the art instruments, we'll test for dissolved oxygen, pH, conductivity, and more. Our results go into a regional database for use by researchers, scientists and water managers.

DUNES RESTORATION DAY! **HPHP**

Big Break Interpretive Staff
9-11am Sat, Nov 2, Dec 14
Help restore a small piece of the historic dunes as we remove invasive weeds and re-establish native plants! Bring water, gloves, hat, closed-toe shoes, dress for weather and prepare for general grubbiness. Must be in good physical condition for pulling vegetation.

BATS EAT BUGS

Big Break Interpretive Staff
2-3pm, Sun, Nov 3
Discover how our only flying mammals find, catch and gobble their prey.

BIG BREAK LITTLES

Big Break Interpretive Staff
10-11am, Mon, Nov 4, Dec 9
Tue, Nov 5, Dec 10
Bring the little ones out to the park to explore nature. Same program both days per month. Come to one or the other! Dress to get dirty!

COFFEE TALK & DELTA NEWS

Big Break Interpretive Staff
8:30-9am, Wed, Nov 6, Dec 4
From tunnels to research projects, farming to fish stock, the Delta is always in the news. Stop by the Visitor Center on the first Wednesday of each month for coffee and discussion on the science and events shaping the region.

A FUSION OF PAINTING & BIRDING

Big Break Interpretive Staff
10:30-11:30am, Sat, Nov 9
Create your own watercolor bird journal! We will begin with birding at the observation pier, then paint a picture of a bird. Painting supplies provided. Bring your binoculars. Loaners available.

HALFWAY THROUGH THE PACIFIC FLYWAY

Big Break Interpretive Staff
2-3pm, Sat, Nov 9
Join us to learn about the birds migrating along the Pacific Flyway and why Big Break is a great halfway point to recharge.



Kids exploring nature. Park Naturalists conduct programs on a variety of subjects including Delta history, birding, wetland ecology, and general nature exploration.

BACKYARD HABITAT

Big Break Interpretive Staff
2-3pm, Sun, Nov 17
Want to create a piece of California habitat? Come on by and learn how to start a native plant garden!

OUTSTANDING OTTERS

Big Break Interpretive Staff
2-3pm, Sat, Nov 23
Discover how river otters differ from their ocean cousins, then help us find river otter clues in our park.

NATURE SCAVENGER HUNT

Big Break Interpretive Staff
10am-1pm, Tues, Nov 26
Get ready for self-guided adventure! You'll be following clues and searching high and low for objects hidden in our great

outdoors. Drop in anytime between 10am and 1pm.

POST TURKEY DAY CREEK WALK **HPHP**

Creekside Park, Oakley Interpretive Staff
9-11:30am, Sat, Nov 30
Shake off those tryptophan doldrums while exploring flora and fauna of Marsh Creek Regional Trail. Enjoy a moderate 4.5 miles walk on paved trail along the second largest creek in the county! Strollers welcome. Meet at Creekside Park in Oakley.

LET THE LEAVES FALL **HPHP**

Big Break Interpretive Staff
2-3pm, Sat, Nov 30
Why do leaves fall in fall? Come enjoy the colors of the season while we stroll along and discover why this phenomenon occurs.

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. Meet at the Botanic Garden Visitor Center unless otherwise stated.

DOCENT-LED GARDEN TOURS

2pm, Sat; 11am & 2pm, Sun
Rain cancels!

2019-2020 WAYNE RODERICK LECTURE SERIES

Saturday mornings in Nov and Dec
All lectures start at 10:30am and run for a minimum of one hour.

Free. Regional Parks Botanic Garden Auditorium. Seating is limited! For a full listing of speakers and topics, please visit our Friends website: www.nativeplants.org

CLASSES THROUGH FRIENDS OF REGIONAL PARKS BOTANIC GARDEN

10am-1pm, Sun, Nov 10
Structural Pruning of Native Plants
10am-2pm, Sun, Nov 17
Creek Macroecology Field Trip



MARSH CREEK SALMON

STROLL & **HPHP**

Homecoming Park,
Brentwood Interpretive Staff
10-11:30am, Sat, Dec 7

For eons, chinook salmon have traveled through the Delta and up freshwater streams to complete their life cycle. Follow the path of salmon to a spawning area along Marsh Creek.

WATER, VAPOR AND ICE &

Big Break Interpretive Staff
2-3pm, Sat, Dec 7

Water transforms into all its forms while traveling through California's Great Watershed. Let's discover the water cycle in a new way with hands-on exploration.

DUCK, DUCK, COOT &

Big Break Interpretive Staff
2-3pm, Sat, Dec 14

The foggy winter shoreline transforms as ducks and coots fly in for the season. Use scopes and binoculars to identify the waterfowl as we track our findings in ebird.

MACRO MAYHEM &

Big Break Interpretive Staff
2-3pm, Sun, Dec 22

Explore the incredible world of water bugs! Let's collect and identify some plankton and macroinvertebrates to discover their important role in the wetland ecosystem.

OUR WONDERFUL WATERSHED &

Big Break Interpretive Staff
2-3pm, Sat, Dec 28

Why is the Delta Watershed important? From fish to fowl, plants to people, discover some of the profound impacts our Delta has on all of us!

BLACK DIAMOND

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

MAPS AND METAPHOR **SP**

Black Diamond Jake Wright
8:30-10:30am, Sat, Nov. 2

Many maps have been made of this place. Whether physical or mental, maps help us plot our course. On this morning hike, let's ponder together how we organize our understanding. 8+yrs.

MEET A SNAKE **SP**

Black Diamond Interpretive Staff
1:30-2pm, Sat Nov 2, 9, 16, 23, 30;
Dec 7, 14, 21, 28

Sidney Flat Visitor Center - Gopher snake, kingsnake, rattlesnake, oh my! Let us introduce you to our not so furry friends and learn how snakes support our communities.



Viewing artifacts at Black Diamond Mines.

HISTORIC SOMERSVILLE **SP**

Black Diamond Interpretive Staff
1-2pm, every Sun in Nov & Dec
Find local history in these hills, get to know miners' tools, or go on a short walk to learn about life in a 19th-century mining town. Topics change weekly.

NATURE DISCOVERIES **SP**

Black Diamond Interpretive Staff
10-11am, every Sat in Nov & Dec
Learn what's flying, crawling, or blooming in the park this season as we examine a different nature subject each week.

POWERING PROGRESS **SP**

Black Diamond Jake Wright
8:30-10:30am, Sat, Nov. 16
Fact: Energy fuels our lives. Looking back toward these historic coalfields, forward to... wind? On this meandering hike, we'll consider the past, the future, and the myth of progress. 8+yrs.

MOUNTAINS AND MEMOIR **SP**

Black Diamond Jake Wright
9-11am, Sat, Nov. 23
What can the park's past reveal about our own lives? Can we walk into our best thoughts? Connect body and brain on this vigorous hike into the nuances of memory.

GIVE THANKS IN NATURE **SP HPHP**

Black Diamond Jake Wright
10am-noon, Fri, Nov. 29
With full hearts and full bellies, say thank you to the air, trees, soil, and water.

These are a few of the things we could not live without.

INVASIVES? TREES, OTHER SPECIES **SP**

Black Diamond Jake Wright
11am-12:30pm, Sat, Nov. 30
Who brought what, when? Can invasive species be beautiful? Let's take another look at these recent arrivals and discuss their impact on the land.

SEASONAL SCAVENGER HUNT **SP**

Black Diamond Virginia Delgado-Martinez
Noon-1:30pm, Sat, Dec. 28
School's out and the park is open! Bring the family, stretch your legs, and enjoy the outdoors. Look for berries, fungi, wildlife, and other natural wonders that the season brings. 5+yrs.

COYOTE HILLS

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



Grey Fox.

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.

BIRD WALK **SP**

Coyote Hills Kristina Parkison
8-10am, Sat, Nov 2
The Bay Area bursts with bird life! New and experienced birders alike join us as we discover patterns of behavior, migration, and habitat. 8+yrs.

NATIVE CALIFORNIA PLANT

USES **SP HPHP**

Coyote Hills Francis Mendoza
10-11:30am, Sun, Nov 3 & Dec 22
Go on a short walk to learn how Native Californians use plants for food, medicine, shelter, and tools. We'll visit our native

plant gardens and walk out to the freshwater marsh. 15+yrs.

DUMBARTON QUARRY BAYSIDE CAMPGROUND HIKE **SP HPHP**

Coyote Hills Francis Mendoza
1-4pm, Sun, Nov 3
Meet at Quarry Lot. The Dumbarton Quarry Bayside Campground is scheduled to open in 2020. Learn the history of the quarry site and campground on this easy 3-mile out and back hike. Wear sturdy shoes. Heavy rain cancels. 12+yrs.

STORIES UNDER AN OAK **SP &**

Coyote Hills Interpretive Staff
11am-noon Sat, Nov 9, 30, and Dec 7
Settle in for story time under the canopy of a majestic oak.

CART OF CURIOSITIES **SP &**

Coyote Hills Kristina Parkison
1-3pm, Sat, Nov 9, 16, and Dec 7
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!

OHLONE PEOPLE & CULTURE **SP &**

Coyote Hills Francis Mendoza
1:30-3pm, Sun, Nov 17 & Dec 15
Learn about Ohlone people and their intimate relationship with nature, family, and ancestors. We'll discuss the important values of generosity, balance, and resilience that continue to resonate with Ohlone people today. 8+yrs.

WEEKDAY BIRD WALK **SP**

Coyote Hills Kristina Parkison
7:30-9:30am, Tue, Nov 19
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.

JUST DUCKY **SP**

Coyote Hills Kristina Parkison
9-10:30am, Sat, Nov 23
Winter ducks are arriving! Welcome them back by reveling in their glorious colors and interesting behaviors. Bring binoculars, or borrow a pair of ours. 12+yrs.

OHLONE VILLAGE SITE TOUR **SP &**

Coyote Hills Interpretive Staff
10-noon, Sun, Nov 17, Dec 29
10-noon & 1:30-3:30pm, Sun, Dec 1,
Sat, Dec 21
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.

Healthy Parks Healthy People: Bay Area

Monthly walks that provide safe, low-impact physical activity and improve health and well-being of all participants, through regular use and enjoyment of the Regional Parks. Look for **HPHP**.



November 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

- 1**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 2**
Ardenwood: Corn Mosaics, Patterson House Tours, Animal Feeding, Wake Up The Farm, Pumpkin Palooza
Big Break: Delta Discoveries, Testing The Water, Dunes Restoration Day!
Black Diamond: Meet a Snake, Maps and Metaphor, Nature Discoveries
Coyote Hills: Ohlone Village Site Tour, Discovery Days, Bird Walk
Crown Beach: Family Nature Fun, Fish Feeding Time, Songs & Stories by the Shore
Roberts: Archery Introduction
San Leandro Public Library: Monarch Butterfly Monitoring Training
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Nature Ramble
- 3**
Ardenwood: We All Scream For Ice Cream!, Old-Fashioned Fun, Patterson House Tours, Animal Feeding, Fixin' Feed, Wonderful Wool, Train Rides
Big Break: Delta Discoveries, Bats Eat Bugs!, Testing The Water, Sunken Ships & Flowerpots Kayak
Black Diamond: Historic Somersville
Brushy Peak: Vasco Caves Preserve Tour
Coyote Hills: Native California Plant Uses, Dumbarton Quarry Bayside Campground Hike, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun, Mudflat Birding Bonanza
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Woolly Pumpkins, Old Fashioned Popcorn, Fireside Stories
- 4**
Big Break: Big Break Littles
Tilden Nature Area: Monday Birding
- 5**
Alameda: Hikes for Tykes: Encinal Beach
Big Break: Big Break Littles
Don Edwards: Weekday Bird Walk
Sibley: Over-The-Hills Gang
- 6**
Ardenwood: Toddler Time
Big Break: Coffee Talk & Delta News
- 7**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides

Regional in Nature

Activity Calendar

- 8**
Ardenwood: Patterson House Tours, Animal Feeding, Train Rides
- 9**
Anthony Chabot: Saturday Stroll
Ardenwood: Corn Husk Dolls, Patterson House Tours, Animal Feeding, Garden Chores For Kids, Turkey Talk
Big Break: Delta Discoveries, A Fusion of Painting and Birding, Halfway Through the Pacific Flyway, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Cart of Curiosities, Discovery Days, Stories Under an Oak
Crown Beach: Family Nature Fun, Fish Feeding Time, Nature Party



Volunteers helping with Coastal Cleanup.

- Pleasanton Ridge:** Pleasanton History Hike
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Nature Ramble
- 10**
Ardenwood: Cooking In The Country Kitchen, Patterson House Tours, Victorian Table Top Games, Animal Feeding, Farmyard Story Time, Meet The Bunnies, Train Rides
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Brushy Peak: Vasco Caves Preserve Tour
Coyote Hills: Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun, Beautify the Beach Clean-up
Morgan Territory: Full Fall Hike
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Hot Apple Cider, Fireside Stories, The Itsy Bitsy Spider...

- 11**
Crown Beach: Veteran's Day Open House
Sunol: Outdoor Discoveries: Colors of Fall
- 12**
Crown Beach: Sea Squirts: Terrific Trees
- 14**
Ardenwood: Animal Feeding, Train Rides
Big Break: Kayaking for Folks 50+

- 15**
Ardenwood: Animal Feeding, Train Rides
- 16**
Ardenwood: Corn Mosaics, Felted Pumpkins, Animal Feeding, Wake Up The Farm
Big Break: Delta Discoveries, Testing The Water, First Aid for Dogs
Black Diamond: Meet a Snake, Powering Progress, Nature Discoveries
Coyote Hills: Cart of Curiosities, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Nature Party, Songs and Stories by the Shore
Garin: Canine Capers Walk
Kennedy Grove: Hiking with Poles: Morning Skills & Techniques
Round Valley: Vasco Caves Preserve Tour
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Nature Ramble
- 17**
Ardenwood: Felted Pumpkins, Animal Feeding, Meet The Bunnies, Train Rides, Wool That's To Dye For!
Big Break: Delta Discoveries, Backyard Habitat, Testing The Water
Black Diamond: Historic Somersville
Carquinez Strait: Scenic Carquinez
Coyote Hills: Ohlone People & Culture, Ohlone Village Site Tour, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Del Valle: Park 'n Play
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Fun with Felting, Old Fashioned Popcorn, Fireside Stories
- 18**
Briones: Monday Birding
Shadow Cliffs: Lakeside Littles
- 19**
Coyote Hills: Weekday Bird Walk
Cull Canyon: Hikes for Tykes
Marina Bay Park: Over-The-Hills Gang
- 20**
Ardenwood: Toddler Time
Lake Chabot: Wednesday Walks
- 21**
Ardenwood: Animal Feeding, Train Rides
Crown Beach: Third Thursdays in Garden
- 22**
Ardenwood: Animal Feeding, Train Rides
- 23**
Ardenwood: Animal Feeding, Garden Chores For Kids, Pumpkin Palooza, Turkey Talk
Big Break: Delta Discoveries, Outstanding Otters, Testing The Water
Black Diamond: Meet a Snake, Mountains and Memoir, Nature Discoveries
Coyote Hills: Just Ducky, Native Knowledge Nature Walk, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time

- Redwood:** Going On A Critter Hunt
Round Valley: Vasco Caves Preserve Tour
Sunol: Nature Crafts, Wild Wonders, Turkey Time!
Tilden Nature Area: Farm Chores For Littles
- 24**
Ardenwood: Beginning Embroidery, Felted Pumpkins, Cooking In The Country Kitchen, Victorian Table Top Games, Animal Feeding, Fixin' Feed, Train Rides
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Coyote Hills: Water is Life Hike, Discovery Days
Crown Beach: Playful Nature Sculpting, Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Redwood: Sunday Stroll
Round Valley: Vasco Caves Preserve Tour
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: The Gobble Bauble, Pumpkin Pie Ice Cream!, Fireside Stories
- 25**
Coyote Hills: Coyote Cubs -Turkey Vultures Are Gross...ly Entertaining!
Miller/Knox: Monday Birding
Sunol: Outdoor Discoveries: Turkey Trot
- 26**
Big Break: Nature Scavenger Hunt
Crown Beach: Sea Squirts: Land Mammals
- 27**
Redwood: Wednesday Walks
Sunol: Songs and Stories
- 29**
Ardenwood: Animal Feeding, Monarch Butterfly Search
Black Diamond: Give Thanks in Nature
Coyote Hills: "Green Friday" Family Fun, Puppet Show: We're Thankful
Crown Beach: Post Thanksgiving Holiday Fun
Redwood: Burn the Turkey Hike
Sunol: Burn the Turkey Hike!
- 30**
Ardenwood: Animal Feeding, Victorian Winter Holiday Decorations, Monarch Spotting, Monarch Butterfly Search
Big Break: Delta Discoveries, Let the Leaves Fall, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries, Invasives? Trees & Other Species
Contra Loma: Falling for Nature Walk
Coyote Hills: Discovery Days, Stories Under an Oak
Creekside Park: Post Turkey Day Walk
Crown Beach: Family Nature Fun, Fish Feeding Time, Thankful for Bay Beach Cleanup
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles



Celebrating 85 Years of Regional Parks

- 1**
Alameda: Butterflies and Seals
Ardenwood: Animal Feeding, Wiggling Worm Bins, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing Water
Black Diamond: Historic Somersville
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Round Valley: Vasco Caves Preserve Tour
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Fireside Stories
- 3**
MLKing Jr Shoreline: Hikes for Tykes
- 4**
Big Break: Coffee Talk & Delta News
- 5**
Ardenwood: Animal Feeding
- 6**
Ardenwood: Animal Feeding, Christmas Evening Open House at Patterson House
- 7**
Ardenwood: Ojo De Dios, Animal Feeding, Day Time Christmas Tours at Patterson House, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing The Water, "Water, Vapor, and Ice"
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Cart of Curiosities, Discovery Days, Stories Under an Oak
Crown Beach: Family Nature Fun, Fish Feeding Time
Homecoming Park: Marsh Creek Salmon Stroll
Sunol: Wreath Making at the Barn!, Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, Acorn Ornaments, Woolly Soap Scrubber
- 8**
Ardenwood: Animal Feeding, Native Plant Gardens, Day Time Christmas Tours at Patterson House, Monarch Spotting, Monarchs: Pollinatory Royalty
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Historic Somersville
Brushy Peak: Vasco Caves Preserve Tour
Contra Loma: Winter Birds in Contra Costa
Coyote Hills: Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Del Valle: Park 'n Play
MLKing Jr Shoreline: Sunday Stroll
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Fireside Stories
- 9**
Big Break: Big Break Littles
McLaughlin Eastshore: Monday Birding
Sunol: Outdoor Discoveries
- 10**
Alameda Creek Trail: Weekday Bird Walk
Big Break: Big Break Littles
Crown Beach: Sea Squirts
- 12**
Ardenwood: Animal Feeding
- 13**
Ardenwood: Animal Feeding
- 14**
Ardenwood: Animal Feeding, Day Time Christmas Tours at Patterson House, Victorian Winter Holiday Decorations, Monarch Spotting, Monarchs: Pollinatory Royalty
Big Break: Delta Discoveries, "Duck, Duck, Coot", Testing The Water, Dunes Restoration Day!
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Tule Boats of the Bay Area, Discovery Days
Crown Beach: Family Nature Fun- Let it Snow, Fish Feeding Time, Nature Party,
Radke Martinez: Morning at Shoreline
Redwood: "Ladybug, Ladybug Where Do You Go?"
Sunol: Nature Crafts, Wild Wonders, Tracks on the Trail
Tilden Nature Area: Farm Chores For Littles, Jolly Holly Craft Time, Nature Ramble, Hiking Poles: Skills & Techniques Plus Hike
- 15**
Ardenwood: Animal Feeding, Wiggling Worm Bins, Day Time Christmas Tours at The Patterson House, Marvelous Monarchs, Monarch Spotting
Big Break: Delta Discoveries, Testing The Water, Birding by Kayak
Black Diamond: Winter Birds in Contra Costa, Historic Somersville
Coyote Hills: Ohlone People & Culture, Discovery Days
Crown Beach: Crafting For Adults And Teens, Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Salamander Surveys, Fireside Stories, Ranger Coffee
- 16**
Point Pinole: Monday Birding
Shadow Cliffs: Lakeside Littles
- 17**
Oyster Bay: Hikes for Tykes
Tilden Nature Area: Over-The-Hills Gang

- 18**
Crown Beach: Birdwalk by the Bay
Quarry Lakes: Wednesday Walks
- 19**
Ardenwood: Animal Feeding
Crown Beach: Third Thursdays in Garden
- 20**
Ardenwood: Animal Feeding
- 21**
Antioch Community Center: Miners Old-Time Celebrations
Ardenwood: Ojo De Dios, Animal Feeding, Day Time Christmas Tours at The Patterson House, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crown Beach: Family Nature Fun, Fish Feeding Time
Sibley: Saturday Stroll
Sunol: Nature Crafts, Wild Wonders, Winter Wonderland Walk
Tilden Nature Area: Farm Chores For Littles, Fun with Felt, Meet the Solstice Sun-Hike



Tilden Park merry-go-round.

- 22**
Ardenwood: Animal Feeding, Native Plant Gardens, Day Time Christmas Tours at The Patterson House, Monarch Spotting, Monarchs: Pollinatory Royalty
Big Break: Delta Discoveries, Macro Mayhem, Testing The Water
Black Diamond: Historic Somersville
Coyote Hills: Native California Plant Uses, Discovery Days
Crown Beach: Holiday Wrapping, Family Nature Fun, Fish Feeding Time, Storytime And Nature Fun
Round Valley: Winter Birds in Contra Costa
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Salamander Surveys, Fireside Stories, Ranger Coffee

December 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				

- 23**
Point Pinole: Monday Birding
Sunol: Outdoor Discoveries: Hibernation!
- 26**
Ardenwood: Animal Feeding
Crown Beach: Birding For Kids
Sunol: Songs and Stories at Sunol
- 27**
Ardenwood: Animal Feeding
Del Valle: Del Valle Christmas Bird Count
- 28**
Ardenwood: Animal Feeding, Marvelous Monarchs, Monarch Spotting, Monarchs: Pollinatory Royalty
Big Break: Delta Discoveries, Our Wonderful Watershed, Testing The Water
Black Diamond: Meet a Snake, Nature Discoveries, Seasonal Scavenger Hunt
Coyote Hills: Discovery Days, "Ssnakes, Sstories and Sspirals"
Crown Beach: Family Nature Fun- New Year's Beach Clean-Up, Fish Feeding Time, Almost New Years Resolution: Weed Warriors Unite!
Sunol: Nature Crafts, Wild Wonders
Tilden Nature Area: Farm Chores For Littles, "Newts, Salamanders, and Frogs Oh My!", Why is South Park Dr Closed?
- 29**
Ardenwood: Animal Feeding, Marvelous Monarchs, Monarch Spotting, Monarchs For Kids
Big Break: Delta Discoveries, Testing Water
Black Diamond: Historic Somersville
Coyote Hills: Ohlone Village Site Tour, Discovery Days
Crown Beach: Family Nature Fun- New Year's Beach Clean-Up, Fish Feeding Time, Storytime And Nature Fun
Radke Martinez: Winter Birds in Contra Costa
Redwood: Lovely Ladybugs
Sunol: Animal Feeding Time, Nature Crafts, Wild Wonders
Tilden Nature Area: Fireside Stories, Winter Walk in the Park, Nocturnal Newt Hike
- 30**
Coyote Hills: Coyote Cubs - Birds of a Feather
Radke Martinez: Monday Birding
- 31**
Don Castro: Weekday Bird Walk
Leona Canyon: Hikes for Tykes

NATIVE KNOWLEDGE NATURE

WALK

Coyote Hills Kristina Parkison
1-2:30pm, Sat, Nov 23
Ohlone people have lived on this land for centuries, learning its secrets. We'll share some of that knowledge of plants and animals, plus play some games Ohlone people enjoy! 7+yrs.

WATER IS LIFE HIKE **HPHP**

Coyote Hills Francis Mendoza
9am-noon, Sun, Nov 24
Hike a relatively flat 3 miles around the marsh as we discuss the importance of water in the park and in our lives. Bring sturdy shoes, water, and a snack. Heavy rain cancels. 15+yrs.

"GREEN FRIDAY" FAMILY FUN

Coyote Hills Interpretive Staff
10:30am-3:30pm, Fri, Nov 29, Sat, Nov 30, & Sun, Dec 1

Avoid the mall crowds and walk off your feast this "Green Friday"! Help us create a special "Tree of Thanks" exhibit, and kick off crafting season by making a tree-themed ornament to take home.

PUPPET SHOW:

WE'RE THANKFUL

Coyote Hills Interpretive Staff
4:30-5:30pm, Fri, Nov 29
Learn about Coyote Hills' cultural and natural history through an interactive puppet show highlighting everything we have to be thankful for.



BIRD WALKS

Birds Walk, Coyote Hills, Nov 2, page 7

BirdWalk by the Bay, Elsie Roemer Bird Sanctuary, Crown Beach, Dec 18, page 11

Birding for Kids, Crab Cove, Dec 26, page 11

Weekday Bird Walk, Various Parks, Nov 5, 19, Dec 10, 31, page 12

Monday Birding, Various Parks, Nov 4, 18, 25, Dec 9, page 12



Enjoying a walk: Coyote Hills marsh boardwalk.

TULE BOATS OF THE BAY AREA

Coyote Hills Dino Labiste
10am-12:30pm & 1:30-4pm, Sat, Dec 14
Water everywhere! How did pre-colonial peoples travel through the bay and marshes? Bundles of tule create boats. Learn the many cultural uses of this versatile sedge plant, see an actual full-sized tule boat, and make your own mini tule boat.

ALAMEDA CREEK WALK &

TALK **HPHP**

Coyote Hills Francis Mendoza
9-noon, Sun, Dec 15
Hike a relatively flat 3 miles around the marsh as we discuss the importance of water in the park and in our lives. Bring sturdy shoes, water, and a snack. Heavy rain cancels. 15+yrs.

WINTER SOLSTICE HIKE **HPHP**

Coyote Hills Francis Mendoza
1-4pm, Sun, Dec 22
Celebrate the first day after the winter solstice with a jaunt around the hills. We'll look for signs of life in this moderate 3-mile hike. Wear layers and bring water. Heavy rain cancels. 15+yrs.

COYOTE CUBS

Coyote Hills Francis Mendoza & Interpretive Staff
10:30-11:30am, Mon, Nov 25 & Mon, Dec 30

Get your preschooler out and into nature! We'll play games, explore the park, and do a craft related to the theme of the day. Parent/caregiver participation required. 3-5 yrs.

Nov 25: Turkey Vultures Are Gross...ly Entertaining!

Dec 30: Birds of a Feather

SSNAKES, SSTORIES & SSPIRALS

Coyote Hills Dino Labiste
10am-noon & 1:30-3:30pm, Sat, Dec 28
Meet the snakes that make Coyote Hills their home. Learn about their unique adaptations and how these slithering reptiles have become part of our folklore. Create a snake spiral craft to take home.

CRAB COVE

Crab Cove Visitor Center is open Wed-Sun, 10am-4pm, 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. Open Veteran's Day Monday for special Open House event, closed Thu, Nov 28 for Thanksgiving Holiday.

STORYTIME AND NATURE FUN

Crab Cove Interpretive Staff
11:30am-noon, every Sun, in Nov & Dec
Come meet characters like the Lorax, hermit crabs, and "Swimmy the Fish" through stories. Afterward, meet live animals, make

VETERAN'S DAY OPEN HOUSE

Crab Cove Interpretive Staff
10am-4pm, Mon, Nov 11

Did you know Crab Cove was once a military facility? Drop in and find out more about this important period in our national and local history.

10am-noon: Movies in the Old Wharf Classroom; Noon-4pm: Discover how to fold a flag, learn how to tie knots, make red, white and blue crafts, and make a flower for our memorial wreath to honor Veterans; 2:30-3:30pm: Low tide walk.

nature crafts, do a scavenger hunt, or watch nature videos!

FAMILY NATURE FUN HOUR

Crab Cove Interpretive Staff
2-3pm, every Sat & Sun in Nov & Dec
The tides roll in and out making each day a chance to discover something new. Our shoreline is bursting with bird life and other signs of the season. Come explore with us and have fun with family-friendly activities.

FISH FEEDING TIME

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

SONGS AND STORIES

BY THE SHORE

Crab Cove Morgan Guenther
10:30-11:30am, Sat, Nov 2 & 16

Gather together to hear tales and sing songs about worms, fungus, leaves and flowers, predators and prey, and more! Enjoy an interactive hour of nature fun for the whole family.

PLAYFUL NATURE SCULPTING

Crab Cove Zach Pine & Michael Charnofsky

10am-noon, Sun, Nov 24
Use driftwood, shells, seaweed, beach sand, and more to make artful creations. Join environmental artist Zach Pine and discover fun ways to engage with nature, learning new skills to take home.

POST-THANKSGIVING FUN

Crab Cove Interpretive Staff
10am-4pm, Fri, Nov 29

Spend the day by the Bay with us! Watch live fish and crabs up close, make a nature craft, meet (and touch) our turtle or snake. 10:30am-noon: Learn about water and ocean creatures on our "big screen," popcorn and cider served; 1-2pm: Meet a reptile!; 2-3pm: Family Fun Nature Hour: Turkey Time – gobble gobble!; 3-3:30pm: It's fish feeding time in our Bay aquariums!

SEA SQUIRTS

Crab Cove Interpretive Staff
10:30-11:45am, Tuesdays

Nov 12: Terrific Trees # 27069; Nov 26: Land Mammals # 27072; Dec 10: Fur, Feathers and Scales # 27074

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. Fee: \$5 (\$7 non-res.)
Registration is required.

THANKFUL FOR THE BAY BEACH CLEANUP **HPHP**

Crab Cove Morgan Guenther
10-11:30am, Sat, Nov 30
Show thanks for the shore by cleaning up the beach and searching for interesting items that have been washed up. Bring your own gloves and bucket or borrow ours.

BUTTERFLIES AND SEALS **HPHP**

Encinal Beach Susan Ramos
10-noon Sun, Dec 1

Join a short walk along a lesser-known section of shoreline where we'll look for overwintering Monarch Butterflies and hauling-out Harbor Seals. Binoculars available for loan.

Directions: From Webster St in Alameda.: Turn right on Central Ave., go 0.8 miles (just past Encinal High School) and take a sharp left onto the access road to Encinal Beach. Look for "Bay Trail" signs on the fence.

CRAFTING FOR ADULTS AND TEENS

Crab Cove Susan Ramos
12-2pm Sun, Dec 15

With the holidays fast approaching, drop in today and make some simple but elegant gifts such as beeswax candles, and soap. Donation for supplies welcome. 12+yrs.

BIRDWALK BY THE BAY **HPHP**

Elsie Roemer Bird Sanctuary, Crown Beach Susan Ramos

9-11am, Wed, Dec 18

Take a "peep" at the shorebirds. Beginners welcomed and encouraged. Binoculars available for loan. Meet at the observation platform near the end of Broadway.

HOLIDAY WRAPPING

Crab Cove Susan Ramos
12-2pm Sun, Dec 22

Using rubber stamps, old calendars, newspapers, or items from nature, discover how to make beautiful, creative gift wrapping! Bring a gift or two to wrap & get a head start on your holiday preparations.

BIRDING FOR KIDS

Crab Cove Michael Charnofsky
2:30-4pm, Thurs, Dec 26

Observe, mimic, and identify our feathered friends as they feast on the mudflat's small creatures, and on higher land. Finish with a birdy craft. Binoculars available. Rain cancels.

DEL VALLE

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

PARK 'N PLAY **SP** **HPHP**

Del Valle Interpretive Staff
10am-noon, Sun, Nov 17, Dec 8

Let's play in the park! Bring your family and friends out for some fresh air, nature games, and wildlife exploration, rain or shine.

CHRISTMAS BIRD COUNT **SP** **HP**

Del Valle Interpretive Staff
8am-noon, Fri, Dec 27 #27262

Help us discover the birds of Del Valle! Join us for our first Christmas Bird Count and learn about the population and species that make this park home. All data collected will be submitted to the Audubon Society as part of this international project. 8+yrs. Registration is required.



M. Garcia of San Jose caught this 7.5 pound striper at Del Valle while he was fishing with anchovies.

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**

Sunol Interpretive Staff
10am-noon, every Sat and Sun, Nov 2- Dec 29

Discover the natural world using 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, Nov 2 - Dec 29
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 in Nov & Dec
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!

OUTDOOR DISCOVERIES **SP** **HP**

Sunol Interpretive Staff
10:30am-noon, Mon, Nov 11, 25, Dec 9, 23

Come explore the world around you in this hands-on preschool and home school nature series! We will discover, adventure and create in the outdoor classroom of Sunol. 4-8yrs. Advance registration is required. No drop ins.

Nov 11: Colors of Fall #26934; Nov 25: Turkey Trot #26936; Dec 9: Wildlife Detectives #26937; Dec 23: Hibernation! #26938

TURKEY TIME! **SP** **HPHP**

Sunol Ashley Adams
11am-12:30pm, Sat, Nov 23 #26970

Trot on down to the wilderness and discover the history and humor of the feathered friends we call turkeys! We'll explore trails and create a turkey craft to bring home. Registration is required.

SONGS AND STORIES AT SUNOL **SP**

Sunol Ashley Adams
10:30-11:30am, Wed, Nov 27, Thu, Dec 26

Wander into the wilderness for tales of our forest friends! We'll sing songs, explore through play and discover the magic of nature all around us.

BURN THE TURKEY HIKE! **SP** **HPHP**

Sunol Ashley Adams
10am-1pm, Fri, Nov 29

#OptOutside with a guided hike to Little Yosemite! We'll admire fall colors, look for birds of prey, and burn a few calories on a 3-mile trek through Sunol.

WREATH MAKING AT THE BARN! **SP** **HP**

Sunol Ashley Adams
Noon-2pm, Sat, Dec 7 #27009

Make a "living wreath" to celebrate the season. We'll be using a variety of greenery from both native plants and holiday favorites. All supplies will be provided. 7+yrs. Registration is required. Res \$10 (non-res \$13).

TRACKS ON THE TRAIL **SP**

Sunol Ashley Adams
10:30am-noon, Sat, Dec 14

Discover who walked along the muddy trails at Sunol as we learn to identify common wildlife tracks. From paw prints to scat, we'll find out who calls Sunol home.

WINTER WONDERLAND WALK **SP** **HPHP**

Sunol Ashley Adams
1-2:30pm, Sat, Dec 21

The winter season is a wondrous time in the wilderness! Discover what animals and plants do to prepare for cold as we warm up with apple cider and walk the wintry trails.

TILDEN NATURE AREA

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

FARM CHORES FOR LITTLES

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

TILDEN NATURE RAMBLE **HPHP**

Tilden Nature Area Trent Pearce
3-4pm, Sat, Nov 2, 9 & 16

Tilden is unique in November. Come on a nature walk and discover the changing seasons.

FIRESIDE STORIES **HP**

Tilden Nature Area Interpretive Staff
11-11:30am, every Sun in Nov & Dec
Gather 'round the fire for stories about farm animals, insects, nature and more. Different stories each week.

OLD FASHIONED POPCORN

Tilden Nature Area Jenna S. Collins
Noon-1pm, Sun, Nov 3 & 17

Did you know? Before electricity, people cooked their food over an open fire! Join us as we shell popping corn and roast it over a toasty fire. Meet at the visitor center.

WOOLLY PUMPKINS **HP**

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Nov 3

Bring home your very own fluffy fall decoration this season! Join us and learn how to make an adorable pumpkin out of sheep's wool.

THE ITSY BITSY SPIDER ...

Tilden Nature Area Jenna S. Collins
Noon-1pm, Sun, Nov 10

...went down the water spout and built a beautiful web! Join us for a hike around the park to see where our littlest critters hide. Bring your magnifying glasses! Meet at the visitor center.

HOT APPLE CIDER **HP**

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Nov 17

Cold winter days call for a hot treat! Meet at the visitor center and learn how we press fresh apples into a delicious drink.

FUN WITH FELTING **HP**

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Nov 17

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

PUMPKIN PIE ICE CREAM! **HP**

Tilden Nature Area Jenna S. Collins
Noon-12:30pm, Sun, Nov 24

It's almost Thanksgiving! Let's celebrate

this festive feast and make a delicious ice cream using a gourd! Meet at the visitor center.

THE GOBBLE BAUBLE

Tilden Nature Area Jenna S. Collins
3-4pm, Sun, Nov 24

Who says "gobble" and what is a bauble? Join us as we show you how to make a fun and festive turkey ring. The perfect adornment for any Thanksgiving feast.

WOOLY SOAP SCRUBBER

Tilden Nature Area Trail Gail
10-11:30am, Sat, Dec 7

Make a unique gift and gentle exfoliate, with a built-in washcloth, using undyed wool. 8+yrs Please note: You will need the entire time to finish your creation.

ACORN ORNAMENTS

Tilden Nature Area Trail Gail
1-3pm, Sat, Dec 7

Learn to felt while making this easy acorn. But don't forget to thank the sheep. They gave us their coat for this wet and wooly craft. 8+yrs.



SALAMANDER SURVEYS

Tilden Nature Area Trent Pearce
4-5:30pm, Sun, Dec 15 & 22

Amphibians are afoot! We'll explore the Nature Area in search of migrating newts and other interesting herpetofauna. Rain or shine, meet at the Environmental Education Center.

NATURE RAMBLE

Tilden Nature Area Trail Gail
10-11am, Sat, Dec 14

Come explore the Nature Area with a Naturalist. We'll take a walk down to the lake and around looking for signs of the season.

JOLLY HOLLY CRAFT TIME

Tilden Nature Area Trail Gail
1-3pm, Sat, Dec 14

The trails are decked with different types of holly – fa la la, la la la, la, la, la. Let's take a quick walk, and then work on a craft to deck your own halls.

RANGER COFFEE

Tilden Nature Area Trent Pearce
10-11am, Sun, Dec 15 & 22

Come by and enjoy a fireside cup of coffee or hot cocoa while getting the latest infor-



Tilden Farm features a variety of farm animals including cows, sheep, goats, rabbits, chickens and pigs.

mation on wildlife sightings, native plants, and trail conditions. Bring your own mug.

MEET THE SOLSTICE SUN - HIKE **HPHP**

Tilden Nature Area Trail Gail
8-10:15am, Sat, Dec 21

Rise with the sun, on this early morning hike. We meet at the Nature Center and hike to the peak in hopes of greeting the solstice sun. BYOC – Bring your own Coffee!

FUN WITH FELT

Tilden Nature Area Trail Gail
1-2pm, Sat, Dec 21

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.

NEWTS, SALAMANDERS, & FROGS

Tilden Nature Area Trail Gail
1-2pm, Sat, Dec 28

We'll search our ponds, for the wet wildlife of the Nature Area. Come dressed for outdoors.

WINTER WALK IN THE PARK **HPHP**

Tilden Nature Area Trent Pearce
2-3pm, Sun Dec 29

The Winter Solstice has passed. Come on a gentle sojourn at the Nature Area and see what has changed.

OTHER PARKS

MUDFLAT BIRDING BONANZA

Elsie Roemer Bird Sanctuary,
Crown Beach Michael Charnofsky
9-10:30am, Sun Nov 3

We'll feast our eyes upon birds "fueling up" on a rich mudflat, marsh, and nearby park areas. All levels welcome. Binoculars provided, steady rain cancels. 10+ years.

Meet at the observation deck at Broadway and Shoreline.

VASCO CAVES REGIONAL PRESERVE TOUR

Vasco Caves Interpretive Staff
9am-2pm,

Sun, Nov 3 #27095; Nov 10 #27116; Nov 24 #27142; Dec 1 #27145; Dec 8 #27146; Sat, Nov 16 #27125; & Nov 23 #27138
Hike 2-3 miles through this windswept land which is sacred to local California Indian communities and a refuge for golden eagles, fairy shrimp, and tiger salamanders. The Preserve is accessible only through guided tours staging at Round Valley (Nov 16, 23, 24 & Dec 1) or Brushy Peak (Nov 3, 10 & Dec 8). 10+yrs. Info: (510) 544-2750. Registration is required. Fee: \$35 (non-res \$40).

MONDAY BIRDING

Various Parks Anthony Fisher
9am-Noon, Mon, Nov 4, 18 & 25, Dec 9, 16, 23 & 30

It's time to search for Fall and Winter birds because they are beautiful and interesting.

Nov 4: Tilden Nature Area. Mild hills.
Nov 18: Briones, Bear Creek staging area. Hills.

Nov 25: Miller Knox, Richmond. First entrance after the tunnel. Flat.

Dec 9: McLaughlin Eastshore State Park. Meet in Seabreeze Mkt lot. Flat.

Dec 16: Point Pinole, Dotson Family Marsh. Flat.

Dec 23: Point Pinole, Atlas Road Staging Area. Flat.

Dec 30: Radke Martinez Shoreline, end of N Court St. Flat.

Info: (510) 544-2233.

WINTER BIRDS IN CONTRA COSTA

Various Parks Kevin Dixon
9-11:30am

Sun, **Dec 8:** Contra Loma; **Dec 15:** Black Diamond; **Dec 22:** Round Valley; **Dec 29:** Martinez Shoreline

Once a week on December Sundays, we will explore locations in central and eastern Contra Costa County to get in touch with the local feathered residents and passers-through. Moderate Distances. May include steep terrain and/or mud. 8+yrs. Info: (510) 544-2750.

December 8, Contra Loma Main Lot; December 15, Black Diamond, end of Somersville Rd.; December 22, Round Valley Staging Area; December 29; Martinez Shoreline, Parking lot off N. Court St.

THE OVER-THE-HILLS GANG **HPHP**

Various Parks Trail Gail
10am-12:30pm, Tue, Nov 5 & 19, Dec 17

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.

Nov 5: Sibley Volcanic Regional Preserve, Main entrance. What secrets will this volcanic wonder share?

Nov 19: Marina Bay Park, Regatta Blvd & Marina Bay Pkway, Richmond. Local history. Flat. No facilities at start.

Dec 17: Tilden Nature Area. We'll explore the Park, then celebrate the end of the year with a potluck lunch. Bring something to share.

Info (510) 544-2233.

WEEKDAY BIRD WALK

Various Parks Kristina Parkison
7:30-9:30am, Tuesday

Nov 5: Don Edwards National Wildlife Refuge. **Nov 19:** Coyote Hills, meet at Visitor Center. **Dec 10:** Alameda Creek,

meet at Niles Staging Area. **Dec 31:** Don Castro Regional Recreation 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.

PLEASANTON HISTORY HIKE 

Pleasanton Ridge Ashley Adams
9am-12:30pm, Sat, Nov 9 #26931

Ascend through time on this moderate 4-mile adventure in Tri-Valley history.

Discover who has called Pleasanton home and find out how they've shaped the community we love. Registration is required.

Info: (510) 544-3249.

FULL FALL HIKE **HPHP**

Morgan Territory Kevin Dixon
9am-1:30pm, Sun, Nov 10 #27148
As fall unfolds to full fairness, let's explore a land of oaks, grasses and stone together as we contemplate the signs of the season on a steep and beautiful hike. 10+yrs. Info: (510) 544-2750. Registration is required.

CANINE CAPERS WALK **SP**

Garin/Dry Creek Kristina Parkison
9-11am, Sat, Nov 16 #26923
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.

SCENIC CARQUINEZ

Carquinez Shoreline Kevin Dixon
9:30am-noon, Sun, Nov 17
Join us for an easy rolling out and back paved walk on one of the most accessible but least-known scenic trails in the whole Park District. Stunning views! Info: (510) 544-2750.

WEDNESDAY WALKS **SP**

Various Parks Interpretive Staff
Explore new trails, make new friends and learn about your parks on a naturalist-led hike. Hikers of all ages and abilities are welcome on hikes ranging from easy to challenging. Wear sturdy footwear, bring water and dress for the weather. Heavy rain cancels. Hikes begin at 9:30am.

Nov 20: Lake Chabot – Explore the Eastshore Trail and Cameron Loop on a moderately strenuous 4+ mile hike. Meet at the marina. Info: (510) 544-3282. Led by Christina Garcia.

Dec 18: Quarry Lakes – Circle around former gravel pits now filled with water and abundant plant and bird life. Mostly flat, 4-mile walk on graveled trails. Bring your binoculars to enjoy the waterfowl. Meet at the restrooms near the Ensenada picnic area. Info: (510) 544-3282.

Nov 27: Redwood – Pinehurst: Hike about 5.5 miles along a little used section of the East Ridge Trail to Canyon Meadow, along the Stream Trail, then up Prince Trail back to East Ridge. Burn off calories before Turkey Day tomorrow! Note: May be muddy. Some parts moderate to strenuous. No restroom until we reach Canyon Meadow. Info: (510) 544-3187. Led by Susan Ramos.

LAKESIDE LITTLES **SP**

Shadow Cliffs Interpretive Staff
10-11am, Mon, Nov 18, Dec 16
11:30am-12:30pm, Mon, Nov 18, Dec 16
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.

GOING ON A CRITTER HUNT

Redwood Morgan Guenther
10am-noon, Sun, Nov 23
Canyon Meadow Staging Area: Salamanders, ladybugs, rainbow trout, creepy crawlies and other friends are waiting to be uncovered and discovered on our exploration of the wintertime forest. Info: (510) 544-3187.

BURN THE TURKEY HIKE **HPHP**

Redwood Morgan Guenther
9am-noon, Fri, Nov 29
Trudeau Center: It's time to work off your holiday meal! This 5-mile hilly challenge helps burn the calories and feed the soul, as we dip down to the creek and back up again, with redwoods and prairies in between. Heavy rain cancels. Info: (510) 544-3187.

HIKES FOR TYKES **HPHP**

Various Parks Interpretive Staff
10:30-11:45am, Tuesdays
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. See www.ebparks.org/parks for maps and directions. Parking fees apply. Rain cancels. Info: (510) 544-3187.

Nov 5: Encinal Beach – Search for birds, butterflies and bay "blimps" (harbor seals)!

Nov 19: Cull Canyon – Fall is in the air and all around!

Dec 3: M L King, Jr. Shoreline (Swan Way Park Entrance) – Explore and search for birds overhead and along the shore.

Dec 17: Oyster Bay (Neptune Dr. Entrance) – Discover how trash has turned into treasure!

Dec 31: Leona Canyon (Canyon Oaks parking area) – Explore the canyon and listen to the stream that nourishes the beautiful forest.

FALLING FOR FALL NATURE

WALK **HPHP**

Contra Loma Virginia Delgado-Martinez
10:30am-noon, Sat, Nov 30
Boat Launch - On a 3-mile hike on even terrain, fall in love with fall all over again around the lake looking for early migrating birds and the turning of the leaves. 5+yrs. Info: (510) 544-2750. Parking fee: \$5.

MORNING AT MARTINEZ

SHORELINE **HPHP**

Radke Martinez Shoreline Virginia Delgado-Martinez

9:30-11am, Sat, Dec 14

Parking lot off North Court Street - Start the morning with a cup of coffee while strolling the shoreline and discuss cultural and natural history of the marsh with a Naturalist. 5+yrs. Info: (510) 544-2750.

LADYBUG, LADYBUG WHERE DO YOU GO? **HPHP**

Redwood Michael Charnofsky
10am-noon, Sat, Dec 14

Canyon Meadow Staging Area: Where would you go if you were a hibernating ladybird beetle? Walk 3 miles round trip along the beautiful Stream Trail where we will hopefully find them by the thousands! Info: (510) 544-3187.

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. See www.ebparks.org/parks for maps and directions.

Nov 9: Anthony Chabot (Clyde Woolridge Staging Area) – Discover a 2-mile loop with rolling hills and a view of the bay. Dogs welcome on this walk.

Nov 17: Redwood (Canyon Meadow Staging Area) – Walk three gentle miles through beautiful forest with a reward of finding hibernating ladybugs by the thousands. Dogs on leash welcome on this walk.

Dec 8: M L King Jr Shoreline (Swan Way Park Entrance) – Take a winter walk along 2 miles of flat trail including a stop to look for shorebirds, ducks and the elusive endangered Ridgway's Rail, found only in the San Francisco Bay. Sorry, no dogs on boardwalk.

Dec 21: Sibley (Sibley Staging Area) – Hike 3.25 moderate miles through streamside forest and open grassland, and past rocky volcanic cliffs. Dogs welcome on this walk.



Playing games at Kennedy Grove.



A morning stroll at Miller/Knox.



Exploring nature at your own pace at Big Break.



Wellness Walk at Garin.



Sharing the trail at Castle Rock. Cyclists yielding to pedestrians makes it safer and more fun.

MINERS OLD-TIME CELEBRATIONS

Antioch Community Center Virginia
Delgado-Martinez
1-3pm, Sat, Dec 21
West Island Room - Experience holiday traditions from the homelands of miners who migrated to this area in the mid-1800s. Make crafts, solve riddles, and hear stories - celebrate the season with family and friends. 3+yrs.
Info: (510) 544-2750.

WHY IS SOUTH PARK DRIVE CLOSED?

Tilden Botanic Garden Trail Gail
9-10:30am, Sat, Dec 28
We'll walk up the road, hopefully meet some California Newts, and learn the story of the area.
Info (510) 544-2233.

LOVELY LADYBUGS

Redwood Susan Ramos
1-3pm, Sun, Dec 29
Canyon Meadow Staging Area: Take a walk in the redwoods to a very special ladybug overwintering hot spot! Also keep an eye out for slimy slugs and slippery amphibians on this 3 mile trek. Rain or shine.
Info: (510) 544-3187.

NOCTURNAL NEWT HIKE **HPHP**

Tilden Botanic Garden Trent Pearce
5-7pm, Sun, Dec 29
Winter rains awaken salamanders from their slumber. We'll take an easy walk and search for newts and other herpetofauna by flashlight. Bring a flashlight and layered clothing. Rain or shine.
Info (510) 544-2233.

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.

INVASIVE SPECIES REMOVAL/ HABITAT RESTORATION

Huckleberry, Sibley Staff



Volunteers removing French Broom roots at a trail maintenance event.

9:30am - 3rd Sun of the month:

Huckleberry

9:30am- 2nd Sat of the month: Sibley

Monthly weeding sessions to help protect native plants against invasive species displacement. Tools provided. Water and snacks are provided but please bring your reusable water bottle. 16+yrs for Huckleberry. For groups of three or more, please contact Park staff at least three weeks in advance.

Info: (510) 544-3112. sibley@ebparks.org.

THIRD THURSDAYS IN THE GARDEN

Crab Cove Staff
10am-noon & 1-3pm, Thu Nov 21, Dec 19
Otis Drive Park Entrance - Volunteers are needed in our Demonstration Garden to help with maintenance - weeding, pruning, mulching, and other projects. One-time or on-going help welcome. Attend one or both sessions. Meet at the bathhouse by Otis entrance. 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.

BEAUTIFY THE BEACH CLEAN-UP

Crab Cove Michael Charnofsky
10-11:30am, Sun, Nov 10
Let's clean the beach of trash that washes up, making it more beautiful for people and safer for wild animals. Bring your own gloves and bucket or borrow ours. Info: (510) 544-3187.

WEED WARRIORS UNITE!

Crab Cove Michael Charnofsky
10:30am-12:30pm, Sat, Dec 28
Resolve to help Crab Cove's native plant and butterfly gardens by pulling out noxious weeds and beautifying the landscape!

Bring a friend. Snacks, hot cider, and tools provided. Constant rain cancels. Info: (510) 544-3187.

MONARCH BUTTERFLY MONITORING TRAINING

San Leandro Public Library Mia Monroe,
Susan Ramos & Xerces Society
9am-12:30pm, Sat, Nov 2 # 27455
Mulford-Marina Branch: Add to the Monarch Butterfly Population Database by monitoring and counting each butterfly returning this fall at sites around the SF Bay Area. Several ways to participate. In field commitment, Nov-Jan. Training provided. Registration is required.
Info: (510) 544-3182.



WILDLIFE VOLUNTEERS with Dave "Doc Quack" Riensch, Wildlife Biologist

SHOREBIRD SANCTUARY

MLKing Jr. Shoreline, Oakland
12:30-3:30pm, Sat, Oct 26 #27458. Sign up by Oct 18.
10:30am-1pm, Sat, Nov 23 #27461. Sign up by Nov 15.
2-4:30pm, Sat, Dec 14 #27462. Sign up by Dec 6.

An exciting adventure over land and water to create nesting habitat for the threatened Western Snowy Plover awaits you. We'll move bulk sand and shells, pull weeds, and help craft ideal/ idyllic courtship conditions for breeding plovers, avocets and stilts. By participating, you'll earn your "Shorebird Sanctuary" patch.

What to Bring: Outdoor clothing (long pants), hiking boots or waterproof boots-knee high (close-toed, waterproof footwear), gloves, hats, water, and sunscreen.

Physical labor is involved. Parent participation is required.
Registration is required.

How to Register • Fee Payment

VISITOR CENTERS

ARDENWOOD

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

BIG BREAK

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

BLACK DIAMOND MINES

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

BOTANIC GARDEN

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

COYOTE HILLS

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

CRAB COVE

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

DEL VALLE

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

GARIN

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

SUNOL-OHLONE

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

TILDEN NATURE AREA

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

SWIM FACILITIES

1-888-327-2757, option 3

LAKE ANZA

Tilden Regional Park
Berkeley, CA | ext. 4563

CASTLE ROCK

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

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA | ext. 4518

CULL CANYON

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

DEL VALLE

7000 Del Valle Road
Livermore, CA | ext. 4524

DON CASTRO

22400 Woodroe Ave.
Hayward, CA | ext. 4527

QUARRY LAKES

2100 Isherwood Way
Fremont, CA | ext. 4552

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA | ext. 4555

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA | ext. 4557

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA | ext. 4561

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-4pm 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.

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.



Be **1** in a **MILLION**



With national funding for parks being reduced, the Regional Parks Foundation is stepping in to support East Bay Regional Parks!

We invite you to join the cause by giving \$21/month or \$250/year in support of your local Regional Parks! Each year the One-in-a-Million community of 4,000 donors raises over \$1 million locally to...



- Preserve open space
- Restore wetlands
- Expand trail networks for green transportation
- Increase environmental education and much more...

Join today. Visit us online at:
RegionalParksFoundation.org/MIL or call 510-544-2202

East Bay Regional Park District

Healthy Parks Healthy People

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



Photo: Van Mendel

Christmas at the Patterson House

Celebrate a Victorian-style Christmas at a beautifully restored Queen Anne mansion

**14 Decorated Rooms, Costumed Docents
Victorian-Style Holiday Ornaments**

Tours: times vary

Thu.-Sun., Dec. 5-8, 12-15, and 19-22

\$3 Adults/Seniors, \$2 Children 6 yrs. & older
(fee separate from Ardenwood Farm entrance)

Holiday Open House: live music and refreshments

Fri., Dec. 6, 5:30-8:30 p.m.

\$7/advance, \$8/at the door, 12 yrs & under FREE.

ARDENWOOD HISTORIC FARM • Info: 510-791-4196 or rkiehn@fremont.gov
34600 ARDENWOOD BLVD., FREMONT (OFF HWY 84, EAST OF THE DUMBARTON BRIDGE)

A BELOVED EAST BAY FAMILY TRADITION AT THE HISTORIC 1911 CAROUSEL

Christmas at the Carousel

TILDEN PARK MERRY-GO-ROUND

Santa and his Elves! • Unique Ornaments • Bread Cookies
Hot Chocolate and Gingerbread • Christmas Trees

November 18 to December 23

Mon.-Fri.: Nov. 18-22, 4-8:30 p.m.; Nov. 25-29, Noon-8:30 p.m. (Closed Thanksgiving); Dec. 2-23, 4-8:30 p.m.

Weekends: Noon-8:30 p.m.

Closed Christmas Eve and Christmas Day



Photo: Angela Smith



SHARE YOUR LOVE FOR REGIONAL PARKS

Give friends and family the gift of membership to Regional Parks this holiday season.



We will send a *Gift of Membership package* to you or directly to the recipient.

Please call 510-544-2220 or email Membership@ebparks.org by December 6 to ensure timely delivery for the holidays.