

Regional in Nature Activity Guide

East Bay 
Regional Park District

MARCH-APRIL 2026



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Spring Greetings

Spring brings new growth, longer days, and fresh opportunities to explore East Bay Regional Parks. This issue of Regional in Nature celebrates the season of renewal and the many ways parks connect people with nature, history, and one another.

As the landscape shifts from winter green to spring bloom, the parks come alive with wildflowers, wildlife activity, and outdoor adventures for all ages. Whether you're visiting a favorite trail, learning something new through naturalist-led programs, or simply enjoying the beauty of the season, we hope this issue inspires you to get outside and experience all that spring has to offer in your Regional Parks.



Cait Godley



The Park District's Women in Operations and Field Trades employee affinity group fosters support, connection, and camaraderie.

Park District Staff

March is Women's History Month

Women have played an essential role in shaping the East Bay Regional Park District since its founding, beginning with Aurelia Reinhardt, one of the Park District's most influential early leaders. Reinhardt, a noted educator and president of Mills College, was one of five original board members—and the only woman—elected to represent the newly-founded Park District on its first Board of Directors in 1934.

In the decades that followed, women expanded their roles as park rangers, naturalists, planners, administrators, and community advocates—moving into

opportunities once largely closed to them. Women have also continued to serve on the Board and in executive roles, as police and fire personnel, working in land acquisition and planning, and in many other capacities. Today, women lead at every level at the Park District, carrying forward Reinhardt's legacy of stewardship, public service, and commitment to parks that serve all communities.

Park visitors are encouraged to check out March programs that celebrate Women's History Month in unique ways. Learn more at ebparks.org/womens-history-month.

Slow Your Roll! Share the trails, stay safe

Enjoying your e-bike?
Awesome. Go easy on that
throttle and remember
these trail-friendly tips:

Slow down! It's 15 mph
max. Slow to 5 mph when
passing other trail users.

Helmet on. Protect your
head. And, it's the law for riders under 18.

Stay on designated trails. Wildlife and plants appreciate it.

Know before you go: Class 1 e-bikes are allowed wherever
regular bikes are. Class 2 e-bikes are allowed only on paved
Regional Trails. Class 3 e-bikes and e-scooters are not permitted.

Learn more at ebparks.org/biking.



Paving Progress

Keeping 123,000 acres of parkland in great shape is no small task—and maintaining miles of paved trails, roads, and parking lots is a big part of it. With Regional Parks welcoming nearly 30 million visits each year, those surfaces see plenty of foot and vehicle traffic.

Here's a snapshot of 2026 resurfacing projects. Temporary closures will be posted on the relevant park webpages as work is scheduled, with additional notification provided through on-site signage in affected areas.

- 0.6 miles of the Bayview Trail at Coyote Hills Regional Park
- 0.9 miles of the Lafayette-Moraga Regional Trail at South Lucille Lane in Lafayette
- 1.5 miles of the Alameda Creek Regional Trail between the Beard Staging Area and Decoto Road in Union City
- 5.9 miles of the Marsh Creek Regional Trail between Creekside Park and East Cyprus Road in Oakley
- 1.9 miles of the Delta de Anza Regional Trail between Railroad Avenue and Desrys Boulevard in Antioch
- Entire parking lot of the Brazilian Room event center in Tilden Regional Park

Lifeguards Wanted for Summer Swim Season – Paid Training!

Apply today to become an East Bay Regional Park District lifeguard. Park District lifeguards deliver high quality lifeguarding and program instruction for the safety of park visitors at 11 swimming areas in the District. Applications accepted through Mar. 23. No experience is needed. There is a 10-day paid Lifeguard Academy held on weekends in April and May starting on Apr. 18. Applicants must be 16 years or older by the first day of the Academy. Starting wage is \$22.70/hour. Apply at eblifeguard.org/job.





Nelcon Lee



Becky Matsubara



Park District Staff



Doug Mosher



Lee Green Grass

Birding Programs in East Bay Regional Parks

Birding is more than a recreational pastime—it's an invitation to observe, appreciate, and connect with the natural world. Interest in birdwatching is soaring, with more than 90 million birders across the U.S., from those simply curious about a bird's call to dedicated enthusiasts with binoculars and field guides in hand.

The East Bay Regional Park District offers birding programs for all experience levels, ages, and interests. Whether visitors enjoy a peaceful morning walk, a hands-on community science event, or even a kayak-based birding adventure, there's a program that highlights the region's remarkable avian diversity.

The East Bay's varied landscapes—wetlands, shorelines, woodlands, and grasslands—support a wide range of bird species throughout the year. Seasonal changes bring new opportunities, from spring migration and summer nesting to fall movements and winter waterfowl.

Programs also connect participants to broader birding efforts and inclusive experiences. Events such as the Great Backyard Bird Count (February) support community science, while tools like Merlin and eBird appeal to tech-savvy birders. Spanish-language guided walks, adaptive programs for individuals with disabilities, and virtual offerings ensure birding is welcoming and accessible to all.

Each program blends expertise, curiosity, and fun—making birding social, educational, and inspiring for beginners and seasoned birders alike. Flip through this issue of *Regional in Nature* to find a few of the guided birding programs offered this spring. Or, head out on your own. Learn more at ebparks.org/birding.



Park District Staff



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. Drop-in; no registration required.

March & April (every Fri, Sat, & Sun)
3:30-4pm

Newt Exploration

Las Trampas Wilderness Regional Preserve, San Ramon

Take a guided hike to look for newts during their migration season. Sightings aren't guaranteed, but education about newts is! Come prepared to walk on muddy trails on a 2-mile loop with uneven terrain and about 250 feet of elevation gain. Tall rain boots or shoes you don't mind getting muddy are recommended. Ages 5 and up. Meet at the Bollinger Canyon Staging Area. Registration required. Program code 58157.

Mar 1 (Sun) 10am-12:30pm

Newts Nearby

Tilden Nature Area, Berkeley

Discover the fascinating world of the newt and other salamander friends on this 1-mile, mostly flat walk. Meet at the Visitor Center. All ages. Drop-in; no registration required.

Mar 8 & 22 (Sun) 11:30am-12:30pm

Amphibian Adventure

Brushy Peak Regional Preserve, Pleasanton

When the rain arrives, slimy creatures emerge in the park! Join us for a guided hike of approximately 2.5 miles along likely muddy trails as we explore amphibian habitats. With luck, we'll encounter frogs, toads, and other rain-loving wildlife out and about. Meet at the Laughlin Ranch Staging Area, West Side Loop Trailhead. Registration required. Program code 58313.

Mar 14 (Sat) 10am-noon

Sheep Shearing Day

Ardenwood Historic Farm, Fremont

Watch as the farm's sheep get sheared; then, try your hand at wool carding and see the transformation from fiber to yarn at the spinning wheel. Admission fee applies. Online ticket sales end Apr. 17. Program code 58454.

Apr 18 (Sat) 11am-3pm

Scorpion Searching

Del Valle Regional Park, Livermore

Journey through the darkness of the Del Valle hills to encounter an ancient animal that glows. With an ultraviolet flashlight as our guide, we will spend some time with scorpions to uncover many of their mysteries and see why they are amazing. This hike is 1.6 miles with a few hills. Best for ages 5 and up. Registration required. Program code 58435.

Apr 25 (Sat) 7:30-9:30pm



Volunteering

Native Plant and Butterfly Gardening

Crown Memorial State Beach, Alameda

Help beautify the Visitor Center and provide food for wildlife as we prepare the butterfly and native plant gardens for spring. You choose the work: weeding, pruning, mulching, and general clean-up. Snacks and refreshments served; tools provided. Students earn community service hours. Heavy rain cancels. Ages 8 and up. Meet at the Crab Cove Visitor Center. Registration required. Program code 58619.

Mar 7 (Sat) 9:30am-noon

Earth Day Volunteer Opportunities

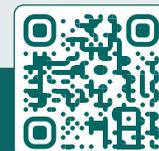
Various parks

Celebrate Earth Day by participating in service projects at Regional Parks.

Each year,

EarthDay.org selects a theme, and this year's theme—Our Power, Our Planet—highlights the importance of renewable energy and advocacy. Lend a hand on meaningful Earth Day projects that support a healthy planet for generations to come. Registration is requested to help with planning, though drop-in volunteers are welcome at most locations. Learn more at ebparks.org/earth-day.

Apr 25 (Sat) 9am-noon



Nature Exploration & Conservation



Botanic Garden Tours

Tilden Regional Parks Botanic Garden, Berkeley

Docent-led tours of the garden are available on non-rainy Saturdays and Sundays. Meet at the Visitor Center. Tour capacity is limited. Drop-in; no registration required.

March & April (Sat) 2pm, (Sun) 11am, & 2pm

Mini Miners

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. Programs are geared toward children ages 2-5. This month, participants will look for signs of spring in the park.

The outdoor programs are held rain or shine, although heavy rain cancels. Meet at the upper parking lot. Drop-in; no registration required.

Mar 1 (Sun) 10-11am

Mar 10 (Tue) 10-11am

Fascinating Ferns

Tilden Nature Area, Berkeley

Take a walk through the forest to see lush ferns unfurling this spring. From tiny dust-like spores to young, curled fiddleheads and giant leafy fronds, discover how these ancient plants grow. Meet at the Visitor Center. Drop-in; no registration required.

Mar 14 (Sat) 11:30am-12:30pm

Low Tide Explorers

Crown Memorial State Beach, Alameda

Mysteries await discovery in the rocky rip-rap! At low tide, the shoreline reveals a glimpse of another world. Explore what's living among seaweeds and barnacles as we poke around the rocks. Rain boots are recommended. Meet at the Visitor Center at Crab Cove. Drop-in; no registration required.

Apr 26 (Sun) 2:30-3:30pm



Day Camps

Park'n It Day Camps

Registration for summer day camps opens on Apr. 1. Children ages 5-12 (8-12 for Roberts Regional Park) can spend a week exploring and playing in East Bay Regional Parks. Recreation leaders, lifeguards, and naturalists provide caring supervision during an action-packed week of hiking, fishing, swimming, arts and crafts, sports, and active fun in the great outdoors. Registration required. Fee: \$200 (non-resident \$220). Financial aid is available. Learn more at ebparks.org/park-n-it.



Jun 8-12 (Mon-Fri) 9am-4pm, Temescal

Jun 15-19 (Mon-Fri) 9am-4pm, Roberts

Jun 22-26 (Mon-Fri) 9am-4pm, Miller Knox

Jun 29-July 3 (Mon-Fri) 9am-4pm, Miller Knox

Jul 6-10 (Mon-Fri) 9am-4pm, Castle Rock

Jul 13-17 (Mon-Fri) 9am-4pm, Don Castro

Jul 20-24 (Mon-Fri) 9am-4pm, Ardenwood

Jul 27-31 (Mon-Fri) 9am-4pm, Coyote Hills

Leaders in Training

The Park District's Leaders in Training program pairs teens with the Park'n It Day Camp sessions to offer teens an opportunity to get hands-on work experience and an introduction to a possible career in parks and recreation. Under staff guidance, teens supervise campers, lead games, and provide general assistance in running camp.

The application deadline is Apr. 12. Interviews will be held in late April. Applicants are notified by mid-May if they have been accepted into the program; those accepted then need to register. Fee: \$50 (non-resident \$50). Financial aid is available. Learn more at ebparks.org/leaders-in-training.



Special Events & Community Gatherings



All Abilities Day

Big Break Regional Shoreline, Oakley

This program is inclusive for all abilities, offering something for everyone. Travel along paved trails to visit engagement stations and touch fur, listen to birds, draw wildlife, sit on benches to scan the water, or paint the view. Hands-on experiences, ASL and Spanish interpreters on-site, indoor and outdoor activities. Drop-in; no registration required.

Mar 3 (Tue) 10am-1pm

International Women's Day: Life on the Ranch

Del Valle Regional Park, Livermore

In honor of International Women's Day and Women's History Month, staff at the Visitor Center will be conducting demonstrations of early ranching home skills to teach about the contributions of women pioneers and their essential role in the family and community. Learn about cast iron cooking, sewing and embroidery, and making butter. Drop-in; no registration required.

Mar 8 (Sun) 12:30-3:30pm

Sip and Stroll

Big Break Regional Shoreline, Oakley

Every third Thursday of the month, friends and neighbors gather on the patio for social hour with provided mocktails and hors d'oeuvres. Relax with an art project and an evening stroll. Drop-in; no registration required.

Mar 19 (Thu) 6:30-8pm

Apr 16 (Thu) 6:30-8pm

Stargazing in Sunol

Sunol Wilderness Regional Preserve, Sunol

Explore the park after dark at this special event co-hosted by park staff and Tri-Valley Stargazers. Telescopes will be set up for night sky viewing. All ages and skill levels welcome. Be mindful of preserving night vision by turning off vehicle headlights in the parking lot meeting area and using red-light flashlights. Meet at the horse trailer parking lot. Drop-in; no registration required.

Mar 21 (Sat) 7:45-9:45pm



Egg-cellent Tea Eggs

Ardenwood Historic Farm, Fremont

Come celebrate Easter and the history of Asian immigrants on the Patterson Ranch as we whip up some tasty tea eggs, fresh from the farm. Drop-in; no registration required.

Apr 5 (Sun) 11:30am-12:30pm

Lake Chabot Family Movie Night

Lake Chabot Regional Park, Castro Valley

Bring friends and family for a free outdoor showing of the 2025 live action version of Lilo & Stitch, rated PG. Arrive early to secure a spot on the lawn. Bring a flashlight, warm clothes, and a picnic blanket or chairs for seating. Pets are not permitted at this event. Rain cancels. Drop-in; no registration required.

Apr 4 (Sat) 7:45-9:45pm

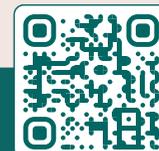


Springtime Community Campfire

Del Valle Regional Park, Livermore

Explore the wonders of springtime in the park through activities and a campfire (and s'mores of course). Learn about blooms, butterflies, birds, and more! Then, take an evening stroll with a naturalist and experience Del Valle at dusk. Bring a flashlight and warm clothing. Drop-in; no registration required.

Apr 11 (Sat) 5-8pm



KAYAKING OAKLEY

Big Break Regional Shoreline

Explore the calm waters of the Delta on a guided kayak adventure. Kayaks, safety gear, and guided instruction provided. Park at the Visitor Center and meet at the kayak launch site. Fee: \$35 (non-resident \$39). Registration required.

Kayaking Big Break

Learn about the Delta's rich ecology and natural history. Program code 58476.

Mar 17 (Tue) 3-6pm



Morning Leisure Paddle

Enjoy the sights and sounds of Big Break on a relaxing morning paddle.

Mar 27 (Fri) 9am-noon. Program code 58479.

Apr 25 (Sat) 9am-noon. Program code 58481.

Birding by Kayak

This excursion is tailored to birders of all experience levels. Spot herons, egrets, and other feathered friends along the shoreline. Program code 58474.

Apr 15 (Wed) 2-5pm



KAYAKING OAKLAND

Martin Luther King Jr. Regional Park

After a brief dry-land orientation, participants paddle through the calm bay waters in tandem kayaks. Kayaks, instruction, and all associated safety gear provided. Meet at the Tidewater Boating Center. Fee: \$35 (non-resident \$39). Registration required.

Kayaking 50+

Participants learn the basics of kayaking at an easy pace with other participants ages 50 and up. Fee: \$52 (non-resident \$58). Program code 58477.

Mar 19 (Thu) 11am-3pm

Sunset Paddle

The guided paddle is timed to enjoy the setting sun's light. Program code 58478.

Mar 21 (Sat) 3:30-6:30pm

Birding by Kayak

This excursion is tailored to birders of all experience levels.

Mar 23 (Mon) 1-4pm. Program code 58472.

Apr 10 (Fri) 9am-noon. Program code 58473.

Apr 28 (Tue) 9am-noon. Program code 58475.

Discover Kayaking

Curious about kayaking, but don't know how? Come learn the basics through this hands-on course that includes an on-land introduction to water safety, trip planning, and paddling techniques. The class concludes with a short, guided paddle. Fee: \$52 (non-resident \$58). Program code 58482.

Apr 3 (Fri) 11am-3pm

Morning Leisure Paddle

Enjoy the sights and sounds of San Leandro Bay on a relaxing morning paddle. Program code 58480.

Apr 11 (Sat) 9am-noon



Archery Introduction

Roberts Regional Recreation Area, Oakland

Receive 90 minutes of archery coaching and practice at an outdoor range, with all equipment provided. Designed for the beginner, the class starts with classroom instruction. Fee: \$50 (non-resident \$56). Registration required.

Mar 21 (Sat) 9:30-11:30am. Program code 58150.

Apr 18 (Sat) 9:30-11:30am. Program code 58151.

Apr 18 (Sat) 1-3pm. Program code 58152.

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 up to 3 miles on a variety of terrain types. Meet at the lower parking lot. Fee: \$68 (non-resident \$76). Registration required. Program code 58332.

Mar 28 (Sat) 9am - 2:45pm

Sunol Wilderness Regional Preserve, Sunol

This session is for conditioned hikers of all levels and includes a hike among Sunol's beautiful springtime flowers. Up to 5 miles on varied terrain with some steep sections and stream crossings. Fee: \$65 (non-resident \$73). Registration required. Program code 58333.

Apr 11 (Sat) 8:30am-3pm



Arts, Culture, & Creativity



Talk 'n' Draw: Woodpeckers

Sunol Wilderness Regional Preserve, Sunol

Swoop in to Sunol to explore the world of woodpeckers and learn to draw them step-by-step. No art skills required. Bring a sketchpad, or use provided paper, pencils, clipboards. This program does not involve hiking. Meet at the Visitor Center. Drop-in; no registration required.

Mar 7 (Sat) 10-11:30am

The Poetry of Nature Journaling

Big Break Regional Shoreline, Oakley

Learn the art of nature journaling from special guest, local poet Maria Denney. Drop-in; no registration required.

Mar 29 (Sun) 1-2:30pm



Spring Journaling Wildflower Hike

Sunol Wilderness Regional Preserve, Sunol

Connect to nature through journaling outdoors amid spring's beauty. Instruction and writing prompts will help get you started. This program includes a hike; trail selection to be determined by weather, but plan for a 3-hour experience on varied terrain. Although registration is not required, space is limited. Sign-ups take place at the Visitor Center the morning of. Groups larger than 6 require an advance application. Ages 5 and up. Meet at the Visitor Center. Drop-in; no registration required.

Apr 11 (Sat) 9-11:30am



Wooly Lambs

Tilden Nature Area, Berkeley

Have you wondered what sheep's wool feels like? Learn about the Little Farm's sheep and experience their wool up close. Participants will create a mini craft using real wool to take home. Meet at the Visitor Center. Drop-in; no registration required.

Apr 11 & 25 (Sat) 11:30am-12:30pm

Fishing



Introduction to Saltwater Fishing

Martin Luther King Jr. Regional Shoreline, Oakland

This class is perfect for beginners seeking to learn the basics of saltwater fishing. Topics include knot tying, rigging, gear selection, fish habitats, and casting techniques. Gear and bait provided. Adult fee: \$25 (adult non-resident \$29). Child fee: \$21 (child non-resident \$25). Registration required.

Mar 13 (Fri) 8-11am. Program code 58396.

Apr 16 (Thu) 9am-noon. Program code 58397.

Bass Fishing Basics

Temescal Regional Recreation Area, Oakland

Bass Basics focuses on simple, effective techniques and understanding bass behavior. With expert guidance and real-time feedback, participants build confidence, learn how to adapt to different situations, and

develop smart habits for successful fishing. Gear and bait provided. Adult

fee: \$25 (adult non-resident

\$29). Child fee: \$21 (child non-resident \$25). Registration required.

Program code 58389.

Mar 20 (Fri) 9am-noon

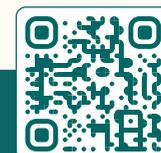


Bass Fishing Intermediate

Temescal Regional Recreation Area, Oakland

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. Gear and bait provided. Adult fee: \$25 (adult non-resident \$29). Child fee: \$21 (child non-resident \$25). Registration required. Program code 58390.

Apr 24 (Fri) 9am-noon



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

Guided Hikes & Walks



Bring In the Spring

Tilden Nature Area, Berkeley

Take a leisurely stroll through the Tilden Nature Area and discover seasonal blooms and signs of active wildlife. Walk is up to 2 miles with some uneven terrain. Drop-in; no registration required.

Mar 7 & 21 (Sat) 11:30am-1pm

Apr 4 & 18 (Sat) 11:30am-1pm

Patterson Ranch Walk

Coyote Hills Regional Park, Fremont

Explore the park's newest trails at Patterson Ranch. Learn how this recent addition to Coyote Hills expands public access and restores 170 acres of habitat including oak savanna, marshlands, and seasonal wetlands. This 1.5-mile walk on flat gravel and paved trails is wheelchair accessible. Park at the Coyote Hills Staging Area and entry kiosk; meet by the restrooms.

Mar 7 (Sat) 1-2:30pm. Program code 58289.

Apr 4 (Sat) 1-2:30pm. Program code 58292.

Diverse and Alive: A Journey Through Our Local Biodiversity

Black Diamond Mines Regional Preserve, Antioch

This hike explores different ecosystems to discover the plants and wildlife that call them home and to learn how they all work together to sustain this vibrant natural community. This 2-mile loop has short steep sections and slightly uneven terrain with less than 200 feet gain in elevation. Heavy rain cancels. Meet at the upper parking lot. Drop-in program; no registration required.

Mar 14 (Sat) 1:30-3pm

Springtime In the Valley

Round Valley Regional Preserve, Brentwood

Discover what Round Valley has to offer in spring. We'll hike to the campground and back, exploring the changes the rainy winter has brought to the landscape. Bring plenty of water and a lunch or snacks. This is a 4.75-mile loop on uneven, unpaved terrain with about 300 feet of elevation gain. Best suited for teens and adults. Meet at the Round Valley Staging Area. Heavy rain and/or excessive mud cancels. Registration required. Program code 58147.

Mar 14 (Sat) 8:30am-12:30pm

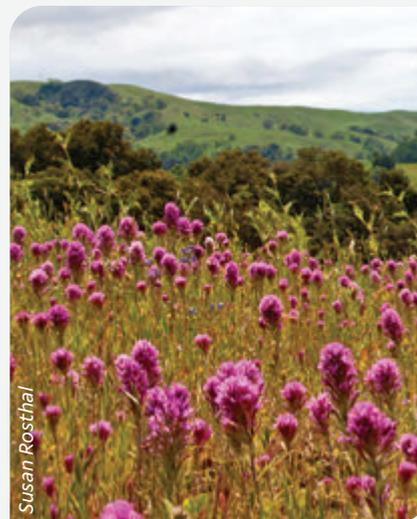


Signs of Spring Stroll

Big Break Regional Shoreline, Oakley

Discover the vibrant signs of the season: blooming wildflowers, budding trees, and the songs of migratory birds. This family-friendly hike is perfect for nature enthusiasts of all ages. Participants learn how plants and animals prepare for the warmer months and connect with the beauty of the outdoors. The walk is approximately 2 miles, with flat terrain and both paved and unpaved surfaces. Drop-in; no registration required.

Mar 21 & 22 (Sat & Sun) 2-3pm



Spring Sunrise Saunter

Sunol Wilderness Regional Preserve, Sunol

On this moderate hike through stunning landscapes, participants will observe how light, sound, and animal activity changes as the sun rises and the night shift ends. 2-5 miles, up to 1,000-foot elevation gain. Ages 10 and up. Meet at the Visitor Center. Registration required. Program code 58173.

Mar 21 (Sat) 6:45-9:30am

Deer Valley Landbank Tour

Deer Valley Regional Park, Antioch

Join a preview hike of the not-yet-opened Deer Valley Regional Park and the former Roddy Ranch Golf Course. In 2022, the Park District adopted plans to restore habitat and build public access for low-impact recreation. This tour of about 2 miles will introduce participants to what's to come. It will be on mixed terrain including unpaved surfaces. Meet at the former Roddy Ranch Golf Course. Registration required. Program code 58335.

Mar 28 (Sat) 10-11:30am

Wildflower Walk

Coyote Hills Regional Park, Fremont

The hills are alive with spring wildflowers! Let's walk and discover seasonal flora, while enjoying a flower bingo game along the way. Up to 2 miles on hilly terrain. Meet at the Visitor Center. Registration required.

Mar 29 (Sun) 10am-noon. Program code 58347.

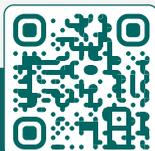
Apr 5 (Sun) 10am-noon. Program code 58348.

Chaparral: Nature's Hidden Treasure

Black Diamond Mines Regional Preserve, Antioch

The Black Diamond hills hold an incredible amount of diversity of plants and animals. Join a guided hike through the chaparral and learn what makes this ecosystem so special and worth protecting. This is a 2-mile loop with steep sections and uneven terrain with 300 feet of elevation gain. Heavy rain cancels. Meet at the upper parking lot. Drop-in program, no registration required.

Apr 4 (Sat) 1-2:30pm



Guided Hikes & Walks

Wildflowers of Sunol Serpentine

Sunol Wilderness Regional Preserve, Sunol

Explore Sunol's serpentine soils and discover the plants that thrive in this unique environment. This is an out-and-back hike of 1.4 miles on mixed terrain with about 750 feet of elevation gain. Best for ages 8 and up. Although no registration is required, the number of participants is limited. Signups are taken at the Visitor Center the morning of. Group size limit of 6. Organized groups such as homeschool, scouts, etc. must submit a separate program application request.

Mar 28 (Sat) 9am-noon

Apr 19 (Sun) 9am-noon



Wildflower Exploration Hike

Sunol Wilderness Regional Preserve, Sunol

Participants will hike about 3.5 miles with about a 600-foot elevation gain. Mixed terrain including gravel roads and a narrow dirt trail. Best for ages 8 and up. For those with adaptive equipment and wheelchairs, a self-guided wildflower route is available from the Visitor Center along the Valley Floor Trail. Although no registration is required, the number of participants is limited. Signups are taken at the Visitor Center the morning of. Group size limit of 6. Organized groups such as homeschool, scouts, etc., must submit a separate program application request.

Apr 4 & 18 (Sat) 9am-noon

Apr 12 & 26 (Sun) 9am-noon

May 2 (Sat) 9am-noon

Petals Above the Clouds: The Blooms of Rocky Ridge

Del Valle Regional Park, Livermore

A wonderful sight awaits those who venture to the top of Rocky Ridge. Take on the challenge of one of the most difficult trails in the Bay Area to be rewarded with some of the best wildflowers in the Bay Area. The steep incline on this 5.5-mile hike will allow us to slow down to take in the little things that the Ohlone Wilderness has to offer. Bring snacks and plenty of water for this special journey. Meet at the Visitor Center. Registration required. Program code 58460.

Apr 8 (Wed) 9am-2:30pm



Women in Wilderness: Wildflower Hike

Sunol Wilderness Regional Preserve, Sunol

Connect with nature and other nature lovers on a wildflower hike. Beginners and all skill levels welcome. Ages 10 and up. Although no registration is required, the number of participants is limited. Signups are taken at the Visitor Center the morning of. Group size limit of 6. Organized groups such as homeschool, scouts, etc., must submit a separate program application request.

Apr 25 (Sat) 9-11:30am

Birding



Feminist Birding

Del Valle Regional Park, Livermore

All are welcome on this outing as we search for unique birds and recognize the significance of female birds in celebration of International Women's Day. We will also learn about some of the inspirational women who have made the world a better place for birds. Bring friends, family, and binoculars for a fun time in the park for an easy stroll of up to 1.5 miles on paved, mostly flat trails. Meet at the Arroyo Mocho Picnic Area. Drop-in; no registration required.

Mar 7 (Sat) 10am-noon

Birding By Ear

Leona Canyon Open Space Regional Preserve, Oakland

Yes—it counts when you identify a bird by its song! Join a guided, 1-mile birding walk through this beautiful, diverse canyon featuring a variety of habitats. We'll practice spotting and identifying birds by sight and sound. All experience levels are welcome. Ages 8 and up. Heavy rain cancels. Meet at the Canyon Oaks Drive Staging Area. Drop-in; no registration required.

Mar 28 (Sat) 9-11am



Waterbird Water Birds

Waterbird Regional Preserve, Martinez

Bring a pair of binoculars or look through our spotting scope to see these feathery inhabitants in all their glory. We'll have identification guides ready along with information on common birds. Beginning birders are welcome and encouraged to come. Meet at Waterbird Way park entrance. Drop-in; no registration required.

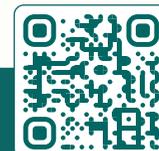
Apr 4 (Sat) 9-11am

Shorebirds in Spring

Crown Memorial State Beach, Alameda

Spring is one of the best times of year to learn how to identify shorebirds! As these birds transition from drab browns and grays to brighter, more distinctive plumage, it's the perfect opportunity to observe them before they migrate north to their breeding grounds. Beginners are welcome and encouraged. Bring your own binoculars; a few will be available on-site to share. Program tailored to adults. Meet at the viewing platform at the Elsie Roemer Bird Sanctuary. Drop-in; no registration required.

Apr 11 (Sat) 9:30-11:30am



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
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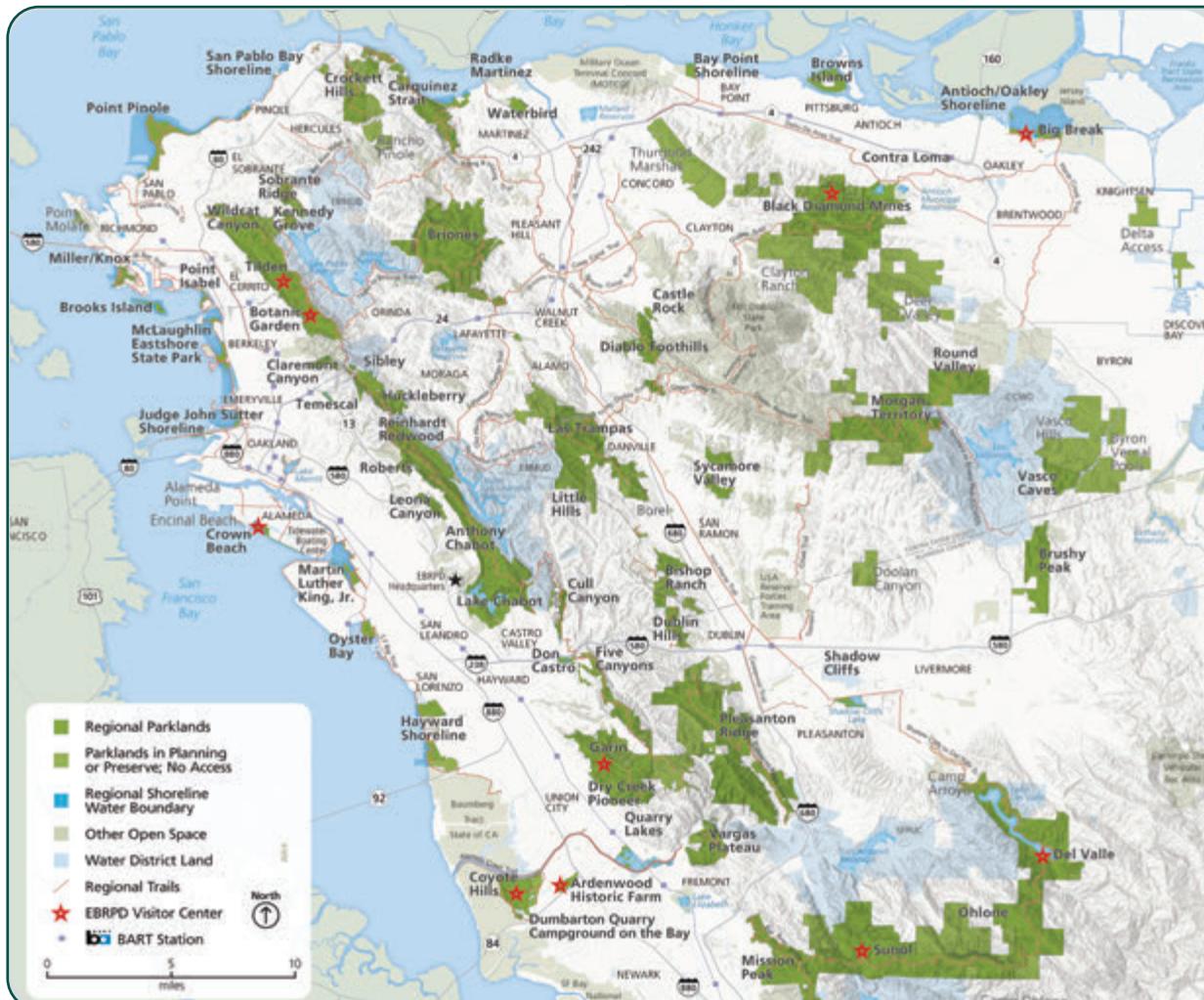


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Visitor Centers

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

Big Break Regional Shoreline, Oakland
 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