

Regional in Nature

Activity Guide

MAY - JUNE 2024



Swim Season is Here!.....See page 3



ParkFest – Celebrating 90 Years
of Regional Parks
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Celebrating 90 Years of Regional Parks

A MESSAGE FROM GENERAL MANAGER
SABRINA LANDRETH



For many people, the East Bay Regional Parks have provided a lifetime of memories. Whether it's taking a first hike, catching a first fish, or riding the steam train at Tilden, many of us have lasting memories and a deep appreciation of the Park District's beautiful parks, shorelines, and trails.

This year is the Park District's 90th anniversary, a remarkable milestone, and a reason to celebrate. Founded in 1934 by residents who, in the depths of the great depression, elected to tax themselves to preserve and provide public access to nature, the Park District today has 73 parks, 55 miles of shoreline, and over 1,330 miles of trails for hiking, biking, horseback riding, and environmental education in Alameda and Contra Costa counties.

Celebrate 90 years of your East Bay Regional Parks at ParkFest!

Join us on May 11, 2024, from 10am to 4pm at Lake Chabot Regional Park for a **FREE** community birthday celebration. Activities will include music, live performances, a kids' zone, food trucks, eco-friendly activities, and much more. Free parking and admission.

More information about ParkFest can be found at ebparks.org/parkfest.



Regional Parks Foundation Named Outstanding Non-Profit

BY THE CALIFORNIA PARKS & RECREATION SOCIETY

The **Regional Parks Foundation** was recently named **Outstanding Non-Profit** by the California Parks & Recreation Society-District 3. The Foundation was recognized in the innovation/new program development category, highlighting the Park District's XPLORE – Parks to People virtual reality program, which is supported by Foundation grant funding. Learn more about the Foundation's support of Park District programs at regionalparksfoundation.org.



Regional Parks Foundation Executive Director Lauren Bernstein (second from right) accepts Outstanding Non-Profit award

Wildfire Season Safety Tips

May is National Wildfire Awareness Month, a time when the Park District and other public agencies come together to stress the importance of preparing for the upcoming wildfire season.

Wildfire safety remains one of the Park District's top priorities. Our year-round efforts include removing flammable vegetation, maintaining a professionally trained full-time and on-call fire department, maintaining specialized wildland firefighting equipment, and monitoring fire weather conditions.

Wildfire Safety Tips

- Do not smoke or vape in Regional Parks.
- Maintain "defensible space" around your home.
 - 30 feet of "clean and green" devoid of dead plants, grass, weeds, and over-grown brush.
 - 100 feet of "reduced fuel" with short-mowed grass and spacing between grass, shrubs, and trees.
- Be aware of Red Flag Warnings, fire danger levels, and fire safety rules.
- Be alert for any potential fire hazards and report them. If you see a fire, call 911 immediately.





FROM THE ARCHIVES

90th Anniversary Stories

Some of the most interesting stories about the Park District's history are now available on our 90th anniversary web page. These stories have been carefully researched and documented by our Archives Department staff and volunteers, who have dedicated many hours to the preservation of Park District history.

Founding of the East Bay Regional Park District

Parks for the People (and By the People) – Explore the historic timeline of the formation of the East Bay Regional Park District (1864-1936).

Tilden Regional Park History

Did you know that many of our Regional Parks have historic features and unique stories? Explore your parks in a new interactive Story Map series, debuting with Tilden Regional Park.



Martin J. Cooney Photo Collection – “People in Parks”

Visit the first in a series of exhibits featuring the Martin J. Cooney photography collection (1964-1980) from the Park District Archives.

Visit ebparks.org/celebrating-90-years and scroll down to **Stories** to learn more, and watch for others to be released throughout the year.

Swim Season is Here!

It's time to grab beach towels and sunscreen and head to the Regional Parks – *swim season is here!* Swimming is one of the Park District's most popular activities, going back to the District's founding regional parks. Join us this summer in celebrating 90 years of fun and recreational swimming in the East Bay!

Many of the Park District's swimming facilities and shorelines open for weekend swimming at the end of April. Be sure to visit the beautiful new swim facility at Roberts Pool, which is now open. Although the Contra Loma lagoon will be closed this season due to ongoing facility repairs, the Aquatics Department will be on duty for swimming lessons and recreational swimming at Ambrose Aquatic Center in Bay Point.

Visit ebparks.org/swimming for open hours and information for swim facilities.



We Celebrate!

The Park District celebrates the diverse communities in the East Bay with special months of recognition. Visit ebparks.org/we-celebrate for a full list of heritage/special recognition months and annual events.



Celebrate Asian American and Pacific Islander Heritage Month in May

For more information on programs and activities, go to ebparks.org/calendar and search for “**AAPI**”.



Celebrate Pride in the Parks in June

Join us in celebrating diversity in parks and creating welcoming spaces for everyone to enjoy. For more information on programs and activities, go to ebparks.org/calendar and search for “**Pride**”.

Briones Pilot Project Informational Meeting

The Briones Pilot Project reached its one-year mark on April 21, 2024. The two-year pilot project was planned and created to test new ways to safely share trails and improve the trail experience for all users while protecting habitat, wildlife, and watersheds. The pilot project is limited to a portion of Briones Regional Park in the northeast corner of the park.



Share your thoughts and feedback on the past year of progress at the next in-person informational meeting and open house on June 15. Members of the community are invited to Briones to discuss the pilot project's progress and share ideas with District staff and other trail users.

Informational Meeting and Open House

Saturday, June 15 10am to noon

Briones Regional Park, Alhambra Creek Staging Area
2537 Reliez Valley Road, Martinez

For more information about the Briones Pilot Project, visit ebparks.org/briones-pilot-project

TILDEN ENVIRONMENTAL EDUCATION CENTER

Replacement Project Update

The Park District is replacing the 1970s-era Environmental Education Center in Tilden Nature Area due to major structural and functional challenges. After three community meetings covering the project and design alternatives, a preferred design option has been selected. To learn more about the new design and the project in general, visit ebparks.org/tilden-eec-project.



See ebparks.org/activity-search for upcoming activities



Powerful Pollinators

Pollinators like bees, birds, bats, and butterflies, play a vital role in our ecosystem, especially for anyone who enjoys fruits, vegetables, and flowers. As they buzz, fly, soar, and feed on nectar, pollinating animals can transfer pollen from one flower to another,

enabling plants to produce fruits and seeds. Did you know that bees can communicate the location of food sources through intricate waggle dances? It's like their way of doing a "happy dance" to tell other bees where to find the best flowers.

Learn more about the remarkable abilities of our pollinator friends at the Coyote Hills annual **Butterfly & Bird Festival** on June 2 (see info, right).

Butterfly & Bird Festival

Coyote Hills Regional Park, Fremont

Join us at our annual celebration to connect people with parks and pollinators and mark the Park District's 90th anniversary. Enjoy garden tours, family-friendly activities, special presentations, music, and more!



This community event aims to support pollinators' health and increase the number of species of butterflies, birds, and local pollinators across our Bay Area landscapes. Information: (510) 544-3220.

– **Jun 2** (Sun), 10am-3pm



FEATURED Naturalist Programs ARDENWOOD HISTORIC FARM

GARDEN BUG SAFARI

Ardenwood Historic Farm, Fremont

Stop by the Kitchen Garden near the Patterson House to join in some tiny-game hunting and learn about the many amazing arthropods we can find under our feet.

– **May 4, 18** (Sat), 11:30am-12:30pm

– **Jun 22** (Sat), 11:30am-12:30pm

SWEET as HONEY

Ardenwood Historic Farm, Fremont

For thousands of years, people have been enjoying bees' sweet treat. Stop by the Country Kitchen to taste some honey and sample a treat hot from the stove.

– **Jun 16** (Sun), 11am-noon

WAX: IT'S THE BEE'S KNEES!

Ardenwood Historic Farm, Fremont

What's the buzz about bees? Beeswax! This secretion of waxiness is important to both bees and humans. Illuminate your mind as you make a candle and taste some Ardenwood honey.

– **Jun 23** (Sun), 11am-noon

MOTHERS' DAY ON THE FARM

Ardenwood Historic Farm, Fremont

Celebrate the special people in your life at the farm. Create a flower crown, design a special Victorian-style card, and play a game of croquet or bocce ball.

The Farmyard Cafe will also be open for special sweet treats and Mother's Day Gifts.

– **May 12** (Sun), 11-3pm



A Lasting Legacy of Labor

IMPACTS OF CHINESE IMMIGRANTS IN CONTRA COSTA COUNTY

To Celebrate Asian American and Pacific Islander (AAPI) Heritage Month in May, take a look back at the past actions of key communities in East Contra Costa County.

In the mid-19th century, the Sacramento and San Joaquin Delta witnessed a significant influx of Chinese immigrants who played pivotal roles as levee builders and miners, contributing to the transformative landscape of California's agricultural heartland. Drawn by the promise of prosperity during the Gold Rush era, Chinese laborers faced daunting challenges but demonstrated remarkable resilience and industriousness. As levee builders, they undertook the arduous task of constructing intricate networks of embankments to control water flow and reclaim marshlands for agriculture. Their expertise in engineering and their tireless efforts were crucial in mitigating the threat of flooding in the delta, a region prone to inundation. Simultaneously, many Chinese immigrants ventured into mining activities, navigating the complex and demanding terrain to extract precious minerals. Facing discrimination and harsh working conditions, they showcased unparalleled determination, contributing significantly to the economic development of the area.

The integration of Chinese labor into the agricultural and mining sectors of the delta not only shaped Big Break and Black Diamond Mines, but also left an enduring cultural and economic impact. With their strong work ethic and resilience, Chinese workers became integral to the region's development, fostering a diverse and dynamic community. Their contributions laid the groundwork for California's agricultural prowess, with the reclaimed delta lands evolving into fertile grounds for extensive farming. The legacy of these Chinese levee builders and miners echoes through the annals of California's history, underscoring the transformative power of immigrant communities in shaping the state's economic and cultural landscape.

AAPI HERITAGE MONTH TABLE

Black Diamond Mines Regional Preserve, Antioch

Come celebrate Asian American Pacific Islander Heritage Month, May 4, by stopping by the upper parking lot at Black Diamond Mines. The District will be hosting a drop-in table where visitors can learn about the unfair treatment and the many important contributions of local Chinese communities in the 1800s' coal country.

Parking fee may apply.

– **May 4** (Sat), 9:30-11:30am

Asian American and Pacific Islander (AAPI) Heritage Month



Celebrate with us and discover stories
from these communities ...

GUAN JU – OSPREY HIKE

Del Valle Regional Park

Join a naturalist-led hike to learn about the poem Guan ju and its connection to osprey and other birds. Meet at East Shore Trail/Dog Run.

– **May 5** (Sun), 10am-12:30pm



Jerry Ting

GYOTAKU – FISH PRINTING

Del Valle Regional Park

Learn the 200+ year-old art of Gyotaku (fish printing). Which of the lake's fish will you paint? Meet at the Visitor Center.

– **May 11** (Sat), 10am-noon

– **May 17** (Fri), 3-5pm



See ebparks.org/activity-search for upcoming activities



Black Birders Week

Various Locations

Join us in celebrating **Black Birders Week 2024** by getting outside, spending time with community, and learning about the birds of the East Bay.

The week-long program series is a collaboration between Park District naturalist staff, Park District Black Employee Collective members, and local, Black-led organizations to create safe spaces for guided discussions about Black experiences and the outdoors, while exploring and enjoying the parks of the East Bay.

This year, we will be kicking the week off with a conference in celebration of Black people in the STEM field with speakers and tables hosted by local organizations.

All programs are free. Coffee, snacks, binoculars, and birding books are provided. Everyone is welcome.

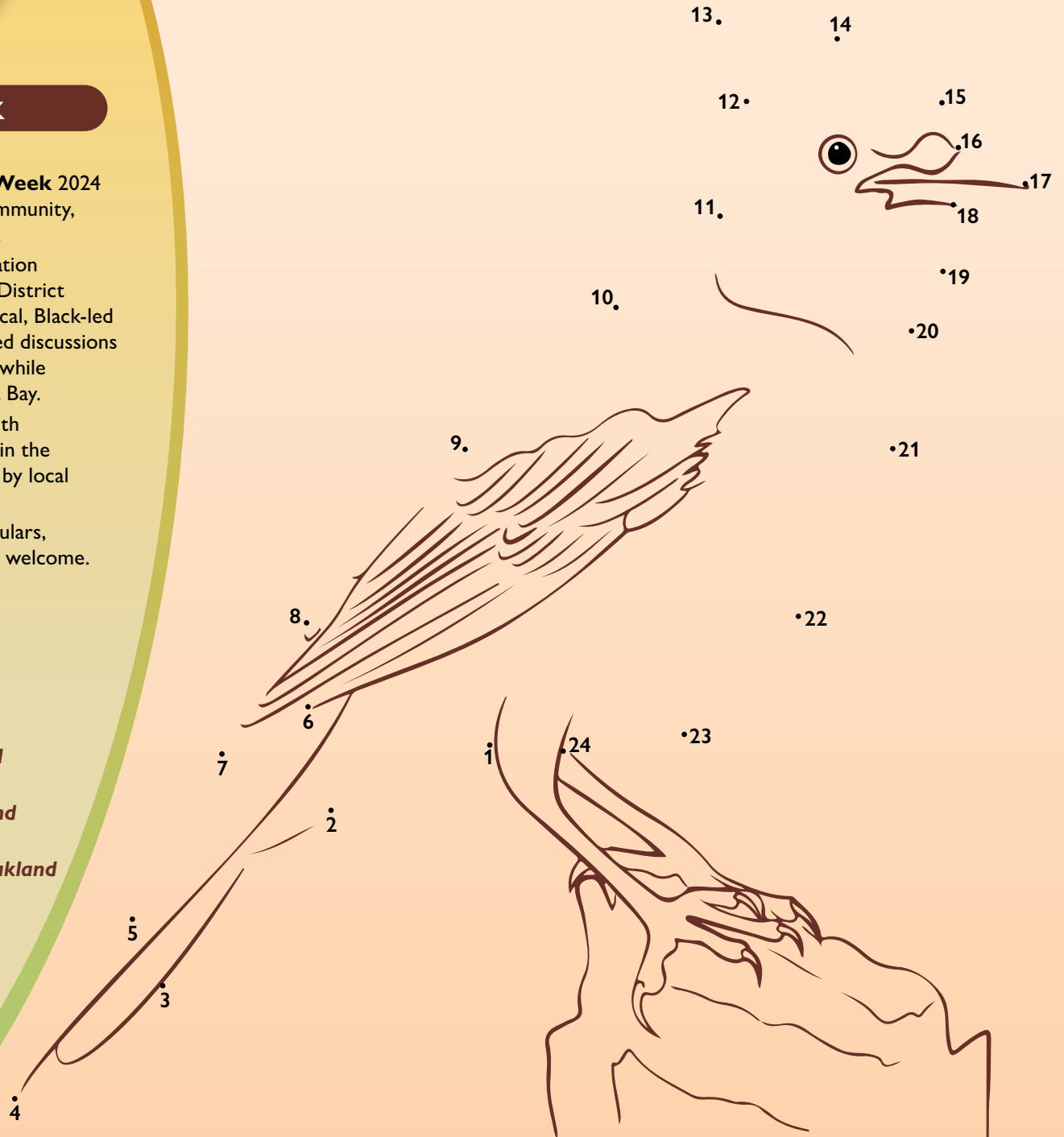
- **May 26** (Sun), 9-11am and 11am-2pm
MLK Jr. Shoreline Regional Park, MLK Jr. Shoreline Center, Oakland
- **May 27** (Mon), 9-11am
Big Break Regional Shoreline, Antioch
- **May 28** (Tues), 9-11am
Hayward Regional Shoreline, Hayward
- **May 29** (Wed), 9-11am
Pt. Pinole Regional Shoreline, Richmond
- **May 30** (Thu), 6-8pm
Temescal Regional Recreation Area, Oakland
- **May 31** (Fri), 9-11am
Del Valle Regional Park, Livermore
- **Jun 1** (Sat), 9-11am
Thurgood Marshall Regional Park – Home of the Port Chicago 50, Concord



Who Am I?

CONNECT-THE-DOTS TO FIND OUT

HINT: I am known for my exceptional mimicry skills.
I can imitate the calls of other bird species
and even some mammals!



Rise of the Dragonflies

Although commonly seen zooming across the sky, life for dragonflies begins underwater. Laid beneath the water's surface, they start as eggs and hatch into aquatic-dwelling nymphs. The wingless, dull-colored larvae emerge and blend into their surroundings as they crawl around murky waters. Some are active predators, stalking prey, while others wait in hiding for their next meal to get close. Regardless of their feeding strategy, all nymphs have a hinged jaw usually tucked beneath the head, ready to swiftly strike anything from mosquito larvae to tiny crustaceans in a split second.

As temperatures rise in late spring and summer, baby dragonflies crawl out of the water onto rocks or stems and transform remarkably. Their skin dries, splits, and sheds one last time, ending their aquatic phase as they take to the sky. With four mighty wings, they can perform incredible twists and turns, from flying backward to hovering in mid-air and reaching up to 30 miles per hour. They eat hundreds of mosquitoes daily, making them top-notch mosquito controllers in nature. The next time you explore the outdoors, watch for these agile insects darting across lakes, ponds, creeks, and meadows, and see them in action!



Anthony Fisher

A nymph's crinkled shedding skin, the exuvia, can be seen around pond or lake edges attached to vegetation or rocks.



Anthony Fisher

*The blue-eyed darter (*Rhionaeschna multicolor*) is one of many species of dragonflies patrolling the margins of ponds and lakes across the Bay Area. Look for its striking blue eyes.*



FEATURED Naturalist Programs TILDEN NATURE AREA

GARDEN HELPERS

The garden is a fun place to get up close with plants and learn about them. We'll also observe lots of pollinators, birds and perhaps some other critters that like to drop into the garden for a visit. Drop-in.
Info: (510) 544-2233.

– **May 12, 26** (Sun), 11am-noon

PRIDE IN THE PARK

This June, kick off LGBTQIA+ Pride Month with a day in the park. Bring a picnic and enjoy family-friendly activities, music, and nature in celebration of the LGBTQIA+ community. All are welcome. FREE!

– **Jun 2** (Sun)

- Drag Story Hour: Nature Edition, 11am
- Pride Walk with Goats, 12:15pm
- Hand-Cranked Ice Cream Making, 1:30pm
- Rainbow Woolly Lambs Craft, 2:30pm

NATURE JOURNAL STUDIO – DAZZLING DRAGONFLIES

As spring transitions into summer, dragonflies begin to take flight! Come learn the anatomy, life cycle, and lifestyles of these insects as we draw them. Drawing supplies are provided or bring your own. All levels of experience are welcome. 5+ yrs. Parent participation required. Drop-in.
Info: (510) 544-2233.

– **Jun 14, 28** (Fri), 3-4pm

BUGS FOR LUNCH

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

– **Jun 16, 30** (Sun), 1-2pm

MEMORIAL DAY OPEN HOUSE

The Environmental Education Center will be open on Memorial Day. Drop in to take part in a variety of fun and educational activities at the center and at the Little Farm throughout the day. Drop-in.
Info: (510) 544-2233.

– **May 27** (Mon), 10am-4:30pm

WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m. through May. Free Garden entry. Pets are not allowed. Special events, classes, and Friends of the Regional Parks Botanic Garden e-newsletter, visit nativeplants.org or call (510) 544-3169.



FREE WEEKEND AND HOLIDAY TOURS

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

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

WEEKLY PLANT SALES

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

- **Wednesdays**, 10am-noon
- **First Saturday of the month**, 10am-2pm

Information: nativeplants.org



FREE FAMILY-FRIENDLY POLLINATION TOUR OF CA NATIVE PLANTS

Please join us at the Botanic Garden for a special docent-lead, family-friendly tour. You'll dissect a California poppy, watch pollinators at work, and learn how seeds disperse. Spring flowers erupt in the garden calling all butterflies, birds, beetles, and bees. Meet us at the Botanic Garden Visitor Center. Rain cancels. Free.

– **May 19** (Sun), 2-3pm



See ebparks.org/activity-search for upcoming activities

Discovery Awaits Day and Night

You may not realize that the park you visit holds another world. During the day you'll see an oak woodland and hills full of lively woodpeckers pecking holes, noisy ground squirrels sounding off alarm calls when danger is afoot, and groups of visitors chatting as they hike. However, a world within the parks we don't often see is the one that exists at night.

As darkness falls upon the parklands, the woodpeckers and squirrels quiet down and instead the competing fiddling of crickets take their place, an echoey bellow from a great horned owl may travel through the canyons, and the oak woodlands that looked so clear in the light now look like dark twisted shadows, hiding mysteries and a variety of fascinating nocturnal creatures.

Whether the sun is shining down, or the stars, there is beauty and magic to be found in both worlds within the parks. A great way to introduce yourself to the wonders of the night is to try camping in one of the East Bay Regional Parks!



Campfire Programs

EVENING CAMPFIRES

Del Valle Regional Park, Livermore

Beginning Memorial Day weekend, evening campfire programs occur each Friday and Saturday night throughout the summer – we look forward to seeing you there!

COMMUNITY CAMPFIRES

Big Break Regional Shoreline, Oakley

Gather the family for an evening in the park. Bring a picnic dinner to enjoy before the festivities begin. We'll explore the wonders of Big Break through activities and a campfire (and S'mores of course)! Meet at the amphitheater. Drop-in.

- **May 11** (Sat), 6:30-8pm
 - *Raucous Raptors*
- **Jun 9** (Sun), 6:30-8pm
 - *The Big Break*



For more fun campfire programs near you, visit <https://bit.ly/3TyNERw>

EXPLORE YOUR PARKS: SUMMER SOLSTICE SUNRISE

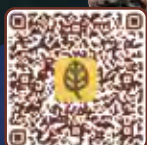
Del Valle Regional Park, Livermore

Rise and shine! Let's celebrate the longest day of the year by getting up early and hiking to see the sun rise. The early morning will bring us active birds, quiet trails, and cool weather before the heat sets in. Coffee will be provided. Hike is 2 miles with steep incline the first mile. Meet at the Arroyo Road Staging Area.

– **Jun 22** (Sat), 5:15-7:30am

Bob Walker

Marc Crumpler



Marc Crumpler



FEATURED Weekend Program DEL VALLE

NATURE SONG TIME FOR LITTLES

Del Valle Regional Park

Who loves singing and dancing? Bring your littles for a fun time singing all of our favorite songs about animals and nature. Meet at the Visitor Center.

– Jun 7, 14, 21 (Fri), 10-10:45am



FEATURED Weekend Programs SUNOL

THE SECRET LIFE OF MOUNTAIN LIONS

Sunol Visitor Center



In honor of this month's World Cougar Day, join us as we uncover the elusive world of mountain lions. We will learn about their vital roles in the ecosystem and how we can help them.

– Jun 9 (Sun), 9am-noon

THE SECRET LIFE OF DRAGON FLIES

Sunol Visitor Center

Join us as we learn about the dragonflies that call Sunol home. We'll go on an exploration walk to see if we can spot any dragonflies and learn how we can help preserve their habitat.

– Jun 23, 30 (Sun), 10-11:30am

Rail Fair

Ardenwood Historic Farm, Fremont

Train enthusiasts of all ages will enjoy train rides, a variety of model and live steam trains, historic railroad equipment displays, live music, a full-size steam locomotive, and more. Rail Fair is a fundraiser for the nonprofit Railroad Museum at Ardenwood, operated by the Society for the Preservation of Carter Railroad Resources.

– May 25-27 (Sat-Mon), 10am-4pm

Tickets at the door or online: \$16/adults, \$14/seniors, \$13/ages 4-17, free/ages 3 and under



Online tickets
(through May 23):
ebparks.org

Phone (9am-4pm):
1-888-327-2757,
option 2

Information:

- info@spcrr.org
- facebook.com/spcrrMuseum
- spcrr.org

K	O	S	T	R	I	P	E	D	S	K	U	N	K
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Word Find

BARN OWL
BAT
BUTTERFLY
CRICKET
DRAGONFLY
GROUND SQUIRREL
MOUNTAIN LION
NOCTURNAL
OSPREY
RED-TAILED HAWK
SOLSTICE
STRIPED SKUNK





FEATURED Outdoor Recreation PROGRAMS

ARCHERY

ARCHERY INTRODUCTION

Roberts Regional Recreation Area, Oakland

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.

– **May 18** (Sat), 9:30-11:30am #51521

– **May 18** (Sat), 1-3pm #51522

– **Jun 15** (Sat), 9:30-1130am #51523

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



FISHING

INTRODUCTION TO BAITCASTING

Temescal Regional Recreation Area, Oakland

This intro to bass baitcasting is a casting only class. Which includes an overview of the reel-braking system, adjustments-casting, undo a backlash. Participants need a working knowledge of casting spinning rods and reels as well as basic fishing knots.

– **May 2** (Thu), 9-noon #51520

Fee \$15 (non-res \$17) Registration required.

Fee Adult \$25 (non-res \$29); Child \$21 (non-res \$25)

Registration required.



When registering, use the course code printed next to the program date(s).

BOATING/KAYAKING/PADDLING

BIRDING BY KAYAK

Big Break Regional Shoreline, Oakley

What better way to bird than by kayaking on the welcoming and wondrous waters of the delta? We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lush and lovely shoreline.

– **May 7** (Tue), 1-4pm #51516

– **Jun 13** (Thu), 9am-noon #51517

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

Registration required.



Peltta Hirvonen

FITNESS/WELLNESS

POLE WALKING FOR BALANCE, EXERCISE AND MAINTAINING MOBILITY

Various Locations

When polewalking, you'll feel taller and experience profound freedom of movement! People with mobility challenges learn game-changing skills in a comfortable, beautiful setting. Address your issues and goals, reduce fall risk, improve spine function, balance, endurance, gait, longevity. Followed with an optional, easy-pace, short, practice polewalk.

– **May 17** (Fri), 9:30am-2pm #51913

– **Jun 29** (Sat), 8:30am-1pm #51920

Fee \$65 (non-res \$73) Registration required.



HIKING POLES: SKILLS AND TECHNIQUES + OPTIONAL PRACTICE HIKE

Coyote Hills Regional Park, Fremont

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength, spine function. Downhill: Develop skills for feeling safer and preserving joints – save your knees! Expert poles training *PLUS* a lovely, short practice hike on varied terrain.

– **May 18** (Sat), 9:45am-2pm #51912

Fee \$65 (non-res \$83) Registration required.

KAYAKING FOR FOLKS 50+

Martin Luther King Jr. Regional Shoreline, Oakland

Learn kayaking skills with your peers at a pace that is right for you. On land, we will cover paddling techniques, equipment selection, and boating safety. Then we will

head out on the water practicing what you have learned by touring San Leandro Bay by kayak.

– **May 29** (Wed), 11am-3pm #51518

– **Jun 21** (Fri), 11am-3pm #51519

Fee \$52 (non-res \$58)

Registration required.

HIKING POLES: SKILLS AND TECHNIQUES + PRACTICE HIKE

Tilden Regional Park, Berkeley

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength, spine function. Downhill: Develop skills for feeling safer and preserving joints – save your knees! Expert poles training *PLUS* a lovely poles practice hike on varied terrain.

– **Jun 15** (Sat), 8:30am-3pm #51914

Fee \$75 (non-res \$83) Registration required.

BOTANIC GARDEN PRACTICE POLE HIKE

Tilden Regional Park, Berkeley

Experience California botanically. Explore beautiful, award-winning, native plant garden, magical in springtime. Review, refine, enhance and learn new skills on varied terrain. Connect with nature while improving confidence, pole performance, trail skills and body awareness. Hike approximately 2 miles.

– **Jun 21** (Fri), 8:30-11am #51915

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

HIKING POLES TRAINING: SKILLS & TECHNIQUES

Roberts Regional Recreation Area, Oakland

Hikers learn strategies for enhancing performance and confidence on the trail. Uphill: Improve power, endurance, posture, upper body strength and spine function. Downhill: Develop skills for feeling safer and preserving joints – save your knees! Morning training session without a practice hike, all level hikers welcome.

– **Jun 28** (Fri), 8:30am-12:30pm #51918

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



Celebrate With Us

90 YEARS OF EAST BAY REGIONAL PARKS



The Park District's first board of directors confer with other park leaders, c. 1934



Naturalist Maryanne Danielson, Tilden Nature Area, c. 1950



Sylvia McLaughlin, Save the Bay co-founder and environmentalist, c. 2013

90th Anniversary Program Highlights

In 2024, the Park District will be hosting a number of special events and programs to celebrate its milestone anniversary year, including ParkFest, a free, family-friendly event on May 11, 2024, at Lake Chabot, and monthly 90th Anniversary "Explore Your Parks" Adventure Series programs.

For more information about the Park District's 90th Anniversary and planned activities, visit:



ebparks.org/celebrating-90-years

1934: A LEGACY IS BORN

Locations Vary

Celebrate the 90th anniversary of your East Bay Regional Parks while discovering the inspiring stories behind the formation of the East Bay Regional Park District and women in conservation. Embark on a virtual exploration of your parks with our Mobile Visitor Center using virtual reality!

- **May 4** (Sat), 10am-noon
Pleasanton Ridge, Tyler Ranch Staging Area, Sunol
- **Jun 29** (Sat), 10am-noon
Livermore Library Civic Center
1188 S Livermore Ave,
Livermore, CA 94550



Volunteer PROGRAM

WILDLIFE INSIGHTS

Do you like puzzles? Do you have a passion for wildlife and want to contribute to community science? We have a volunteer opportunity for you!

The Park District uses a worldwide database to help catalog and identify images of animals caught on trail cameras. This is a chance to look for rare, hard-to-see species like badgers and mountain lions, as well as provide invaluable help to local wildlife biologists who are working hard to preserve habitats and biodiversity.



Requirements: Must have access to a computer, the ability to set up a Wildlife Insights account, and be willing to commit time to carefully sort through and meticulously examine photos.

Training Registration:
TLim@ebparks.org

Doc Quack Volunteer Program

REGISTRATION: ebparks.org or 1-(888)-327-2757, option 2
INFORMATION: ebparks.org/about/getinvolved/volunteer/quack or (510) 544-2319

WILDLIFE VOLUNTEERS – "TERN TOWN TEAM" COLONY MONITORS TRAINING (#51549) AT HAYWARD REGIONAL SHORELINE, HAYWARD

Here is your opportunity to become a "birding-peeping-Tom" by peering into the family life of terns, plovers, and skimmers. You will be helping to record data about their nest distribution, chronology, and reproductive success. Surveys are conducted from a vehicle approximately 100 meters from the island at various times of day, with the majority of the surveys conducted from 7am to 5pm, seven days a week. A 60mm (2.4 in) spotting scope on a car window mount will be available. By participating, you'll earn your "Tern Town Team" patch. Physical labor is involved with this project. Parent participation required.



Registration deadline: May 3
– **May 11** (Sat), 9am-noon






See ebparks.org/activity-search for upcoming activities

East Bay Regional Park District

2950 Peralta Oaks Court
Oakland, CA 94605-0381



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Oakland, CA 94605-0381
ebparks.org

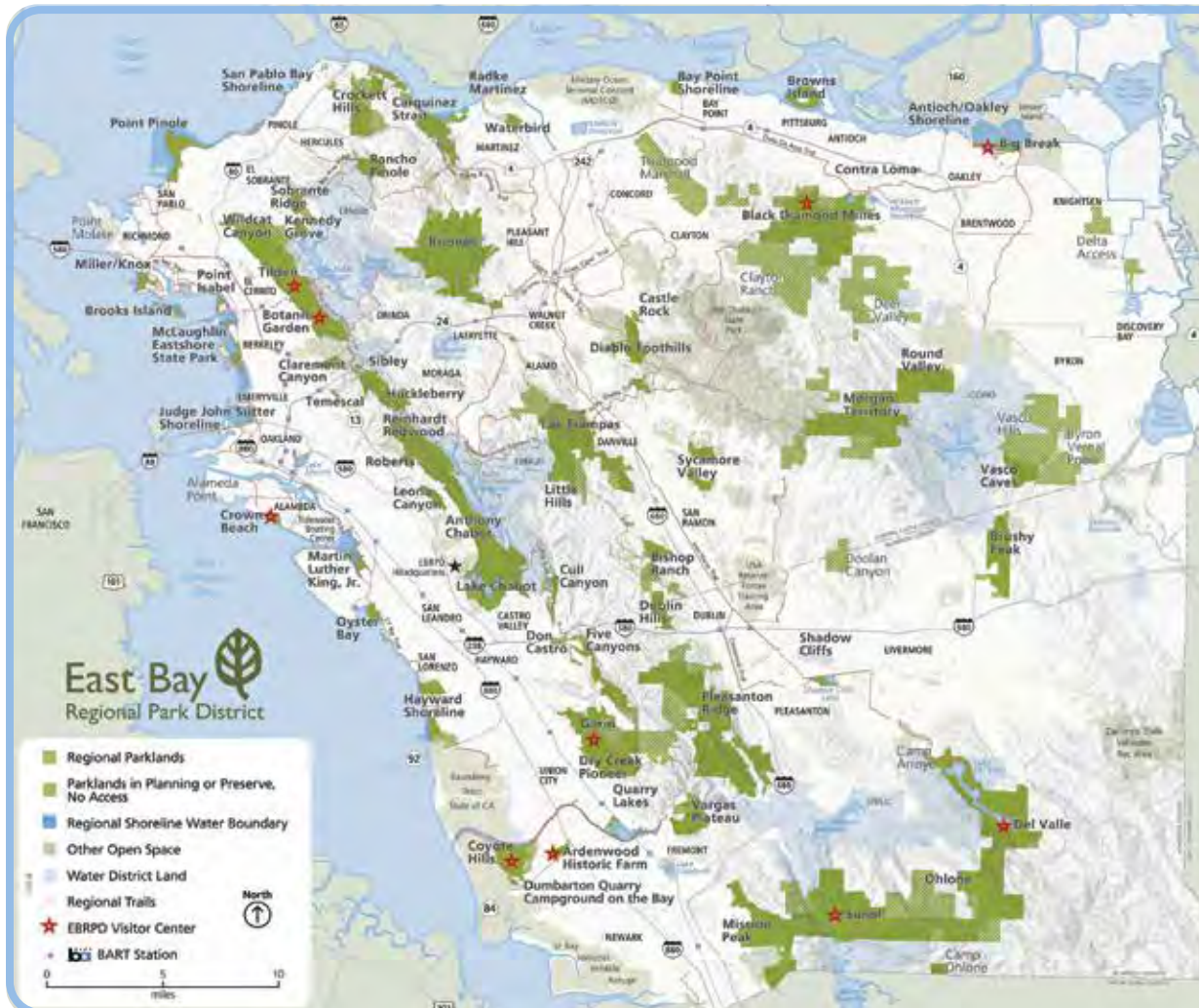
General Information..... 1-888-EBPARKS (1-888-327-2757)
Activities, Events, Maps, and More..... **ebparks.org**
Camping and Picnic Reservations..... 1-888-EBPARKS
Naturalist and Recreation Programs..... 1-888-EBPARKS
TRS Relay Service..... 7-1-1
Social Media.....   

EBRPD Board of Directors

Elizabeth Echols..... Ward 1	Olivia Sanwong..... Ward 5
Dee Rosario..... Ward 2	John Mercurio..... Ward 6
Dennis Waespi..... Ward 3	Colin Coffey..... Ward 7
Ellen Corbett..... Ward 4	



Regional Parks Membership enjoy free day-use parking, swimming, dog pass, and more. 510-544-2220
REGIONALPARKSFUNDATION.ORG



Visitor Centers

- Ardenwood Historic Farm, Fremont**
510-544-2797, awvisit@ebparks.org
- Big Break Regional Shoreline, Oakley**
Big Break Visitor Center at the Delta
510-544-3050, bigbreakvisit@ebparks.org
- Black Diamond Mines Regional Preserve, Antioch**
510-544-2750, bdvisit@ebparks.org
- Coyote Hills Regional Park, Fremont**
510-544-3220, chvisit@ebparks.org
- Crown Memorial State Beach, Alameda**
Crab Cove Visitor Center and Aquarium
510-544-3187, ccove@ebparks.org
- Del Valle Regional Park, Livermore**
510-544-3146, dvvisit@ebparks.org
- Garin/Dry Creek Pioneer Regional Parks, Hayward**
510-544-3220 (Coyote Hills), chvisit@ebparks.org
Red Barn open summer Saturdays
- Sunol-Ohlone Regional Wilderness, Sunol**
510-544-3249, svisit@ebparks.org
Open weekends
- Tilden Regional Park, Berkeley**
Botanic Garden: 510-544-3169, bgarden@ebparks.org
Tilden Nature Area/Environmental Education Center
510-544-2233, tncarea@ebparks.org