

Regional in Nature Activity Guide

JANUARY FEBRUARY 2026



Great Backyard Bird Count 11
Round Valley Regional Preserve, DeadVectorDesign



Josh Levinger

Tilden Fungus Fair7

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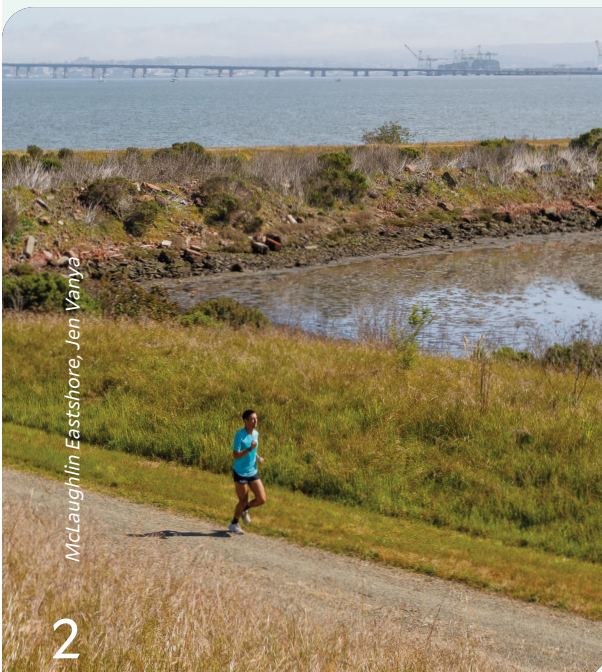
New Year Message

Welcome to A New Year of Adventure!

As we step into 2026, the East Bay Regional Park District invites visitors to start the year outdoors — exploring, connecting, and discovering all that the Regional Parks have to offer. Whether setting new fitness goals, looking to learn something new, or simply hoping to spend more time in nature, inspiration can be found every step of the way in these beautiful parklands.

This issue highlights exciting winter programs, nature walks, volunteer opportunities, and the launch of the 2026 Trails Challenge — an invitation for visitors to explore the East Bay's diverse landscapes at their own pace.

Here's to another year of outdoor adventures and shared experiences in nature!



McLaughlin Eastshore, Jen Vanva

Trails Challenge 2026

Get Ready for the 2026 Trails Challenge



Kick off the new year with adventure! The East Bay Regional Park District's 2026 Trails Challenge begins Jan. 1. Explore the beauty of the East Bay by hiking, biking, or horseback riding on trails throughout the Regional Parks system.

The Trails Challenge guidebook highlights 20 treks, selected to showcase a variety of experiences and differing intensity levels from easy strolls to challenging climbs.

To complete the Challenge, finish five of the routes featured in the guidebook or traverse a combination of 26.2 miles on any trails in the Regional Parks. Submit a Trails Challenge log online or by mail and request a commemorative participant pin. The Challenge runs all year long, so hit the trails and enjoy the views!

The Park District will again hold monthly prize drawings picked from challenge finishers, and offer commemorative patches (while supplies last) for certain categories:

- All 20 Club (complete the 20 featured routes)
- Kids (1-9)
- Tweens (10-12)
- Teens (13-18)
- Seniors ages 65 and up

Starting Jan. 1, pick up a free guidebook and participant T-shirt while supplies last at Park District Visitor Centers. Learn more or download a PDF version of the guide starting Jan. 1 at

ebparks.org/trails-challenge.

Check out page 8 for a list of upcoming guided hikes on routes that are featured in the 2026 Trails Challenge guidebook.

Special thanks go out to the Trails Challenge's key sponsors:





2026 Wall Calendars

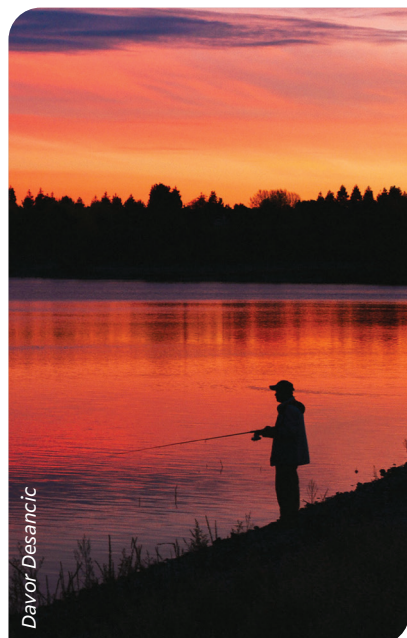
Enjoy a year's worth of stunning views of East Bay Regional Parks in the 2026 Wall Calendar, available now at no cost while supplies last at our Visitor Centers. Visit ebparks.org/visitor-centers for current hours and locations. There is also a limited supply at the reception desk at Park District Headquarters; 2950 Peralta Oaks Court, Oakland; Monday through Friday, 8:30 a.m. – 5 p.m.

Did you know? Regional Parks Foundation members receive a complimentary wall calendar by mail! Learn how to join at regionalparksfoundation.org.

Quarry Lakes Fishing Permit Update

Fishing at Quarry Lakes Regional Recreation Area in Fremont just got easier! Buy daily fishing permits online — anytime, anywhere. Visit bit.ly/EBRPdfish to get started (new users will need to create an account). Paper permits from the old iron rangers are no longer available, and Quarry Lakes is now cashless, so plan ahead! Buy fishing permits online before visiting or use credit card/tap-to-pay at the ranger kiosk at the main entrance — and enjoy more time fishing!

The online permit process will roll out to other Park District fishing locations later in 2026.



Davor Desancic

Get Involved in Shaping the District Plan

The East Bay Regional Park District is developing a new District Plan to guide decisions for decades to come — and community input is essential!

A public survey conducted in summer 2025 identified top community priorities, including protecting natural and cultural resources, maintaining park facilities, expanding public programs, and improving access through better transportation connections.

Next, the public will be asked to rank these priorities and share ideas for putting them into action in our parks. Visitors can share their thoughts at virtual and in-person meetings, pop-up events, and online input opportunities. Find the latest schedule and details at ebparks.org/district-plan.



South Park Drive Seasonal Closure

South Park Drive in Berkeley's Tilden Regional Park is closed to motor vehicles through March 31 to protect migrating and breeding newts. Visitors may walk, bike, or walk dogs on the road—please keep pets away from newts, which are poisonous to animals. Cyclists should ride slowly and avoid crossing newts.

This seasonal closure helps protect declining newt populations and provides safe passage for their annual migration. The Park District works to balance public access with the conservation of sensitive species in our urban wildlands. Learn more at ebparks.org/newts.



Valerie Troutman

Briones Hike to Ivan Dickson Bench

See the Ivan Dickson bench on one of the 2026 Trails Challenge hikes. It's on page 28 in the guidebook, ebparks.org/trails-challenge.



Cameron Celestia

Ivan Dickson's Legacy Lives on Through Volunteers

High atop a ridge in Briones Regional Park sits a stone bench honoring an almost-forgotten Bay Area icon. Few of the hikers who pause there realize that behind the smiling face on the bronze memorial are two personal mementos of Ivan Dickson himself: his well-loved loafers and his favorite beer, carefully sealed inside the bench.

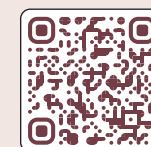
Ivan was a lifelong hiker, a member of the Berkeley Hiking Club, and a man who loved the outdoors with quiet devotion. He was known to hike 10 to 20 miles a day well into his 80s, often outpacing friends half his age. Ivan lived simply—he never owned a car, television, or even a refrigerator. When he passed

away in 1993 at age 95, he left his life savings to the East Bay Regional Park District “to take good care of the trails.”

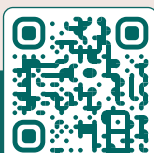
That simple wish inspired the creation of the Ivan Dickson Volunteer Trail Maintenance Program, which, for decades, brought together thousands of volunteers to care for the trails Ivan loved so much. His endowment funded tools, safety gear, and the lunches shared by those who spent their Saturdays pruning brush, shaping tread, and building steps and drain dips.

Today, that legacy continues in a renewed form: the **East Bay Parks Volunteer Trail Crew**. Park District staff organize smaller, regular trail workdays on trails

in the parks—hands-on, practical, and open to everyone who share the spirit of Ivan Dickson. These projects focus on the same spirit of stewardship, but the smaller scale provides opportunity to access parts of the trails that will benefit the most from our work. With more than 1,200 miles of trails to care for, there is plenty to accomplish! Whether you're a longtime volunteer or new to trail work, your time and energy help carry Ivan's legacy forward—keeping the trails, and his generous spirit, alive for generations to come.



Learn about current volunteer trail crew projects here





Gills, Thrills, and Drawing Skills

Tilden Nature Area, Berkeley

Wander slowly across the forest floor and explore the interesting look of mushrooms. We'll pause to notice their shapes and gills, sketching as we go, and enjoy the thrill fungi bring to the season. Drawing supplies are provided (or bring your own.) All levels of learning welcome. Best for ages 8 and up; parent participation required. Drop-in; no registration required.

Jan 4 & 18 (Sun) 1 – 2pm

Tule Boats Float

Coyote Hills Regional Park, Fremont

Build your own miniature tule boat and see how well it can float. Learn how Ohlone Peoples have traditionally, and continue to, utilize this natural resource. All ages; parent participation required. Drop-in; no registration required.

Jan 4 (Sun) 1 – 2pm

Spinning Tops Through the Ages

Ardenwood Historic Farm, Fremont

Learn the history of spinning tops, an ancient toy that is played with in communities around the world. Make your own wood spinner and compete in a skittles tournament for fun prizes. All ages; parent participation required. Drop-in program; no registration required.

Jan 10 (Sat) 1:30 – 2:30pm

Pressing Plants

Ardenwood Historic Farm, Fremont

Learn how to press and preserve plants of all types and take home your finished flower to enjoy. Drop-in; no registration required. All ages; parent participation required.

Jan 4 (Sun) 1:30 – 2:30pm

Feb 14 (Sat) 1:30 – 2:30pm

Feb 22 (Sun) 1:30 – 2:30pm

Lunar New Year Lanterns

Ardenwood Historic Farm, Fremont

Come learn about the history of Chinese immigrants who worked at Ardenwood. Make a paper lantern to take home. All ages; parent participation required. Drop-in; no registration required.

Feb 1 (Sun) 11:30am – 12:30pm

Celebrating Black History Walk

Thurgood Marshall Regional Park — Home of the Port Chicago 50, Concord

In honor of Black History Month, this guided walk through the not-yet-opened park offers narration about the site's history and its vital role in the desegregation of the armed forces. Expect a 1- to 1.5-mile easy walk on mostly paved terrain. Best for ages 10 and up; parent participation required. Meeting location provided to registrants by email. Registration required. Saturday, #57737. Sunday, #57738.

Feb 7 & 8 (Sat & Sun) 10am – 1pm

Exploring Black Environmentalist History

Hayward Regional Shoreline, Hayward

Celebrate Black History Month with a leisurely marsh walk and conversation to gain a deeper appreciation of the invaluable contributions of Black environmentalist leaders. Ages 7 and up; parent participation required. Drop-in; no registration required.

Feb 7 (Sat) 11am – noon



Environmentalist George Washington Carver



Water Activities



Kayaking

Big Break Regional Shoreline, Oakley

Glide across the Delta's calm waters on a guided kayak adventure! Enjoy beautiful views, learn about the local ecosystem, and explore Big Break's hidden corners. Perfect for outdoor enthusiasts of all experience levels. Park at the Visitor Center and meet at the kayak launch site. Fee: \$35 (non-resident \$39). Registration required.

Jan 9 (Fri) 9:30am – 12:30pm. #57965.

Jan 20 (Tue) 11am – 2pm. #57967.

Feb 10 (Tue) 10am – 1pm. #57966.

Feb 25 (Wed) 10am – 1pm. #57968.

Feb 27 (Fri) 10am – 1pm. #57969.

Martin Luther King Jr. Regional Shoreline, Oakland

Paddle as the light of the setting sun sparkles on the waves. After a brief dry-land orientation, we'll make our way through the calm waters of San Leandro Bay in tandem kayaks. Kayaks, instruction, and all associated safety gear provided. Meet at the Tidewater Boating Center. Fee: \$35 (non-resident \$39). Registration required. #57970.

Jan 23 (Fri) 2:30 – 5:30pm



Animal & Farm Experiences

Good night, Farm

Tilden Nature Area, Berkeley

Help the Little Farm staff feed the friendly residents their evening meal (food provided by staff only) and tuck them in for the night. All ages; parent participation required. Drop-in; no registration required.

January & February (Every Fri, Sat & Sun) 3:30 – 4pm

Nifty Newts

Las Trampas Wilderness Regional Preserve, San Ramon

What are poisonous and slimy and coming to a creek near you? Newts! We'll search for these fascinating amphibians while learning about newts and their lifecycles through stories and art. Meet at Bollinger Canyon Staging Area. Registration required. #58078.

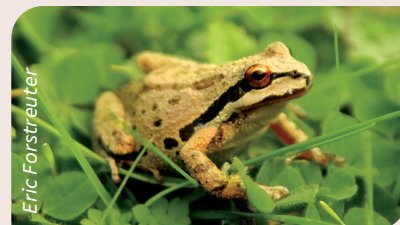
Jan 24 (Sat) 1 – 3pm

Slime Saturday

Coyote Hills Regional Park, Fremont

Slugs, frogs, worms, and salamanders are some of the slimy critters you can see outside during the rainy season. Find out how being slimy is an adaptation to survive in their habitats. Make some slime to take home! All ages; parent participation required. Meet at the Visitor Center. Drop-in; no registration required.

Jan 31 (Sat) 1 – 2pm



Eric Forstreuter

Newt Exploration

Las Trampas Wilderness Regional Preserve, San Ramon

Join a guided hike to witness the Great Newt Migration and learn about these little animals' amazing adaptations and amorous adventures in the wild. 2-mile loop, 250-foot elevation gain, uneven and muddy terrain. Meet at Bollinger Canyon Staging Area. Registration required. #57687.

Feb 1 (Sun) 10am – 12:30pm

Tractor Time

Ardenwood Historic Farm, Fremont

Hear an old-time tractor roar to life and enjoy hands-on activities that teach about the evolution of farming. All ages; parent participation required. Drop-in; no registration required.

Feb 7 & 28 (Sat) 11:30am – 12:30pm



Pokémon in Real Life

Del Valle Regional Park, Livermore

Gotta catch 'em all! Pokémon are made-up creatures, but most of them are based off of real-life animals, plants, and other life forms. Let's go on a mission to find animals in the park that are just like the Pokémon we love, like Pikachu, Squirtle, and Charmander. Feel free to bring your Pokémon cards or games for extra fun. Meet at the Visitor Center. Drop-in; no registration required.

Feb 28 (Sat) 10am – noon



Michael Short

Volunteering



Martin Luther King Jr. Day of Service

Martin Luther King Jr. Regional Shoreline, Oakland

All over the nation, the Martin Luther King Jr. Day of Service inspires Americans to come together and serve their communities. Celebrate Dr. King's holiday by volunteering at a clean-up project to bring us closer to his vision of a beloved community. Learn more at ebparks.org/MLK-day-service.

Jan 19 (Mon) 9am – noon

Marsh Creek Clean-Up

Marsh Creek Regional Trail, Brentwood

Chinook Salmon traverse great obstacles and distance to complete their life cycle. Help us clean up their habitat in the waterway along Marsh Creek Regional Trail. Meet at Creekside Park. Drop-in; no registration required.

Jan 19 (Mon) 10am – noon

Coyote Hills Docent Training

Coyote Hills Regional Park, Fremont

Interested in sharing the natural and cultural history of Coyote Hills with visitors? Docent training includes time in the classroom and outdoors, equipping volunteers with the knowledge and skills to engage visitors and promote conservation efforts. This program provides a rewarding opportunity to connect with parks and visitors. Ages 18 and up. Registration required. Trainees must attend both sessions. For information, call (510) 544-3220.

Feb 21 & 28 (Sat) 9:30am – 4:30pm



Events & Community Gatherings

New Year Festival in the Park

Big Break Regional Shoreline, Oakley

Celebrate the New Year in the park as we connect with nature through games and crafts. We will make a joyful noise and have a kid-friendly toast at noon. Meet at the Visitor Center. Drop-in; no registration required.

Jan 1 (Thur) Noon – 2pm



Tilden Fungus Fair

Tilden Nature Area, Berkeley

Celebrate the fruits of winter! View hundreds of local mushroom specimens on display. Mingle with the mycological community and enjoy presentations by guest speakers at this two-day special event. Learn to identify edible and poisonous mushrooms, explore fungal ecology, and discover the hidden beauty of the Bay Area's wild mushrooms. Drop-in; no registration required.

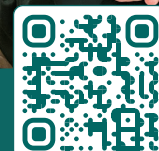
Jan 31 & Feb 1 (Sat & Sun) 10am – 4:30pm

Community Campfire

Del Valle Regional Park, Livermore

Bundle up and gather around a campfire to discover Del Valle at dusk. Park staff will lead interactive activities about local wildlife, the night sky, and other park happenings. The Visitor Center will be open to explore. After enjoying s'mores, we'll head out on a short hike as the sun sets. Dress warmly and bring a flashlight. Heavy rain cancels. Meet at the Visitor Center. Drop-in; no registration required.

Feb 22 (Sun) 4 – 6:30pm



For all activities, visit ebparks.org/things-to-do

Pole Hiking

Improve techniques for hiking with poles through a guided hike experience. Uphill: improve power, posture, strength, and endurance. Downhill: feel safer and preserve your joints.

Black Diamond Mines Regional Preserve, Antioch

This session is for hikers of all levels. Optional practice hike is less than 3 miles on a variety of terrain types. Meet at the lower parking lot. Registration required.

Jan 31 (Sat) 9am – 2:45pm. #57973.

Feb 28 (Sat) 9am – 2:45pm. #57974.

Fee: \$68 (non-resident \$76).

Temescal Regional Recreation Area, Oakland

This session is tailored for people with mobility challenges who want to learn to use walking poles to reduce fall risk and improve balance. Optional short, easy practice walk. Meeting details provided by email to registrants. Registration required. #57983.

Feb 21 (Sat) 12:45 – 4:15pm

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



Enesa Batakovic



33rd Trails Challenge 2026

With the new year comes a new edition of the Park District's annual Trails Challenge (ebparks.org/trails-challenge). Check one of the 2026 hikes off your list with these guided treks. Come for the views and exercise, stay for the wonders of nature!

Las Trampas Wilderness Regional Preserve, San Ramon

A moderately steep initial climb up 1.5 miles of fire road gives way to rewarding views from the ridgeline. 3.2-mile loop, 755-foot elevation gain, and mixed unpaved terrain. Ages 7 and up. Meet at Bollinger Staging Area. Registration required. #57684.

Jan 18 (Sun) 10am – 1pm

Pleasanton Ridge Regional Park, Pleasanton

The beautiful, shaded loop is a challenging adventure through epic California landscapes, providing spectacular vista views and heart and mind healthy exercise. 7-mile loop, 1,437-foot elevation gain with steep inclines, mixed unpaved terrain. Ages 7 and up. Meet at Castleridge Trailhead. Registration required. #57712.

Jan 31 (Sat) 9am – 3pm

Vargas Plateau Regional Park, Fremont

The plateau rises quickly from the bay plain to an overview of Niles Canyon, adjacent suburban sprawl, and the bay beyond. 3.9-mile loop, 541-foot elevation gain, moderate and steep inclines, moderately firm terrain. Ages 7 and up. Meet at Vargas Plateau Staging Area. Registration required. #57909

Feb 15 (Sun) 9 – 11am

New Year Reflection Hikes

Kick off 2026 with time in nature to reflect on the past and make resolutions for the new year ahead.

Black Diamond Mines Regional Preserve, Antioch

2- to 3-mile loop (depending on trail conditions), 400- to 500-foot elevation gain with some steep sections, mixed unpaved terrain. Trails may be muddy. Heavy rain cancels. Meet at the upper parking lot. Drop-in; no registration required.

Jan 1 (Thurs) 10am – noon

Sunol Wilderness Regional Preserve, Sunol

3-mile loop, 500-foot elevation gain, mixed terrain. Meet at the Visitor Center. Drop-in; no registration required.

Jan 4 (Sun) 10am – 1pm



Davar Desancic

Mindfulness Walks

Big Break Regional Shoreline, Oakley

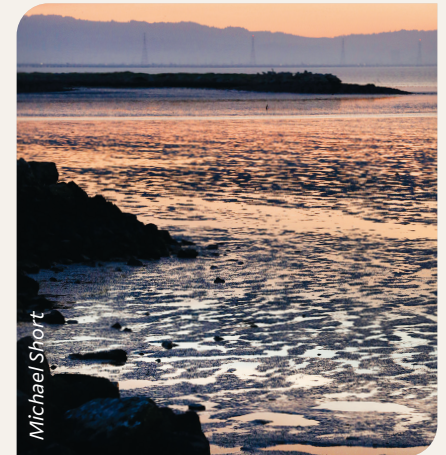
Enjoy the park's natural beauty and set intentions for the new year. 2-mile out-and-back, mix of flat paved and unpaved terrain. Meet at the Visitor Center. Drop-in; no registration required.

Jan 2 (Fri) 2 – 3pm

Jan 9 (Fri) 2 – 3pm

Jan 10 (Sat) 2 – 3pm

Jan 11 (Sun) 2 – 3pm



Michael Short

Over the Hills Gang

This series of monthly excursions is designed for hikers ages 55 and up interested in nature study, history, fitness, and fun. Drop-in; no registration required.

Hayward Regional Shoreline, Hayward

2- to 5-mile loop, up to 500 feet elevation gain, mixed terrain and muddy trails. Meet at the West Winton Avenue Staging Area.

Jan 6 (Tues) 10am – 12:30pm

San Francisco Bay Trail, Hayward

2- to 5-mile loop, up to 500 feet elevation gain, mix of paved and unpaved terrain. Meet at the Eden Landing Staging Area.

Jan 20 (Tues) 10am – 12:30pm

Landfill Loop Trail, Richmond

2- to 5-mile loop, up to 500 feet elevation gain, mix of paved and unpaved terrain. Meet at the parking lot off Parr Boulevard.

Feb 3 (Tues) 10am – 12:30pm

Briones Regional Park, Martinez

2- to 5-mile loop, up to 500 feet elevation gain, mix terrain and muddy trails. Meet at the Briones Road Staging Area.

Feb 17 (Tues) 10am – 12:30pm

Outdoor Recreation

Winter Wonders Hikes

Winter is the perfect season to roam the hills and savor the year's renewal as rain graces the Regional Parks. With the turning of the season, new leaves unfurl, mushrooms emerge, and lichens and mosses show their brightest colors, while passing birds forage among the branches. On guided treks, you'll wind through the East Bay's hills and valleys. Trails may be steep, uneven, and muddy this time of year, so come prepared for changing conditions. Bring snacks and water; spotting scopes and binoculars are welcome but not required. Each outing offers a new glimpse of our ever-changing parks. Best for ages 8 and up. Drop-in; no registration required.

Reinhardt Redwood Regional Park, Oakland

About a 4-mile loop, 900-foot elevation gain with some steep and slippery sections, mixed terrain and fire roads. Meet at Trudeau Staging Area.

Jan 4 (Sun) 9:30am – 12:30pm

Anthony Chabot Regional Park, Castro Valley

About 3.5-mile out-and-back, up to 600-foot elevation gain, mostly gradual inclines and one steep section. Meet at MacDonald Staging Area.

Jan 18 (Sun) 9:30am – 12:30pm

Huckleberry Botanic Regional Preserve, Oakland

2-mile loop, 400-foot elevation gain with some steep sections and uneven terrain. Meet at Skyline Boulevard Staging Area.

Feb 1 (Sun) 9:30 – 11:30am



Hugh Stickney



Kevin Fox

Peaks, Valleys, Explore Women in Wilderness: Nature Journaling

Black Diamond Mines Regional Preserve, Antioch

This guided hike visits the most scenic parts of the preserve. Expect: a 9-mile loop, 1,500-foot elevation gain, steep inclines, moderately firm/soft terrain may be muddy if rains are recent. Bring snacks, lunch, and plenty of water. Grippsy shoes/boots and hiking poles are recommended. Best for ages 16 and up. Heavy rain cancels. Meet at the upper parking lot. Registration required. #57721.

Jan 17 (Sat) 9am – 3pm

Volcanos, Labyrinths, Quarries, and Newts

Sibley Volcanic Regional Preserve, Oakland

A guided moderate hike explores hidden labyrinths in historic quarries that have reshaped this beautiful volcanic landscape. Search skyward for eagles and below the pondwater's surface for newts. 2.5-mile loop, about 400-foot elevation gain, uneven terrain with some very steep sections. Meet at the main Sibley Staging Area. Drop-in; no registration required.

Jan 24 (Sat) 10am – 12:30pm

Sunol Wilderness Regional Preserve, Sunol

Grow your community during this nature exploration into the Sunol wilderness. This is an easy nature walk with time for journaling on a break. 2-mile loop at a slow pace, about 400-foot elevation gain, mixed terrain including gravel and rocks. Meet at Camp Ohlone Road Trailhead. Drop-in; no registration required.

Jan 31 (Sat) 9:30 – 11:30am

Archery Introduction

Roberts Regional Recreation Area, Oakland

Receive 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. Registration required.

Jan 17 (Sat) 9:30am - 11:30am. #57971.

Feb 21 (Sat) 9:30am - 11:30am. #57972.

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

Trout Fishing Basics

Contra Loma Regional Park, Antioch

Discover the art of trout fishing with us! Whether you are brand new to fishing or have some experience, our hands-on session covers everything from gear selection to mastering bait techniques. All gear is provided. Registration required. #57963.

Jan 30 (Fri) 9am – noon

Fees: Adult, \$25 (adult non-resident, \$29). Child, \$21 (child non-resident, \$25).



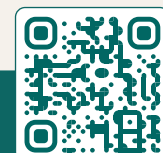
Trout Fishing Intermediate

Contra Loma Regional Park, Antioch

Elevate your trout fishing skills with our intermediate course! Perfect for those with basic trout fishing experience, this hands-on session covers everything from gear selection to mastering bait techniques. All gear is provided. Registration required. #57964.

Feb 13 (Fri) 9am – noon

Fees: Adult, \$25 (adult non-resident, \$29). Child, \$21 (child non-resident, \$25).



Nature Exploration & Conservation



Susan Teefy

King Tide at the Cove

Crown Memorial State Beach, Alameda

Experience the dramatic effects of a King Tide—the highest of high tides that occur when the sun, moon, and Earth align to amplify the ocean’s gravitational pull. See how the shoreline transforms as water levels rise, sometimes flooding normally dry areas. We’ll explore where birds find refuge, take photos to contribute to the California King Tides Project (coastal.ca.gov/kingtides), and discuss how scientists and planners are preparing for future sea level rise. And if a windy storm rolls in, the scene becomes even more spectacular! Meet at the Crab Cove Visitor Center. Drop-in; no registration required.

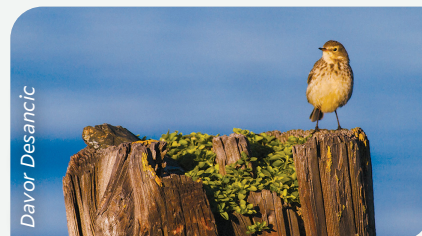
Jan 3 (Sat) 10:30am – noon

King Tide Walk at Hayward Shoreline

Hayward Regional Shoreline, Hayward

A guided easy walk along the bayshore offers a chance to learn about the King Tide effects on the marshlands. Come dressed for walking in muddy conditions. Best for ages 5 and up; parent participation required. Meet at the West Winton Avenue Staging Area. Drop-in; no registration required.

Jan 3 (Sat) 8:30 – 10:30am



Davor Desancic

Winter Birding at Del Valle

Del Valle Regional Park, Livermore

Family Bird Search

Birding is for everybody! Bring the family to the lake and see who spots the most types of birds. Meet at the Arroyo Mocho Picnic Area. Drop in; no registration required.

Jan 3, 17, & 31 (Sat) 10 – 11:30am

Beginner Winter Birding

Discover the beautiful world of birds and learn about the basics of birding and bird migration. Meet at the Dog Run gate/East Shore Trail. Drop in; no registration required.

Jan 11 & Feb 1 (Sun) 9:30 – 11am



Mini Miners – Weekend Edition

Black Diamond Mines Regional Preserve, Antioch

Bring your little gems out to Black Diamond Mines for a morning of learning, playing, and enjoying the great outdoors. The outdoor programs are held rain or shine, although heavy rain cancels. Meet at the upper parking lot. Drop-in; no registration required.

Rain, Rain Come and Stay

Children ages 2–5 discover the joys of nature while exploring rain and mud puddles.

Jan 4 (Sun) 10 – 11am

Nature’s Shapes and Colors

Children ages 2–5 discover the joys of nature while exploring shapes and colors in the park.

Feb 1 (Sun) 10 – 11am



Mushrooms

Tilden Nature Area, Berkeley

All it takes is a little precipitation and they begin appearing as if by magic. Fantastical forms and colors, sometimes delicious and sometimes deadly. It is that time of year, folks. Let’s go on the hunt to look for mushrooms. No collecting permitted. Meet at the Visitor Center. Drop-in; no registration required.

Jan 4, 11 & 25 (Sun) 11am – noon

Feb 9 & 23 (Mon) 2 – 3pm



Monday Birding

Bird your way around the Park District on weekly guided birding walks. All are drop-in; no registration required.

Point Pinole Regional Shoreline, Richmond

2- to 5-mile loop, mostly flat, paved and unpaved terrain. Meet at the Atlas Road Staging Area.

Jan 5 (Mon) 9am – noon.

Tilden Nature Area, Berkeley

2 to 5 miles, some hills, up to 500-foot elevation gain, unpaved trails. Meet at the Visitor Center.

Jan 12 (Mon) 9am – noon.

Miller Knox Regional Shoreline, Richmond

2 to 5 miles, mostly flat, paved terrain. Meet at the Dornan Drive parking lot.

Jan 26 (Mon) 9am – noon.

Crockett Hills Regional Park, Crockett

2 to 5 miles, some hills, up to 500-foot elevation gain, muddy and unpaved trails. Meet at the Crockett Ranch Staging Area.

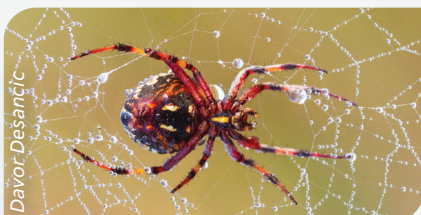
Feb 23 (Mon) 9am – noon.

Phenological Phun

Tilden Nature Area, Berkeley

Phenology is the study of seasonal events, such as migrations, plant sproutings, changes in leaf color, and other exciting natural happenings. On easy guided nature walks, a naturalist will call your attention to examples observable from the trail. Drop-in; no registration required. Meet at the Visitor Center.

Jan 4, 11, & 25 (Sun) 1 – 2pm



Cafecito In Nature: Los Reyes Del Bosque / Kings of the Forest

Tilden Nature Area, Berkeley

On Día de los Tres Reyes Magos (Three Kings' Day), after indulging in Rosca de Reyes (a traditional sweet bread) *con cafecito*, go in search of avian royalty – birds with *coronas*! Crowned kinglets, crowned sparrows, perhaps even an orange-crowned warbler. If you don't have binoculars, *no hay problema* – we will have some you can use. Meet at the Visitor Center. Drop-in; no registration required.

Jan 10 (Sat) 9 – 10:30am

Puppet Show

Big Break Regional Shoreline, Oakley

Bring a picnic blanket and a snack to relax outdoors for a puppet show featuring animals of the Delta Valley. Meet at the Visitor Center. Drop-in; no registration required.

Jan 18 (Sun) 1 – 1:15pm

What's at Hoot Hollow

Coyote Hills Regional Park, Fremont

Join us as we focus on the plants and animals that make Hoot Hollow their home, and how we can be exemplary visitors. Magnifying glasses and other tools will be provided. Ages 5 and up; parent participation required. Meet at the Visitor Center. Drop-in; no registration required.

Jan 18 (Sun) 3 – 4pm

Big Break Teen Homeschool Program

Big Break Regional Shoreline, Oakley

Move learning to the outdoors as we explore environmental science and Delta topics through hands-on activities designed for students ages 13 to 18. Students will choose a collective topic to explore and engage in the scientific process through a semester-long research project in the park. Participants must attend a minimum of six sessions across the semester. Registration required. #57962.

Jan 26, Feb 2, Feb 16, Mar 16, Apr 6 Apr 20, May 4, May 18

Mushroom Tea & Trails

Coyote Hills Regional Park, Fremont

Discover the fascinating world of mushrooms—their habitats, varieties, and hidden roles in the ecosystem. We will embark on a short fungus frolic and then return to a warm cup of mushroom tea. All ages; parent participation required. Meet at the Visitor Center. Drop-in; no registration required.

Feb 1 & 15 (Sun) 10 – 11:30am



Great Backyard Bird Count

Big Break Regional Shoreline, Antioch

The Great Backyard Bird Count (birdcount.org) is a global event that invites people of all ages to observe and record the birds around them. Held every February, participants spend as little as 15 minutes counting birds in their backyard, local park, or any outdoor space. The data collected helps scientists track bird populations, migration patterns, and ecosystem health. This community science project, launched in 1998 by the Cornell Lab of Ornithology and the National Audubon Society, is an easy way to connect with nature while contributing to bird conservation worldwide.

Participate on your own at your location of choice or join the Park District's guided gathering at Big Break Regional Shoreline. All ages and skill levels welcome! Bring binoculars/spotting scope if you have them; limited units available to loan. Meet at the Visitor Center. Drop-in; no registration required.

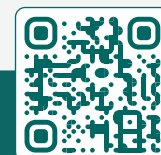
Feb 14 & 15 (Sat & Sun) 1 – 3pm

Decomposer Heroes

Sunol Wilderness Regional Preserve, Sunol




Delve into the world of decomposers, from fantastic fungi to wonderful worms in a program tailored to young visitors. Recommended for ages 4 and up; parent participation required. The program includes an optional 1-mile nature walk. Bring drinking water and wear clothing that you don't mind getting dirty. Registration required; code 57714.

Feb 21 (Sat) 1 – 3pm



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.....  

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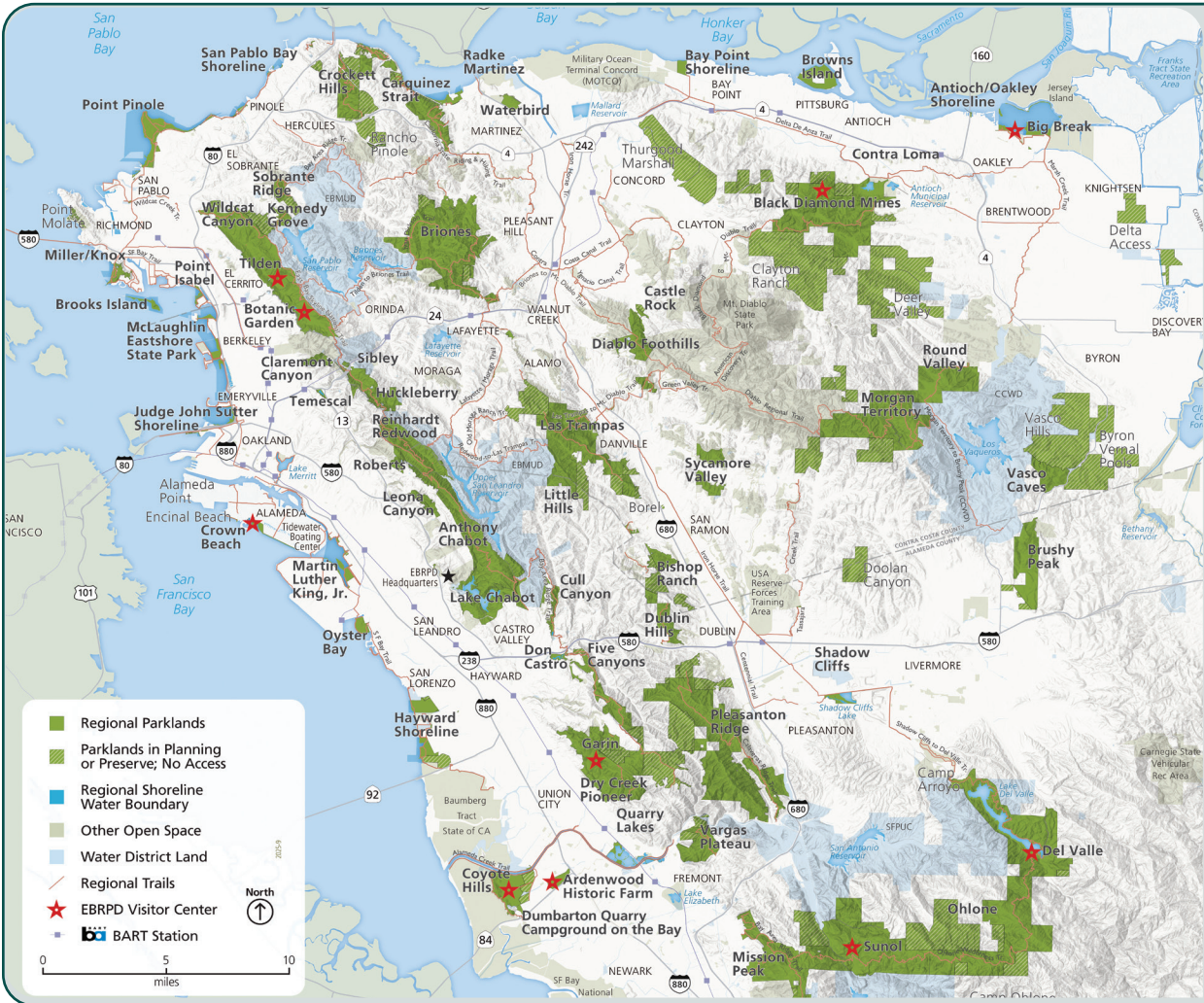


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2950 Peralta Oaks Court
Oakland, CA 94605-0381
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Visitor Centers

Ardenwood Historic Farm, Fremont
510-544-2797, awvisit@ebparks.org

Big Break Regional Shoreline, Oakley
Big Break Visitor Center at the Delta
510-544-3050, bigbreakvisit@ebparks.org

Black Diamond Mines Regional Preserve, Antioch
510-544-2750, bdvisit@ebparks.org

Coyote Hills Regional Park, Fremont
510-544-3220, chvisit@ebparks.org

Crown Memorial State Beach, Alameda
Doug Siden Visitor Center at Crab Cove
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 Wilderness Regional Preserve, Sunol
510-544-3249, svisit@ebparks.org
Open weekends

Tilden Regional Park, Berkeley
Regional Parks Botanic Garden
510-544-3169, bgarden@ebparks.org

Tilden Regional Park, Berkeley
Tilden Nature Area/Environmental Education Center
510-544-2233, tnarea@ebparks.org