

# Regional in Nature Activity Guide

SEPTEMBER–OCTOBER 2025

East Bay  
Regional Park District



Keep Trekking with Trails Challenge ..... 2

## INSIDE

Wildfire Safety ..... 2  
Garin Apple Festival ..... 4  
Ardenwood Haunted Railroad ..... 4  
California Coastal Cleanup ..... 5

Birdwatching in Regional Parks.....10

*Coyote Hills Regional Park, by Davor Desancic*

Ardenwood Harvest Festival ..... 5  
Sunol Heritage Festival..... 6  
Tarantula Season..... 7  
Outdoor Recreation .....10-11



## General Manager's Message



Cali Godley

## Wildfire Safety: What You Need to Know

Although wildfire in California has become a year-round concern, October is considered the most critical time in the East Bay. Vegetation is dry and Diablo winds blow in from the east, conditions that often lead to extreme fire danger and red flag warnings.

The Park District works year-round to reduce wildfire risks and stay ready. Efforts include large contractor-led projects, a 16-person fire fuels reduction crew focused on vegetation management, and a grazing program that covers 86,000 acres annually.

To prepare for wildfire, the Park District has a fire department with 23 wildland firefighters, specialized firefighting equipment—including two helicopters that can drop water—and four remote weather stations that monitor fire conditions.

### FIRE SAFETY TIPS:

- No smoking or vaping in parks.
- No fireworks.
- Follow all fire safety rules.
- Be aware of Red Flag Warnings.
- Report fire hazards and call 911 to report a live fire.



**Sabrina Landreth**

General Manager  
East Bay Regional Park District

## Trails Challenge

## Keep on Trekking with the Trails Challenge

**Special Finisher Patches Available!** For 32 years, the Park District's Trails Challenge program has provided commemorative pins for participants who complete five trails or 26.2 miles. This year, there are even more rewards: monthly prize drawings, age-group finisher patches, and the ultimate reward—an All-20 Trails patch for those who complete all 20 trails.

Submit a trail log online for a chance to win and to request a finisher pin and patch (if eligible). Patch categories include All-20 Trails, Pathfinder (ages 0-9), Junior Trailblazer (ages 10-12), Trailblazer (ages 13-18), and Timeless Trekkers (ages 65 and older).

Visit [ebparks.org/trails-challenge](https://ebparks.org/trails-challenge) for more information.







## New Trails Open: Sycamore Valley Open Space Regional Preserve

On June 24, the East Bay Regional Park District, Town of Danville, and Save Mount Diablo celebrated the opening of 3.5 miles of new trails at Sycamore Valley Open Space Regional Preserve in Danville. The new trails are part of the 381-acre Magee Preserve, which was permanently protected by Danville voters in March 2020 through Measure Y. Save Mount Diablo was a major proponent of the measure.

The new trails offer views of rolling hills and valleys, with Danville to the south and west and Mount Diablo to the north. The open space is mostly grassland and seasonal ponds, with Sycamore Creek nearby.

## A Vision for The Park District— Get Involved!

The East Bay Regional Park District is developing its next District Plan—a strategic roadmap to guide the Park District into its next century.

This spring and summer, over 3,000 residents from Alameda and Contra Costa counties shared their vision through a community survey—thank you!

Next is phase two of community engagement: in-person and virtual meetings, park booths, events, and more surveys and activities. Updates will be posted at [ebparks.org/district-plan](http://ebparks.org/district-plan).



Scan for  
updates and  
information



## Reducing Wildfire Risks

### 667-Acre Fuels Reduction Project Completed at Anthony Chabot

For the past three years, the East Bay Regional Park District has been working to thin and remove brush and hazardous trees on 667 acres at Anthony Chabot Regional Park to reduce fire intensity and help prevent catastrophic wildfires.

This groundbreaking effort, the first of its kind in California, included large-scale eucalyptus removal and the use of a climate-friendly carbonizer to dispose of debris. The carbonizer produces low emissions and creates biochar, which is being used throughout the Park District to improve soil

health and water retention.

Fire fuels reduction efforts continue districtwide, with ongoing and planned projects at Tilden, Claremont Canyon, and Anthony Chabot regional parks, as well as Leona Canyon Open Space Regional Preserve. A 16-person fuels crew works year-round on vegetation management projects. And goat, sheep, and cattle grazing covers 86,800 acres annually.

Reducing fire fuels is essential to slowing wildfires and giving firefighters time to stop them before they grow out of control.

## Call for Volunteers—Nature Needs You!

The East Bay Regional Park District was founded to protect natural spaces and create a public park system for all. Volunteers are vital to this mission, supporting programs and connecting people with

nature. The District values their contributions and welcomes all who want to make a difference.



Scan for  
updates and  
information

### Opportunities

- Botanic Garden
- Trail Safety Patrol
- Wildlife Volunteers
- Regional Parks Ambassadors
- Park Improvement Projects
- Park and Nature Docents





## Garin



### APPLE FESTIVAL

Discover a bushel of orchard-inary adventures at the Garin Apple Festival. Take a bite out of history while exploring the timeless beauty of nature's bounty. All ages. Parent participation required.

**Sept 7** (Sun) 10am-2pm

## Coyote Hills

### GATHERING OF OHLONE PEOPLES

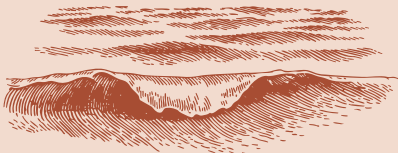
Explore the rich heritage of local Indigenous Peoples' past, present, and future. Join Ohlone community members from diverse tribes as they bring their culture to life through music, song, dance, and storytelling. Come together to learn, celebrate,

and honor the original stewards of these grass-covered hills. For more information visit [ebparks.org/Gathering-of-Ohlone-Peoples](http://ebparks.org/Gathering-of-Ohlone-Peoples)

**Oct 5** (Sun) 10am-3pm



## Hayward Shoreline



### COASTAL CLEANUP DAY

Join the community of over 70,000 volunteers helping to keep trash out of waterways on California Coastal Cleanup Day. Bring a reusable bag or bucket and gloves. All ages. Parent participation required. Registration encouraged but not required.

**Sept 20** (Sat) 9am-noon  
(West Winton Ave. Staging Area)

### COLONY CARETAKERS

An exciting adventure awaits—over land and water! Help create nesting habitat for the endangered California least tern, western snowy plover, and black skimmer. Tasks include adding nesting substrate, removing tern decoys, measuring nests, repainting island grids, and pulling weeds. Participants can earn a Colony Caretakers patch. Registration required. Physical labor involved. Parent participation required..

**Sept 27** (Sat) 9:30am-noon

**Oct 11** (Sat) 9:30am-noon



## Ardenwood Historic Farm



### MID-AUTUMN MOONCAKES

Learn about the history of mooncakes and enjoy a taste while discovering how Asian farm workers brought their cultural traditions to Ardenwood during the Victorian era. Drop-in; no registration required.

**Oct 4** (Sat) 11:30am-12:30pm

### FELTED PUMPKINS

Create some felted fall fun and decorations for the home with these woolly little pumpkins! Drop-in; no registration required.

**Oct 5** (Sun) 1-2pm

### DIG DEEP FARMS PUMPKIN PATCH

Join Dig Deep Farms at Ardenwood Historic Farm for the annual Pumpkin Patch! There will be many pumpkins to choose from as well as arts and crafts, games, and activities. Drop-in; no registration required.

**Oct 11, 12, 18, 19, 25, & 26** (Sat & Sun)  
10am-4pm

**Fee:** Adult \$5, child (3-11) \$2, free for 1 and under.

### HAUNTED RAILROAD

Experience a frightfully fun nighttime train ride through Ardenwood's haunted forest. The ride is spooky—not scary—and is designed especially for children under 12. Tickets for this event sell out fast! Tickets go on sale Sept. 15 at 8am. Registration required. For more information, visit [spcrr.org](http://spcrr.org) or [facebook.com/SPCRRMuseum](https://facebook.com/SPCRRMuseum).

**Oct 17, 18, 24, & 25** (Fri & Sat)

7pm-9:30pm

**Oct 19 & 26** (Sun) 7-9pm

**Fee:** \$18 (3+), free for 2 and under.





FEATURED PROGRAMS

## Ardenwood Historic Farm

Southwest  
Regional Parks

OPPORTUNITIES

## Volunteer



Michael Short

## Ancient Autumn Ritual

The story of corn begins with a wild grass called teosinte, first cultivated in central Mexico around 9,000 years ago. Through generations of selecting and replanting the best seeds, early farmers transformed this grass into one of the world's most important food sources. Today, corn—also known as maize—nourishes communities around the globe. From popcorn and cornbread to polenta, hominy, cereal, and, of course, corn on the cob (especially with butter!), many popular foods trace back to this remarkable plant.

To learn more, attend Ardenwood's annual Harvest Festival on Oct. 11 and 12, where visitors can walk through the cornfields and participate in the ancient autumn ritual of harvesting maize. This year, Ardenwood's farmers planted 8 acres of corn, including both popcorn and flint corn. At this crop-share event, guests will help with the harvest and are welcome to take a few ears home (one-bag-per-person limit). Pop the kernels straight off the cob, cook them into a favorite dish, or use them as colorful fall décor.

The Harvest Festival is an opportunity to connect with a timeless tradition, the land, the season, and one another.

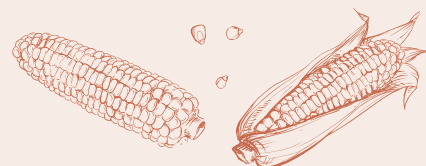
## HARVEST FESTIVAL INFORMATION

Enjoy old-time country fun while bringing in this year's crop of corn. Search the field for ears of flint corn or popcorn. Outside the field, enjoy seasonal activities, cider pressing, live music, and historic crafts. Ride a narrow-gauge train and learn what late-19th century life was like on a tour of the beautifully restored farmhouse. Bring a bag to take home harvested corn (one-bag-per-person limit). Drop-in; no registration required.

**Oct 11 & 12** (Sat & Sun) 10am-4pm

**Fee:** Adult \$12, senior (62+) \$10, child (4-17) \$8, free for 3 and under.

To purchase advanced tickets go to [ebparks.org/calendar](https://ebparks.org/calendar) and search for Harvest Festival.



## CALIFORNIA COASTAL CLEANUP DAY

Join the East Bay Regional Park District for the 41st Annual California Coastal Cleanup on Sept. 20! Help protect the East Bay's parks and shorelines during one of California's biggest volunteer events. Each September, the Park District teams up with the California Coastal Conservancy, other park agencies, community partners, and thousands of volunteers for this statewide effort. Celebrate by participating in cleanups across the Park District and make a real difference for local wildlife, water quality, and shared outdoor spaces.

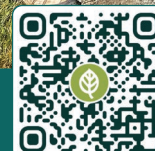
For more information, visit [ebparks.org/coastal-cleanup](https://ebparks.org/coastal-cleanup).



Scan for  
more info about  
Coastal Cleanup



EBParks Staff



For all activities, visit [ebparks.org/things-to-do](https://ebparks.org/things-to-do)



# Celebrating the Evolution of the Sunol Heritage Festival

Each year, the hills of Sunol echo with music, laughter, and the shared stories of generations. What began in 2008 as the Cowboy Culture Extravaganza has since blossomed into something richer and more inclusive: the Sunol Heritage Festival. This annual gathering has grown beyond its cowboy roots to honor many cultures that have shaped the valley.

In its early years, the festival focused on celebrating cowboy and pioneer heritage. Visitors enjoyed cowboy poetry, bolo tie-making, branding demonstrations, and the sweet reward of hand-cranked ice cream. By 2012, the event had evolved into the Pioneer Folk Festival, broadening its historical focus to include local pioneer and ranching culture. Attendees enjoyed horse rides, square danced to live music, and explored interactive exhibits like the ranch fashion show and Geary family history talks. From 2013 to 2019, under names like the Cowboy Hootenanny Folk Festival and Sunol's Old Timey Hootenanny, the tradition continued, blending music, old-fashioned games, and community storytelling.

Then came the pandemic, which brought a pause and time for reflection. When the festival returned in 2021 as Sunol Stories, it came with a renewed mission: to celebrate the people and cultures who have called Sunol home.

Now the Sunol Heritage Festival reflects a fuller cultural narrative, exploring the weaving of Ohlone, Spanish, Mexican, and European cultures in California heritage through Sunol history.

Since 2023, a significant addition to the festival has been Café Ohlone, the world's only Ohlone restaurant. Guests can enjoy an acorn processing demonstration, sip herbal teas, and sample acorn brownies, offering a taste of ancestral knowledge and a deeper connection to the land's first peoples.



Visitors who come to Sunol for the festival commonly remark on the connection they feel to the land itself, one of the last open spans of wilderness in the Bay Area. That connection deepens when history is honored not as a single story, but as a collection of voices, traditions, and shared experiences.

On Saturday, Oct. 18, experience the Sunol Heritage Festival—not just as it was, but as it continues to grow and change. The event is more than just a day of fun; it is a tribute to those who have helped shape the land now called Sunol.

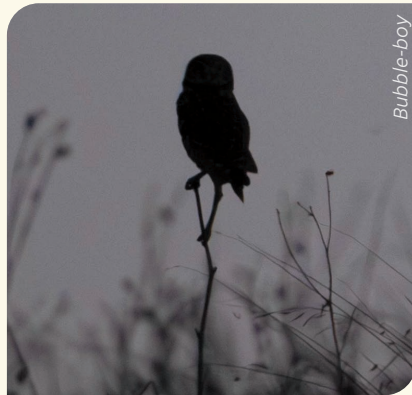




## FOSSIL FESTIVITIES

Celebrate the upcoming National Fossil Day at Sunol Wilderness while searching for fossils along Alameda Creek.

**Sept 13, Oct 11** (Sat) 10am-noon



Bubble-boy

## WHO'S CALLING?

Get to know nature's nocturnal neighbors. Go owling in the park after dark. Learn the calls of some of the common owls found at Sunol and use new skills to identify owl calls you hear on the hike.

**Sept 28** (Sun) 6-9pm

## TARANTULA TREK

Love is in the air! As summer turns to fall, these amazing arachnids are out and about looking for love. Search for these fuzzy friends and learn about their amorous adventures.

**Oct 12** (Sun) 5:45-7:45pm

## SUNOL HERITAGE FESTIVAL

Celebrate the diverse heritage of the wilderness at this fun festival for all ages. History comes alive with games, activities, and music throughout the day. Parking is \$5.

**Oct 18** (Sat) 11am-3pm



Janet Norris

## TARANTULA SEASON

As summer turns to fall, these amazing arachnids long for love. Learn about these fuzzy friends that are roving for romance, and go on a short trek to try and find them. Or meet one face to face—or face to cephalothorax—at the Visitor Center. Registration required.



Scan for  
more tarantula  
programs

## ART IN THE PARK: CELEBRATE HISPANIC HERITAGE MONTH

Adults are invited to the Visitor Center to learn about influential Hispanic artists and how their work has been inspired by the beauty of nature. After a short presentation, participants will create nature-inspired artwork to take home. Bring friends, a favorite snack, and drinks for a relaxed and joyful gathering to honor culture, creativity, and community in the great outdoors. All materials will be provided. No prior art experience necessary. Drop-in; no registration required.

**Sept 19** (Fri) 6-7:30pm

## Guess who...

I might look like a bug, but I'm actually a T\_\_R\_\_T\_\_L\_\_.

**Hints:**

- I might be seen in the fall
- I live underground
- I prefer to come out at night
- I have 8 eyes and 8 legs

## HALLOWEEN COMMUNITY CAMPFIRE

Happy Halloween! Explore the wonders of the park at dusk through activities and a campfire (and s'mores of course). Learn how creepy animals might actually be cool, and maybe even get a chance to see one up close. Meet at the Visitor Center and come dressed in your Halloween costume.

**Oct 25** (Sat) 4-7pm



EBParks Staff





FEATURED PROGRAMS  
Botanic Garden

The Regional Parks Botanic Garden is open from 8:30am to 5:30pm through September, and from 8:30am to 5pm October through May. Free garden entry and parking. Pets are not allowed in the garden. Request free monthly Botanic Garden newsletter at [bgarden@ebparks.org](mailto:bgarden@ebparks.org).



FREE WEEKEND AND  
HOLIDAY TOURS

Docent-led tours of the garden are available. Meet at the Visitor Center. Drop-in; no reservations required. Capacity is limited.

**Saturdays**, 2pm

**Sundays**, 11am & 2pm

FALL PLANT SALE

Friends of the Botanic Garden members receive early access at 9am. For information about the sale, memberships, and inventory lists, visit [nativeplants.org](http://nativeplants.org).

**Oct 4** (Sat) 10am-2pm  
(public sale hours)

FEATURED PROGRAMS  
Roberts



HIKE AND SIP:  
REDWOODS AND STARS

Learn about redwood ecology and history on a moderate hike through beautiful forest and other diverse landscapes. Watch the sunset and the first stars appear, walking back via moonlight. End at the Chabot Space and Science Center with a private reception of beer, wine,

and delicious snacks. View the moon and other celestial features through powerful telescopes. Must be age 21+ for this program. Register at the Chabot Space & Science Center website: [chabotspace.org/programs](http://chabotspace.org/programs).

**Sept 13** (Sat) 6:30-9:30pm (Meet at the Chabot Space & Science Center)

**Fee:** \$40



FEATURED PROGRAMS  
Tilden

TILDEN TOTS

Bring the littlest ones to the park to explore! Do an activity, meet some animals, and listen to a story. Drop-in; no registration required.

**Sept 17, Oct 15** (Wed) 10:30-11:30am



CLOSING UP THE FARM

Squeals, squawks, and snorts! The farm is settling in for the night. Help the animals simmer down and get ready for bed after a busy day. Drop-in; no registration required.

**Fridays & Saturdays in September**  
**Fridays in October**  
3:30-4pm

BUENAS NOCHES,  
GRANJITA

Ayúdanos a acomodar los animales de La Granjita para la noche! Aprenderemos los nombres de los animales y cuál es su comida favorita mientras hacemos los quehaceres de la tarde. Nos juntaremos en frente del gallinero. No hay registro.

Help settle the animals in for the night! Learn their names and what their favorite food is while doing evening farm chores. Drop-in; no registration required.

**Sept 7 & 21** (Sun) 3:30-4pm (Tilden Little Farm)

FEATURED PROGRAMS  
Crab Cove

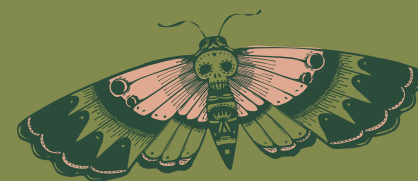


SEA SQUIRTS

The Sea Squirt Program returns! Play games, explore nature, sing songs, and do a craft related to the theme of the day. For participants ages 3-5. Parent participation required. Registration required.

**Sept 9** (Tues) 10:30-11:45am  
(Theme: Spectacular Spiders)

**Oct 14** (Tues) 10:30-11:45am  
(Theme: Amazing Animal Adaptations)



DÍA DE LOS MUERTOS  
COMMUNITY ALTAR

Contribute to Crab Cove Visitor Center's community altar in observance of Día De Los Muertos/Day of the Dead. Crafts are designed to help participants honor a loved one: Bring a photo to decorate with a paper frame or write their name on a paper butterfly. Drop-in; no registration required.

**Oct 25 & 26** (Sat & Sun)

**Oct 29-31** (Wed-Fri)

**Nov 1-2** (Sat-Sun)  
10am-5pm



FEATURED PROGRAMS  
Black Diamond

Northeast  
Regional Parks



### AUTUMN ASL WALK

Discover the forgotten history of the coal mines and surrounding communities on this 1-mile walk exploring how Black Diamond Mines' past contributed to California's rise in the global economy. This naturalist-led program includes professional American Sign Language (ASL) interpreters. Drop-in; no registration required. Meet at the upper parking lot.

**Sept 21** (Sun) 10-11:30am & 1-2:30pm

### AUTUMN OPEN HOUSE WEEKEND

Celebrate Autumn Open House Weekend at Black Diamond Mines Regional Preserve. Explore coal miners' stories and the region's role in California's early economic development. Drop-in; no registration required. Note: all activities are above ground, as the mines are closed until further notice.

**Oct 25 & 26** (Sat & Sun) 10am-2pm

### MES NACIONAL DE LA HERENCIA HISPANA—CAMINATAS BILINGÜES

Celebra el Mes Nacional de la Herencia Hispana participando en caminatas bilingües (en español e inglés), para descubrir la historia olvidada de las minas de carbón y las comunidades cercanas. Con la ayuda de fotografías históricas, mapas y huellas en el paisaje, esta caminata de una milla reconstruye como las Minas Black Diamond contribuyeron al ascenso de California en la economía global. No se requiere registración previa. Punto de encuentro en el estacionamiento superior.

**20 de Sept** (Sáb) 10-11:30am y 1-2:30pm

**27 de Sept** (Sáb) 10-11:30am y 1-2:30pm

**4 de Oct** (Sáb) 10-11:30am y 1-2:30pm

**11 de Oct** (Sáb) 10-11:30am y 1-2:30pm



### NATIONAL HISPANIC HERITAGE MONTH—BILINGUAL WALKS

Celebrate National Hispanic Heritage Month by joining a bilingual narrated walk (in Spanish and English) to uncover the forgotten history of the coal mines and surrounding communities. Step into the past with historic photos, maps, and marks on the landscape, on this 1-mile walk that pieces together how Black Diamond Mines contributed to California's rise in the global economy. Drop-in; no registration required. Meet at the upper parking lot.

**Sept 20** (Sat) 10-11:30am & 1-2:30pm

**Sept 27** (Sat) 10-11:30am & 1-2:30pm

**Oct 4** (Sat) 10-11:30am & 1-2:30pm

**Oct 11** (Sat) 10-11:30am & 1-2:30pm

FEATURED PROGRAMS  
Marsh Creek

Mark Crumpler

### COASTAL CLEANUP

Celebrate California Coastal Cleanup Day, a global initiative to raise awareness about ocean pollution and to mobilize volunteers to clean up waterways. This program helps to beautify natural spaces and ecosystems and protect them from the harmful effects of pollution. Drop-in; no registration required.

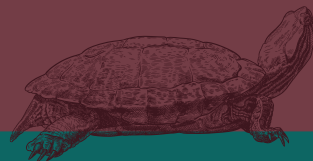
**Sept 20** (Sat) 9:30-11am (Cypress Staging Area)

FEATURED PROGRAMS  
Clayton Ranch

### TURTLE TRACKERS

Help the western pond turtle. Discover the beauty, mystery, and magic of the East Bay's only native freshwater turtle while participating in field research to help conserve and manage this special status species. Registration required. Space is limited. Parent participation required.

**Sept 6** (Sat) 9:30am-noon

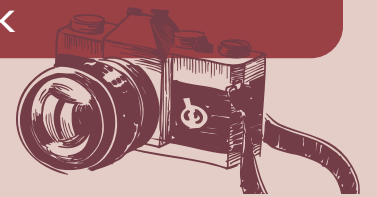


FEATURED PROGRAMS  
Big Break

### ALL ABILITIES DAY

Everyone is invited to explore at their own pace and way. The program is inclusive for all abilities, with something for everyone. Travel along paved trails to visit stations to touch fur, listen to birds, draw wildlife, scan the water, or paint the view. The event is wheelchair-accessible, with indoor and outdoor options and hands-on experiences. ASL and Spanish interpreters will be onsite. Drop-in; no registration required.

**Oct 7** (Tue) 10am-1pm



### PHOTOGRAPHY EXHIBIT OPENING RECEPTION:

Support local photographers at the Big Break "Celebrating Your Regional Parks" photo exhibit opening reception. The photography exhibit can be viewed anytime during Visitor Center hours. The exhibit runs from Oct 24-Nov 9.

**Oct 25** (Sat) 11am-1pm



For all activities, visit [ebparks.org/things-to-do](http://ebparks.org/things-to-do)





# Connecting Communities to Birds

The East Bay's diverse habitats—from wetlands to woodlands—offer year-round birdwatching, with seasonal migrations, nesting, and winter waterfowl arrivals providing unique species observation. At the East Bay Regional Park District, birdwatching has evolved into a cherished activity. The Park District offers birding programs for all experience levels, including hikes, community science events, and kayak excursions. Spring and summer focus on migrations, nesting, and fledging, while fall and winter highlight waterfowl and shorebirds. Events like the Great Backyard Bird Count and birding apps like Merlin and eBird make birdwatching more accessible.

## SOME KEY BIRDING PROGRAMS INCLUDE:

- **Birding at Big Break:** Focuses on Delta waterfowl, raptors, and songbirds.
- **Black Birders Week** (districtwide): Promotes diversity through events and guided walks.
- **Great Backyard Bird Count** and **Great Winter Bird Count:** Blend guided experiences with community science.
- **Monday Birding** (Tilden Regional Park): Weekly, this program challenges birders to identify species in diverse ecosystems.
- **Birding by Kayak** (Big Break Regional Shoreline): Paddle through the Delta spotting herons, egrets, and other water-loving birds.
- **Bird Exploration** (Sunol Wilderness Regional Preserve): Guided hikes introduce bird identification basics amid Sunol's woodlands, riparian corridors, and meadows.



Scan to register and learn more

Birding programs today are not just recreational—they connect people to nature, promote environmental stewardship, and foster appreciation for parklands.



## FEATURED PROGRAMS Outdoor Recreation

### Archery

#### ARCHERY INTRODUCTION

**Roberts Regional Recreation Area**

Receive 90 minutes of archery coaching and practice at an outdoor range, with all equipment provided. Designed for the beginner. Registration required.

**Sept 20** (Sat) 9:30-11:30am & 1-3pm

**Oct 18** (Sat) 9:30-11:30am

**Fee:** \$50 (non-resident \$56)

### Fitness/Wellness

#### HIKING POLES: PRACTICE HIKE + SKILLS & TECHNIQUES

**Tilden Regional Park**

Learn strategies for enhancing performance and confidence on the trail. Uphill: Improve endurance, posture, upper body strength, and spine function. Downhill: Develop skills for feeling safer and preserving joints. Get expert training on a practice hike on varied terrain among redwoods. Registration required.

**Sept 20** (Sat) 8:15am-2:30pm

**Fee:** \$75 (non-resident \$83)

#### HIKING POLES TRAINING: SKILLS & TECHNIQUES

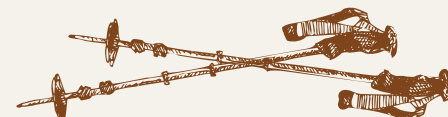
**Kennedy Grove Regional Recreation Area**

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. Expert training with a short practice hike. All levels welcome. Registration required.

**Oct 11** (Sat) 8:15am-noon

**Fee:** \$45 (non-resident \$51)



#### POLE WALKING FOR BALANCE, EXERCISE, & MAINTAINING MOBILITY

**Kennedy Grove Regional Recreation Area**

Feel taller and experience profound freedom of movement! People with mobility challenges learn transformative skills in a comfortable, beautiful setting. Address issues and goals, reduce fall risk, and improve spine function, balance, endurance, gait, and longevity. Includes a short optional practice pole walk. Registration required.

**Oct 11** (Sat) 12:15-4pm

**Fee:** \$65 (non-resident \$73)

### Special Events

#### TILDEN OUTDOOR FAMILY MOVIE NIGHT

**Tilden Nature Area**

Enjoy a FREE showing of the hit film Sonic the Hedgehog 3. Movie begins shortly after sunset. Arrive early to secure a seat on the lawn. Bring a flashlight, warm clothes, and a blanket or chairs. No pets allowed. Drop-in; no registration required.

**Sept 13** (Sat) 7:30-9:30pm



## FEATURED PROGRAMS

# Outdoor Recreation

### ARDENWOOD FAMILY MOVIE NIGHT

#### Ardenwood Historic Farm

Enjoy a FREE showing of the hit film A Minecraft Movie. Movie begins shortly after sunset. Arrive early to secure a good seat on the lawn. Bring a flashlight, warm clothes, and a blanket or chairs. No pets allowed. Drop-in; no registration required.

**Sept 27** (Sat) 7:30-9:30pm



### Boating

#### SUNSET PADDLE

##### Big Break Regional Shoreline

This guided kayaking adventure offers a unique perspective of the Delta as the sun sets over Mount Diablo. Navigate through tranquil waters and enjoy breathtaking views of local wildlife and marshland habitats. Perfect for nature enthusiasts and photographers alike! Registration required.

**Sept 23** (Tue) 5-7:30pm

**Fee:** \$30 (non-resident \$34)

#### KAYAKING BIG BREAK

##### Big Break Regional Shoreline

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. The program starts with dry land instruction, then paddle a steady and stable craft on a group exploration of the shoreline. Registration required.

**Sept 30** (Tue) 10am-1pm

**Fee:** \$35 (non-resident \$39)

### BIRDING BY KAYAK

#### Big Break Regional Shoreline

What better way to bird than by kayaking on the welcoming and wondrous waters of the Delta? The program starts with dry land instruction, then paddle a steady and stable craft on a group exploration of the shoreline. Registration required.

**Oct 16** (Thu) 10am-12:30pm

**Oct 29** (Wed) 10am-12:30pm

**Fee:** \$30 (non-resident \$34)

### BIRDING BY KAYAK

#### MLK Jr. Regional Shoreline

What better way to bird than by kayaking on the welcoming and wondrous waters of the San Leandro Bay and Bay Farm? The program starts with dry land instruction, then paddle a steady and stable craft on a group exploration of the shoreline. Registration required.

**Oct 1** (Wed) 9am-noon

**Oct 17** (Fri) 9am-noon

**Fee:** \$35 (non-resident \$39)

### BROOKS ISLAND ADVENTURE

#### Brooks Island Regional Preserve

Take a short paddle in stable, double kayaks across sheltered bay water with spectacular San Francisco views. Paddle along Brooks Island shoreline, then enjoy a 2-mile naturalist-guided hike on the island, otherwise closed to visitors. Registration required.

**Sept 19** (Fri) 9:30am-3:30pm

**Sept 20 & Oct 4** (Sat) 9:30am-3:30pm

**Oct 5** (Sun) 9:30am-3:30pm

**Fee:** \$85 (non-resident \$95)



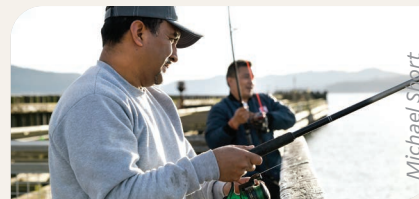
### BOAT TO BROOKS

#### Brooks Island Regional Preserve

Enjoy a relaxing, narrated boat ride to Brooks Island Regional Preserve. Once anchored near the shoreline, participants will be ferried (by skiff) to the island to enjoy a naturalist-guided, 2-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. Registration required.

**Oct 18 & 19** (Sat-Sun) 8am-4pm

**Fee:** \$85 (non-resident \$95)



### Fishing

#### BASS FISHING BASICS

##### Temescal Regional Recreation Area

Learn the essentials of bass fishing through a beginner-friendly program. Bass Basics focuses on simple, effective fishing techniques and understanding bass behavior. Build confidence with expert guidance and real-time feedback, adapt to different situations, and develop smart habits for successful fishing. All equipment is provided. Registration required.

**Sept 26** (Fri) 9am-noon

**Fee:** Adult \$25 (non-resident \$29), child \$21 (non-resident \$25)

### BASS FISHING INTERMEDIATE

#### Temescal Regional Recreation Area

This hands-on course covers lure selection, bait-casting fundamentals, reading water conditions, and fish behavior. Ideal for anglers with basic experience, the program offers guided practice and expert instruction. All equipment is provided. Registration required.

**Oct 3** (Fri) 9am-noon

**Fee:** Adult \$25 (non-resident \$29), child \$21 (non-resident \$25)

### INTRODUCTION TO PANFISHING

#### Big Break Regional Shoreline

Unlock the secrets to catching bluegill. Perfect for beginners and seasoned anglers, the program offers expert tips, step-by-step tutorials, and insider techniques. Discover the best gear, bait, and strategies for year-round success. All equipment is provided. Registration required.

**Oct 15** (Wed) 9am-noon

**Oct 30** (Thu) 9am-noon




**Fee:** Adult \$25 (non-resident \$29), child \$21 (non-resident \$25)





# East Bay Regional Park District

2950 Peralta Oaks Court, Oakland, CA 94605-0381

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.....  

## BOARD OF DIRECTORS

|                          |        |                      |        |
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| Elizabeth Echols .....   | Ward 1 | Olivia Sanwong ..... | Ward 5 |
| Lynda Deschambault ..... | Ward 2 | John Mercurio .....  | Ward 6 |
| Dennis Waespi.....       | Ward 3 | Colin Coffey .....   | Ward 7 |
| Luana España .....       | Ward 4 |                      |        |

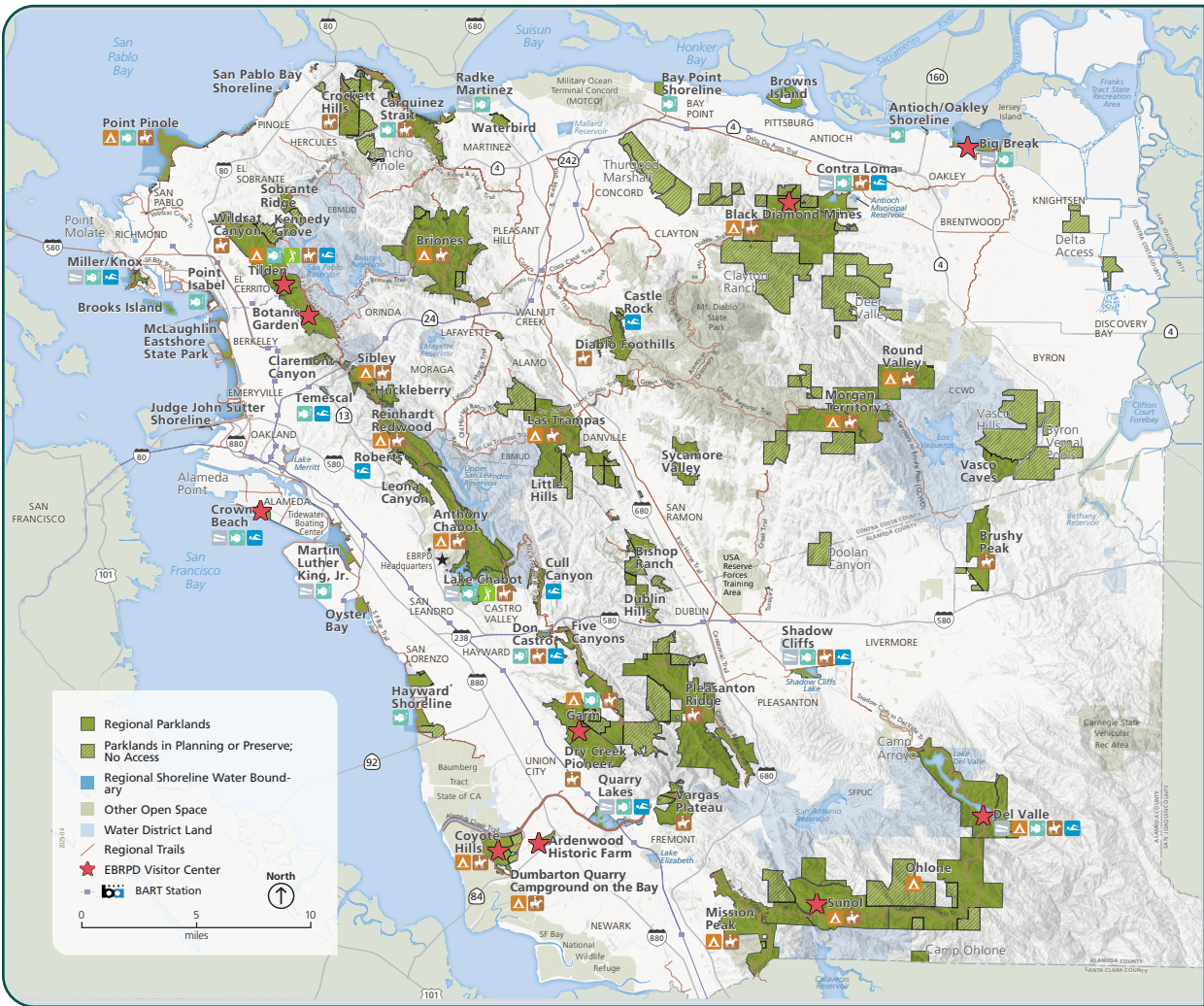


**Become a Regional Park Foundation Member**  
and enjoy free day-use parking, swimming, and more.

510-544-2220 | [regionalparksfoundation.org](http://regionalparksfoundation.org)



2950 Peralta Oaks Court  
Oakland, CA 94605-0381  
[ebparks.org](http://ebparks.org)



## Visitor Centers

**Ardenwood Historic Farm, Fremont**  
510-544-2797, [awvisit@ebparks.org](mailto:awvisit@ebparks.org)

**Big Break Regional Shoreline, Oakley**  
Big Break Visitor Center at the Delta  
510-544-3050, [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org)

**Black Diamond Mines Regional Preserve, Antioch**  
510-544-2750, [bdvisit@ebparks.org](mailto:bdvisit@ebparks.org)

**Coyote Hills Regional Park, Fremont**  
510-544-3220, [chvisit@ebparks.org](mailto:chvisit@ebparks.org)

**Crown Memorial State Beach, Alameda**  
Doug Siden Visitor Center at Crab Cove  
510-544-3187, [ccove@ebparks.org](mailto:ccove@ebparks.org)

**Del Valle Regional Park, Livermore**  
510-544-3146, [dvvisit@ebparks.org](mailto:dvvisit@ebparks.org)

**Garin/Dry Creek Pioneer Regional Parks, Hayward**  
510-544-3220 (Coyote Hills), [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
Red Barn open summer Saturdays

**Sunol-Ohlone Wilderness Regional Preserve, Sunol**  
510-544-3249, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
Open weekends

**Tilden Regional Park, Berkeley**  
Regional Parks Botanic Garden  
510-544-3169, [bgarden@ebparks.org](mailto:bgarden@ebparks.org)

**Tilden Regional Park, Berkeley**  
Tilden Nature Area/Environmental Education Center  
510-544-2233, [tnarea@ebparks.org](mailto:tnarea@ebparks.org)