

Regional in Nature Activity Guide

JULY-AUGUST 2026



Public Safety's National Night Out3

It's Swim Season 3

Shadow Cliffs Regional Recreation Area,
Christine La

INSIDE

July 4 Fest at Ardenwood 4

Bat-Watching Programs 6

Beat the Heat on Morning Hikes 8

Crab Cove Fish Festival 9

Learn About Abalone 10

Make Old-Fashioned Ice Cream 10

Stone-Tool Crafting 11

Nature for Young Learners 11

Sun-Smart Adventures

As temperatures rise this season, staying safe in East Bay Regional Parks requires a little extra planning. Preparation helps everyone enjoy the parks safely this summer.

- Bring plenty of water—more than you think you'll need—and drink it before you feel thirsty. Bring water for pets, too, as drinking from streams and ponds may not be safe.
- Wear lightweight, light-colored clothing, a wide-brimmed hat, and sunscreen.
- Plan hikes for early morning to avoid peak heat, and stick to shaded trails when possible.
- Know the signs of heat exhaustion, such as dizziness, nausea, or headache, and take breaks as needed.
- Keep pets safe by protecting them from hot surfaces. Feel the ground with your palm: if it's too hot for your hand, it's too hot for a pet's paws.

Support Youth Recreation

The Regional Parks Foundation supports Park District programs that provide East Bay youth with opportunities to explore their parks, discover their strengths, and connect with each other and their communities. Every donation helps to ensure more young people—regardless of income or background—can experience all that Regional Parks have to offer. Make a gift of any amount at regionalparksfoundation.org/appeal.



Rattlesnake Reminder

Rattlesnakes are native to California and, like other snakes, emerge from winter hibernation in early spring and become more active. This can lead to more encounters with humans and dogs, especially along trails and roads, but also in rural and urban areas. Keep snake safety precautions in mind when visiting throughout the spring, summer, and fall seasons. Find safety information at ebparks.org/rattlesnakes.



Calving Season Safety

Grazing animals play an important role in keeping East Bay Regional Parks healthy and resilient. Cattle, sheep, and goats help manage grasslands by reducing excess vegetation, which lowers wildfire risk and supports native plants and wildlife.

During calving season, typically August through October, park visitors may encounter mother cows and their young along trails. It's important to give them plenty of space, as protective mothers can become defensive if they feel threatened.

- Never approach or touch calves or get between a cow and her calf.
- Keep dogs leashed and far away from cattle, since they may be perceived as predators.
- If you see a calf alone, do not intervene—the mother is usually nearby.



By observing from a distance and respecting grazing animals, visitors help protect both wildlife and themselves. Learn more at ebparks.org/grazing.

2026

Trails Challenge

Mid-Year Update

In 2025, 829 participants logged an impressive 28,807 miles across East Bay Regional Park District trails—let's top that this year! There's still time to join the 2026 Trails Challenge. You have through Dec. 31 to complete five featured trails from this year's guidebook or log 26.2 miles on any combination of Park District trails. Finishers can earn participant pins and prizes while supplies last. Get details at ebparks.org/trails-challenge.



National Night Out

Come out to Lake Chabot for a fun and free National Night Out event. Connect with Park District police, fire, and lifeguard teams and discover how they work together to keep our Regional Parks safe and welcoming for everyone. Enjoy games, activities, snacks, and great company—it's the perfect way to spend a summer evening.

Lake Chabot Regional Park, Castro Valley
Tuesday, Aug. 4, 4-7pm

2026 Swim Season

Park District swim facilities will operate on a standardized season this year with all locations open through Sept. 27. Visit ebparks.org/swimming to view each facility's specific hours and days of operation.



Big Break Sunset Paddle

Big Break Regional Shoreline, Oakley

Paddle as the light of the setting sun sparkles on the Delta. After dry-land instruction, we'll explore calm waters in steady and stable tandem kayaks. Come with a partner or on your own. Kayaks, instruction, and safety gear provided. Ages 11 and up. Meet at the kayak launch site. Fees: \$35 for residents, \$39 for non-residents. Registration required.

Jul 1 (Wed) 5:45-8:45pm; program code 59575

Jul 2 (Thu) 5:45-8:45pm; program code 59580

Aug 18 (Tue) 5-8pm; program code 59586

Kayaking Big Break

Big Break Regional Shoreline, Oakley

Learn about the Delta's rich ecology and natural history while paddling through scenic waterways—it's a perfect blend of exploration, education, and outdoor fun. Kayaks, instruction, and safety gear provided. Ages 11 and up. Meet at the kayak launch site. Fees: \$40 for residents, \$44 for non-residents. Registration required.

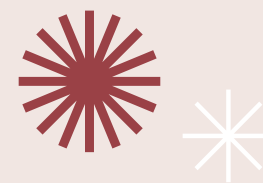
Jul 9 (Thu) 9am-12:30pm; program code 59589

Aug 19 (Wed) 9am-12:30pm; program code 59590

Aug 20 (Thu) 9am-12:30pm; program code 59591



A Historic Fourth of July at Ardenwood



Summer is a time for celebration, cookouts, and community—and there is no better occasion for all three than Independence Day. As we gather to celebrate our country's 250th birthday, it is also an opportunity to reflect on the many histories that shape our nation: a country built by immigrants and rooted in lands that Indigenous communities have called home for thousands of years.

Here in California, many people who arrived during the Gold Rush stayed long after the search for gold ended, helping to build farms, towns, and communities across the state. One of them was George Washington Patterson, who came to California as a forty-niner before turning to farming and establishing the ranch that would later become Ardenwood Historic Farm in Fremont.

Like many large farms of the time, the Patterson Ranch relied on the skills and labor of immigrant workers from China, Japan, Portugal, and other parts of the world, who had valuable farming experience.

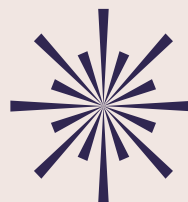
Farmers brought with them knowledge of crops, irrigation methods, tools, and techniques developed in their home countries. Over time, these practices influenced the way agriculture developed in California and across the United States. Many of the tools and farming methods used at Ardenwood Historic Farm—and in agriculture today—reflect this exchange of knowledge. As people crossed oceans to build new lives, they carried with them traditions, skills, and ingenuity that helped shape modern farming practices.

Join us at Ardenwood Historic Farm as we celebrate Independence Day by connecting with our shared past and highlighting local traditions through old-fashioned food, fun, and games.

Reminder: Ardenwood is now a cashless facility. Visa, Mastercard, Discover, and tap-to-pay are accepted.



Old-Fashioned Independence Day Celebration



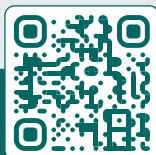
Ardenwood Historic Farm, Fremont

This fun-filled community festival celebrates the nation's birthday with music, games, and activities. Bring a picnic lunch or purchase food from a vendor. Admission fees apply. Advance tickets available through Jul 3.

Jul 4 (Sat) 10am-4pm



Allan Mendez



Animal & Farm Experiences

Ruminant Ramble

Tilden Nature Area, Berkeley

Join a half-mile guided walk to let the goats stretch their legs. Meet at the Little Farm's hay barn. Drop-in; no registration required.

Jul 5 (Sun) Noon-1pm

Caterpillars in the Garden

Coyote Hills Regional Park, Fremont

Get up close and personal with anise swallowtail caterpillars in the nectar garden. Learn about the stages of their life cycle, what they like to eat, and how they transform from caterpillar to butterfly. Meet at the garden next to the Visitor Center. Drop-in; no registration required.

Jul 11 (Sat) 1-2pm

Wheat Harvest

Ardenwood Historic Farm, Fremont

Explore the history of harvesting and processing wheat, and try your hand at threshing, winnowing, and grinding wheat berries into flour. Visit the country kitchen to enjoy freshly baked wheat treats or watch farmers demonstrate historic threshing machines that make harvesting wheat an easier task. Drop-in; no registration required.

Jul 12 (Sun) 10:30am-3pm



Beloved Berries

Ardenwood Historic Farm, Fremont

Blackberries are ripe and ready to enjoy. Learn about these delicious seasonal berries, then gather a handful to take home. They're perfect for a homemade pie, cobbler, or a favorite summer treat. Meet at the sheep pasture. Drop-in; no registration required.

Jul 18 & Aug 1 (Sat) 1:30-2:30pm

Water Wonders

Tilden Nature Area, Berkeley

Aquatic animals have remarkable adaptations that help them survive in water—but those adaptations only work if the water is healthy. Dive into the science of aquatic life through hands-on demonstrations and experiments. Meet at the Visitor Center. Drop-in; no registration required.

Jul 22 (Wed) 1-2pm

Garden Helpers

Tilden Nature Area, Berkeley

Lend a hand with various gardening tasks at the Little Farm and perhaps sample some of summer's bounty. Meet at the Kids' Garden. Drop-in; no registration required.

Aug 1, 8, 29 (Sat) 1-2pm

Goose Caboose

Tilden Nature Area, Berkeley

Help take our four boisterous geese on a little stroll around the farm and learn about this heritage breed. Meet at the Little Farm poultry yard. Drop-in; no registration required.

Aug 1, 8, 15, 29 (Sat) 10-10:30am



Cattle Corner

Ardenwood Historic Farm, Fremont

Curious about cows? Learn about these bovine beauties, play games, and listen to our farmer talk about why cows are such important animals to have on the farm. Drop-in; no registration required.

Aug 2 (Sun) 1:30-2:30pm

Farm Fest

Tilden Nature Area, Berkeley

Spend the day at the farm enjoying hands-on crafts, activities, and encounters with the farm animals. Celebrate how farms connect people to food, fiber, and community. Meet at the Little Farm. Drop-in; no registration required.

Aug 9 (Sun) 10am-1pm



Hiking Skills



Hiking Poles Training: Skills & Techniques

Kennedy Grove Regional Recreation Area, El Sobrante

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 short practice hike. All levels welcome. Fees: \$49 resident, \$55 non-resident. Registration required; program code 59489.

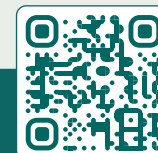
Aug 29 (Sat) 8:15am-noon

Pole Walking for Balance, Exercise, & Mobility

Kennedy Grove Regional Recreation Area, El Sobrante

People with mobility challenges learn transformative skills in a comfortable, beautiful setting. Feel taller and experience profound freedom of movement. Reduce fall risk, and improve spine function, balance, endurance, gait, and longevity. Includes a short optional practice pole walk. Fees: \$65 resident, \$73 non-resident. Registration required; program code 59490.

Aug 29 (Sat) 12:15-4:15pm



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

Guided Walks & Nature Exploration

Botanic Garden Tours

Tilden Regional Parks Botanic Garden, Berkeley

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

Jul & Aug (Sat) 2pm, (Sun) 11am & 2pm

Bat Watch Wednesday

Sunol Wilderness Regional Preserve, Sunol

Bats help us in so many ways. Learn about these majestic mammals and watch them emerge from their roost at dusk. From the Visitor Center, we'll walk about a quarter mile on a mostly flat dirt trail to the bat-viewing area. Ages 5 and up. Registration required.

Jul 1 (Wed) 7:45-9:15pm; program code 59618

Jul 8 (Wed) 7:45-9:15pm; program code 59619

Jul 15 (Wed) 7:45-9:15pm; program code 59673

Jul 29 (Wed) 7:30-9pm; program code 59625

Aug 5 (Wed) 7:30-9pm; program code 59626

Aug 19 (Wed) 7:15-8:45pm; program code 59627

Beetlemania

Sunol Wilderness Regional Preserve, Sunol

Explore the fascinating world of beetles. Learn about beetles and their incredible adaptations through fun activities and crafts. The program will involve an easy walk up to a half mile. Meet at the Visitor Center. Drop-in; no registration required.

Jul 4 (Sat) 1-3pm

Night Shift: A Bat Watch Evening

Sunol Wilderness Regional Preserve, Sunol

As the sun sets over Sunol, the night shift begins. Watch local bats emerge from their bat houses and take flight on their nightly hunt. Pack a picnic to enjoy before the start of the program. From the Visitor Center, we'll walk about a quarter mile on a mostly flat dirt trail to the bat-viewing area. Ages 5 and up. Registration required.

Jul 5 (Sun) 7:45-9:15pm; program code 59628

Jul 12 (Sun) 7:45-9:15pm; program code 59629

Aug 16 (Sun) 7:15-8:45pm; program code 59630

Aug 30 (Sun) 6:45-8:15pm; program code 59631

A Real Nature Walk

Tilden Nature Area, Berkeley

Look for birds, insects, and plants and share photography tips on a walk up to 2 miles on mostly flat dirt trails. Meet at the Visitor Center. Drop-in; no registration required.

Jul 18 & 25 (Sat) 11am-noon

Aug 1, 8, 15, 22, & 29 (Sat) 11am-noon

Night of the Bats

Del Valle Regional Park, Livermore

Witness dozens of these winged creatures emerge from their slumber and head out into the night sky. This program involves an easy stroll of about a quarter mile along a paved trail, then on some uneven dirt and gravel at the bat-viewing area. Meet at the East Swim Beach. Registration required.

Jul 18 (Sat) 7:45-9pm; program code 59779

Aug 1 (Sat) 7:45-9pm; program code 59786

Aug 12 (Wed) 7:15-8:45pm; program code 59788

Aug 23 (Sun) 7:15-8:45pm; program code 59787

Riparian Ramble

Coyote Hills Regional Park, Fremont

Explore the unique habitat where trees and water meet. On a 2-mile walk on flat paved and gravel trails, we'll keep our eyes out for birds and mammals and learn about habitat conservation. Meet at the Coyote Hills Staging Area. Drop-in; no registration required.

Jul 18 (Sat) 10am-noon

Butterfly Walks

Tilden Regional Parks Botanic Garden, Berkeley

Join a docent-led walk around the garden in search of butterflies. Distance is about 1 mile; trail surface is uneven with some inclines and stairs. Space is limited. Register at nativeplants.org. No dogs allowed.

Jul 19 (Sun) 1-2pm & 2:15-3:15pm

Aug 16 (Sat) 1-2pm & 2:15-3:15pm

Lights, Moths, Action!

Garin Regional Park, Hayward

Connect with nature at night. We'll use UV lights to attract a variety of moths and identify them using the iNaturalist app. Meet at the barn. Drop-in; no registration required.

Jul 19 (Sun) 8:30-10pm



ASL Night Exploration

Sunol Wilderness Regional Preserve, Sunol

As darkness falls, watch as creatures of the night emerge. An ASL interpreter will join a naturalist as you learn about whimsical winged mammals that call Sunol home. We will learn about bats and other nocturnal animals at the Visitor Center, then embark on a walk of about a quarter mile to a bat-viewing area; some sections are on flat but uneven terrain. Ages 5 and up. Registration required; program code 59674.

Jul 22 (Wed) 7:45-9:15pm

Moth Appreciation Hour

Coyote Hills Regional Park, Fremont

In celebration of National Moth Week, we're learning about what makes moths truly marvelous, from velvety-winged night fliers to masters of camouflage. Discover their incredible life cycles, diversity, and vital roles as pollinators and as food for other wildlife. Meet at the Visitor Center. Drop-in; no registration required.

Jul 25 (Sat) 1-2pm



Guided Walks & Nature Exploration

Alameda Walks: Encinal Beach to Alameda Promenade

Crown Memorial State Beach, Alameda

A naturalist will lead this out-and-back walk of about 2 miles along the flat waterfront, passing the USS Hornet and Seaplane Lagoon Promenade en route to Alameda Waterfront Park. Meet at Encinal Beach. Drop-in; no registration required.

Aug 1 (Sat) 9-11:15am

Bay Breeze and Pickleweed

Coyote Hills Regional Park, Fremont

Feel the bay breeze on a stroll across the marsh to the pickleweed patch. Learn how this salty plant provides habitat for the endangered salt marsh harvest mouse and how local organizations work to protect and restore critical shoreline habitat. The walk is 1 mile on mostly flat terrain over gravel trails and wooden boardwalk. Meet at the Visitor Center. Drop-in; no registration required.

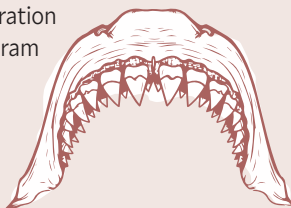
Aug 1 (Sat) 10:30am-noon

Mighty Meg

Sunol Wilderness Regional Preserve, Sunol

Discover the prehistoric land that is now the East Bay Area and learn about the largest shark that swam here. An optional half-mile walk on uneven, rocky terrain will take participants to a creek to search for fossils. Ages 18 and up. Meet at the Visitor Center. Registration required; program code 59694.

Aug 8 (Sat)
8-10am



Davor Desancic

Creekside Walk

Garin Regional Park, Hayward

Where there is water, there is life. Enjoy a pleasant walk along a shady creek and discover which plants and animals call this place home. Expect up to 2 miles on mostly flat dirt trails. Meet at the barn. Drop-in; no registration required.

Aug 9 (Sun) 1-2pm

Flight of the Dragonflies

Sunol Wilderness Regional Preserve, Sunol

Join a fascinating exploration of the dragonflies and damselflies of Sunol. We'll head out on a discovery walk to spot these incredible creatures in the wild and learn how we can help protect their habitat. The route is up to 2 miles on narrow trails. The terrain is mostly flat, but surfaces are uneven. Ages 5 and up. Meet at the Visitor Center. Drop-in; no registration required.

Aug 9 (Sun) 10am-noon

Slime Saturday

Coyote Hills Regional Park, Fremont

Slugs, frogs, worms, and salamanders are some of the slimy critters you can see in nature. Find out how being slimy is an adaptation to survive in their habitats. Roll up your sleeves and try making some slime to take home. Activities take place around the Visitor Center area with minimal walking. Drop-in; no registration required.

Aug 15 (Sat) 1-2pm

Botanical Dyes

Tilden Nature Area, Berkeley

A dash of pink, a hint of purple, maybe a rich gray? Have botanical color at your fingerprints as we explore how color is harnessed from nature. We will take a half-mile walk with some slight inclines on dirt trails to look for elderberries and explore how to create unique dye from the fruit. Ages 8 and up. Meet at the Visitor Center. Drop-in; no registration required.

Aug 16 & 30 (Sun) 11am-12:30pm



Lee S. Friedman

Cafecito in Nature Con los Pajaritos

Tilden Nature Area, Berkeley

Start your morning with pajaritos and cafecito! Join a leisurely bird walk through the forest and get to know your feathered neighbors. Expect up to 2 miles on paved and dirt trails and up to 500 feet of elevation gain. Birders of all levels are welcome. We will have cafecito, hot cocoa, and binoculars to share. Registration required; program code 59464.

Aug 23 (Sun) 9-11am



Allan Mendez

Family-Friendly Tour

Tilden Regional Parks Botanic Garden, Berkeley

Join a docent-led walk around the garden for a special sensory tour. Explore the garden with hands, nose, ears, and eyes. Smell the sages, feel soft hazel leaves, listen to quaking aspen, and look for crayfish in the creek and newts in the pond. Distance is about 1 mile; trail surface is uneven with some inclines and stairs. Drop-in; no registration required. Space is limited. Dogs are not allowed.

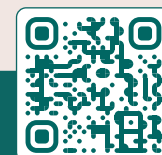
Aug 23 (Sun) 2-3pm

Trail Sips: A Native Plant Exploration

Sunol Wilderness Regional Preserve, Sunol

Ever wondered what's growing along the trail? A naturalist guides this walk of up to 2 miles to educate about local plants and their fascinating traditional uses. Participants can enjoy refreshing iced tea inspired by some of the plants we discover together. Route is mostly flat but does have sections with inclines. Ages 18 and up. Meet at the Visitor Center. Registration required; program code 59684.

Aug 23 (Sun) 9:30am-noon



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

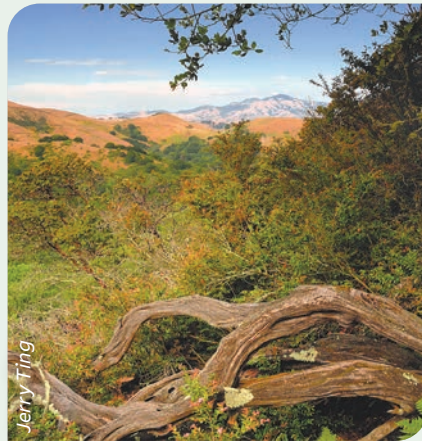
Guided Hikes

Salt Ponds

Coyote Hills Regional Park, Fremont

Come sample salty snacks while discovering the fascinating story of the bay's salt evaporation ponds. Learn how these colorful ponds powered a salt industry and see how today's large-scale wetland restoration efforts are fostering a vibrant habitat for wildlife. We'll hike 2-3 miles, including a gradual climb with a few steep sections to a scenic viewpoint. Meet at the Visitor Center. Drop-in; no registration required.

Jul 12 (Sun) 9:30-11am



Sunday Stroll

Huckleberry Botanic Regional Preserve, Oakland

Enjoy this pleasant loop up to 2 miles with nature-loving friends to jump-start your Sunday. Stairs and steep sections ensure that your legs get a full stretch as you pass among the unusual flora on display. Ages 7 and up. Meet at the Skyline Staging Area. Drop-in; no registration required.

Jul 26 (Sun) 8:30-10:30am

Wednesday Walks

Various parks

Enjoy changing landscapes and vistas as you hike your way through the East Bay Regional Park District. Each trip offers new sights and trails. Visit ebparks.org/calendar for route details and meet-up locations. Drop-in; no registration required.

Jul 29 (Wed) 9:30am-1pm. Huckleberry Botanical Regional Preserve, Oakland. Expect 5 miles and up to 1,000 feet of elevation gain.

Aug 5 (Wed) 8am-12:30pm. Reinhardt Redwood Regional Park, Oakland. Expect 6 miles and 1,100 feet of elevation gain with some steep sections.

Aug 26 (Wed) 9:30am-1:30pm. Hayward Regional Shoreline, Hayward. Expect 6 miles on flat trails.

Summer Contemplation

Sobrante Ridge Botanic Regional Preserve, Richmond

The long, warm days of summer are the perfect time to slow down and contemplate nature. We'll mindfully traverse the landscape, pausing frequently to soak in the atmosphere. The hike is 2-5 miles with up to 1,000 feet of elevation gain on dirt trails. Expect some steep sections. Meet at the Heavenly Ridge Trail. Drop-in; no registration required.

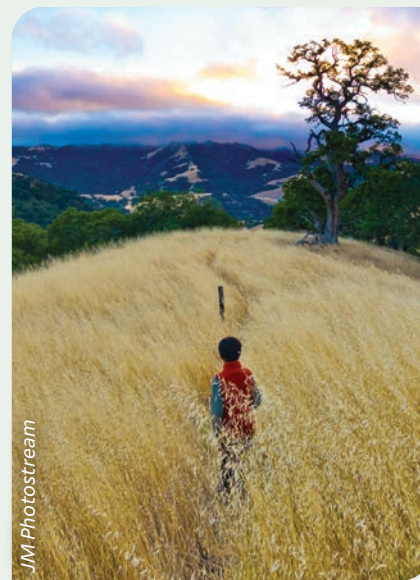
Aug 7 (Fri) 9-11am

Sunrise Surprise

Sunol Wilderness Regional Preserve, Sunol

Beat the heat at this early morning hike. We might spot a few nocturnal animals returning from the night shift as they head to their homes at dawn. Expect up to 5 miles and up to 1,000 feet of elevation gain on dirt trails with some steep sections. Meet at the Visitor Center. Registration required; program code 59695.

Aug 8 (Sat) 6-8:30am



Beat the Heat

Black Diamond Mines Regional Preserve, Antioch

Hike up the ridge and through the shaded Chaparral Loop. Enjoy early morning views of Mount Diablo and learn how the chaparral manages to survive the hot summer season. Expect 2 to 3 miles with about 300 feet of elevation gain, including some steep climbs. Terrain is mixed with uneven sections. Meet at the upper parking lot. Registration required; program code 59336.

Aug 8 (Sat) 8:30-10:30am

Aug 16 (Sun) 8:30-10:30am

Round Valley Regional Preserve, Brentwood

Get your steps in during the cooler morning hours. A naturalist guide will teach about the ways local wildlife and plants survive the hot inland summers. Expect an out-and-back hike of about 3.5 miles on uneven terrain with up to 500 feet of elevation gain. Ages 13 and up. Meet at the Round Valley Staging Area. Registration required; program code 59337.

Aug 15 (Sat) 7:30-9:30am

Brushy Peak Regional Preserve, Livermore

Join a naturalist on a hike in Brushy Peak to see how animals and plants adapt to the hot August weather. Wear sturdy shoes and be prepared for moderate hills on this 3-mile loop along exposed dirt and gravel trails. Ages 8 and up. Meet at the Laughlin Staging Area. Drop-in; no registration required.

Aug 16 (Sun) 8-10am

Saturday Stroll

Leona Canyon Open Space Regional Preserve, Oakland

Kick off the weekend with restorative time in nature. This 3-mile hike begins with a gradual ascent through a beautiful stream-carved canyon with diverse wildlife. A few steep uphill climbs are rewarded with scenic views. Total elevation gain is 500 feet. Ages 8 and up. Meet at the Leona Trailhead. Drop-in; no registration required.

Jul 25 (Sat) 9:30am-noon

Sole Mates Hiking Club

Reinhardt Redwood Regional Park, Oakland

Sole Mates is an all-paces-welcome hiking club exploring the beautiful trails of the East Bay Regional Park District. In July, the group takes on a trek up to 5 miles and 1,000 feet of elevation and mixed terrain. Ages 18 and up. Meet at the Canyon Meadow Staging Area. Registration required; program code 59690.

Jul 26 (Sun) 9am-noon



Special Events & Community Gatherings

Anthony Chabot Campfires

Anthony Chabot Regional Park, Castro Valley

A naturalist leads after-dark fun around the campfire including a nature-themed story on a rotating series of topics, games, songs, and s'mores. Meet at the campground amphitheater. Drop-in; no registration required.

Jul 4 (Sat) 8-9pm, Owls

Jul 11 (Sat) 8-9pm, Search for Animal Signs

Jul 18 (Sat) 8-9pm, Grossology

July 4 Open House

Crown Memorial State Beach, Alameda

Family-friendly activities and crafts celebrate the diversity of the bay. Meet at the Visitor Center at Crab Cove. Drop-in; no registration required.

Jul 4 (Sat) 1-4pm

Dumbarton Quarry Campfires

Dumbarton Quarry Campground, Fremont

A naturalist leads after-dark fun around the campfire including a nature-themed story on a rotating series of topics, games, songs, and s'mores. Meet at the amphitheater. Drop-in; no registration required.

Jul 4 (Sat) 8:30-9:30pm, Healing Landscape: Fire

Jul 11 (Sat) 8:30-9:30pm, Appreciating Birds

Jul 18 (Sat) 8:30-9:30pm, Animal Myths

Jul 25 (Sat) 8:30-9:30pm, Star Stories

Aug 1 (Sat) 8:30-9:30pm, Animal Sounds

Aug 8 (Sat) 8:30-9:30pm, Marine Mammals

Aug 15 (Sat) 8:30-9:30pm, Bats of East Bay

Aug 22 (Sat) 8-9pm, Marvelous Moths

Aug 29 (Sat) 8-9pm, Moon Magic

Community Campfire

Big Break Regional Shoreline, Oakley

Bring a picnic dinner to enjoy as the sun sets. Then, learn about local nature during staff-led stories and activities centered on a theme, followed by s'mores. Meet at the amphitheater. Drop-in; no registration required.

Jul 11 (Sat) 6:30-8pm, Fabulous Fish

Aug 8 (Sat) 6:30-8pm, Incredible Insects

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. Ages 18 and up. Meet at the Visitor Center. Drop-in; no registration required.

Jul 16 (Thu) 6:30-8pm

Aug 20 (Thu) 6:30-8pm



Full Moon Grunion Search

Crown Memorial State Beach, Alameda

During peak high tides, grunion—small, silvery fish—ride the waves onto shore to lay their eggs. Meet under the glow of the moon as we watch and wait for this rare and unforgettable natural spectacle. Ages 10 and up. Meet at the Otis Street parking lot. Registration required; program code 59600.

Jul 29 (Wed) Midnight-2am

Let's Go Fly a Kite

Dumbarton Quarry Campground, Fremont

Come discover how wind shapes the landscape and how we can use it to lift kites high into the sky. Learn about lift, thermals, and the ways birds, seeds, and even humans harness moving air. A few kites will be available to share or bring your own. Meet at the playground/DeSilva picnic area. Drop-in; no registration required.

Aug 2 (Sun) 3-4:30pm

Campground Stargazing

Del Valle Regional Park, Livermore

When the sun goes down, the universe reveals itself above our heads. Come witness the wonder of the stars, the planets, and beyond on a lovely summer night. Overcast skies or rain will cancel the program. Meet at the amphitheater. Drop-in; no registration required.

Aug 14 & 21 (Fri) 8:30-10pm

Aug 28 (Fri) 8-9:30pm

National Honeybee Day Celebration

Del Valle Regional Park, Livermore

Bees are the tiny, insect engines that power the flavors of our world. Let's celebrate these important creatures with bee crafts, activities, and honey-based food and drink. Activities take place around the Visitor Center. Drop-in; no registration required.

Aug 15 (Sat) 10:30am-2:30pm

Family Movie Night

Ardenwood Historic Farm, Fremont

Enjoy the summer evening with family and friends at this free screening of the hit movie Zootopia 2 (rated PG). Arrive early to secure a good spot on the lawn. Bring a blanket or chairs for seating. Pets are not permitted at this event. Drop-in; no registration required.

Aug 22 (Sat) 8-10pm



Night With a Naturalist

Del Valle Regional Park, Livermore

A naturalist leads after-dark fun around the campfire including a nature-themed story, games, songs, and s'mores. Meet at the campground amphitheater. Drop-in; no registration required.

Jul & Aug (Saturdays) 8-9pm

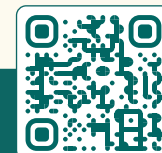
Fish Festival

Crown Memorial State Beach, Alameda

Enjoy a day of fish fun with live music, fishing games, activities, face painting, fish prints, and fin-tastic crafts. Meet at the Visitor Center at Crab Cove. Drop-in; no registration required.

Aug 29 (Sat) 10am-3pm

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



Coal Mine Experience

Black Diamond Mines Regional Preserve, Antioch

Although little evidence remains from the area's coal mining history, Black Diamond Mines Regional Preserve was once home to the most productive coal mines in California and the thriving mining communities that supported its industry. Step into the past on a self-guided underground tour to explore historic mine tunnels and exhibits that reveal how coal helped power the growth of the Bay Area. Ages 7 and up. Registration required; program code 59343.

Jul & Aug (Sat & Sun) 30-minute time slots at 10:30am, 11:30am, and 1:30pm



All About Abalone

Coyote Hills Regional Park, Fremont

Have you seen jewelry made from the iridescent inner layer of an abalone shell—or even admired the shell itself? But what lives inside? Learn about the biology of abalone and how the Ohlone People have gathered and used these shells for ceremony, adornment, trade, and cultural expression and how these traditions continue today. Meet at the Visitor Center. Drop-in; no registration required.

Jul 4 (Sat) 11am-noon

Nature's Notebook

Tilden Nature Area, Berkeley

Curiosity is the key to nature journaling. No drawing or writing skills are needed; your nature journal is what you make it. Spark your curiosity with specimens and exercises to get you started on your nature journaling journey. Bring your own sketchbook or journal if desired. Other supplies are provided. This program takes place at the Visitor Center; it's not an organized walk. Drop-in; no registration required.

Jul 4 (Sat) 1-2pm

Aug 26 (Wed) 1-2pm

Corn Mosaics

Ardenwood Historic Farm, Fremont

Learn how to turn farm-grown flint corn into a fun craft. Use the rainbow of colored kernels to make your own mosaic. Drop-in; no registration required.

Jul 5 (Sun) 1:30-2:30pm

Aug 8 (Sat) 11:30am-12:30pm

Nature Photography Walk

Big Break Regional Shoreline, Oakley

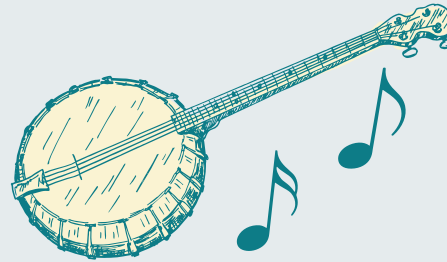
Take a guided short stroll and document the beauty of nature. Photos captured during this program can be submitted in the annual photography exhibit hosted at the Visitor Center this fall. Bring your own camera. The walk is up to a half mile and on mostly flat, paved trails. Meet at the Visitor Center. Drop-in; no registration required.

Jul 9 (Thu) 11:30am-12:30pm

Jul 26 (Sun) 11:30am-12:30pm

Aug 13 (Thu) 7-8pm

Aug 23 (Sun) 11:30am-12:30pm



Making Music at the Garin Barn

Garin Regional Park, Hayward

Bring your own instruments and voices to join in playing some summer classics and California songs. Musicians of all skill levels and abilities are welcome. Meet at the barn. Drop-in; no registration required.

Jul 19 (Sun) 1-2pm

Aug 23 (Sun) 1-2pm

National Ice Cream Day Celebration

Sunol Wilderness Regional Preserve, Sunol

What better way to celebrate National Ice Cream Day than making this sweet treat from scratch? Spend the morning exploring the history of ice cream and the many ways it's made, and then taste the delicious old-fashioned ice cream we make together. Meet at the Visitor Center. Drop-in; no registration required.

Jul 19 (Sun) 10am-noon

Sweet Switchel

Ardenwood Historic Farm, Fremont

After working up a sweat with some summertime games and activities, try a refreshing glass of switchel and learn how farmers cooled off during harvest season with this tasty beverage. Drop-in; no registration required.

Jul 19 (Sun) 11:30am-12:30pm

Nature Stamp Carving Workshop

Sunol Wilderness Regional Preserve, Sunol

Learn step-by-step techniques to make your own park-themed stamp to take home. All supplies provided. Ages 18 and up. Meet at the Visitor Center. Registration required; program code 59691.

Jul 25 (Sat) 10am-noon

Old-Fashioned Ice Cream Making

Garin Regional Park, Hayward

What's better on a hot summer day than homemade ice cream? Enjoy making, tasting, and learning about this refreshing treat and other seasonal foods like apples at the barn. Drop-in; no registration required.

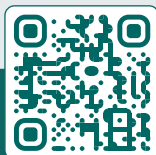
Jul 26 (Sun) 1-2pm

Garden Treasure Hunt

Coyote Hills Regional Park, Fremont

Play games as you look for plants and animals in the garden and make garden art to take home. Meet at the Visitor Center. Drop-in; no registration required.

Aug 8 (Sat) 10am-noon



Creating Cordage Bracelets

Coyote Hills Regional Park, Fremont

Learn how various wetland plants have been traditionally used for weaving, food, shelter, and more, and how Indigenous cultures continue the practice of working with these natural materials today. Create your very own bracelet from cattail leaves. Meet at the Visitor Center. Drop-in; no registration required.

Aug 9 (Sun) 1-2pm

Chalk the Patio

Big Break Regional Shoreline, Oakley

Bring out your inner artist on the patio of the Big Break Visitor Center. You will have your own square to chalk up with a beautiful image and/or words. The theme is otters. Drop-in; no registration required.

Aug 15 (Sat) 10am-noon



Dragonfly Watercolor Workshop

Sunol Wilderness Regional Preserve, Sunol

Draw and paint dragonflies during this step-by-step watercolor workshop as you learn about these flying beauties. All supplies provided. Ages 18 and up. All skill levels welcome. Meet at the Visitor Center. Registration required; program code 59692.

Aug 22 (Sat) 9-11am

Flavors of the Delta

Big Break Regional Shoreline, Oakley

Celebrate flavors of the Delta Valley. Create ice cream with custom flavors, such as savory asparagus and more. Meet at the Visitor Center. Drop-in; no registration required.

Aug 22 & 23 (Sat & Sun) 2-3pm

Sharp Skills: A Weekend of Stone-Tool Crafting

Coyote Hills Regional Park, Fremont

Watch skilled stone-tool makers demonstrate the art of flintknapping, showcasing how chert and obsidian are transformed into spear points and arrow points. Observe experienced artisans at work and discover the techniques behind turning raw materials into finely crafted stone tools. Meet at the Visitor Center. Drop-in; no registration required.

Aug 22 & 23 (Sat & Sun) 10am-3pm

Apple Orchard Tour

Garin Regional Park, Hayward

Taste the apples and walk the hills of the Garin Apple Orchard. Learn the ecology and history of these unique varieties of fruit. Wear sturdy, close-toed shoes for this uphill half-mile walk on uneven terrain. Ages 7 and up. Meet at the barn. Registration required; program code 50614.

Aug 30 (Sun) 10-11am



Story Time

Crown Memorial State Beach, Alameda

Dive into a world of wonder and imagination and participate in a themed coloring activity. Meet at the Visitor Center at Crab Cove. Drop-in; no registration needed.

Jul & Aug (every Fri) 10:30-11am

Summer Scavenger Hunt

Black Diamond Mines Regional Preserve, Antioch

The spring flowers have faded, but there is still so much beauty to find at Black Diamond Mines. Search for signs of summer in this fun, self-guided scavenger hunt designed for ages 2-5. Meet at the upper parking lot. Drop-in; no registration required.

Jul 26 (Sun) 9:30-11am

Aug 9 & 23 (Sun) 9:30-11am

Bugs for Lunch

Tilden Nature Area, Berkeley

Insects play a very important role in our ecosystem. Learn about animals that rely on insects for food, then make old-fashioned ice cream ... topped with bugs. Meet at the Visitor Center. Drop-in; no registration required.

Aug 2 (Sun) Noon-1pm

Hikes for Tykes

Various parks

Guided walks of about a half mile introduce young kids to nature. Tools for exploration are provided. Drop-in; no registration required.

Aug 4 (Tue) 10:30-11:45am. Meet at the Bort Meadow Staging Area at Anthony Chabot Regional Park, Castro Valley.

Aug 18 (Tue) 10:30-11:45am. Meet at the Canyon Meadow Staging Area at Reinhardt Redwood Regional Park, Oakland.



Outdoor Discoveries

Sunol Wilderness Regional Preserve, Sunol

This monthly series encourages young participants to learn about science and nature. The program consists of a lesson, followed by a craft or activity tailored for ages 4-8. The theme for August is the power of the sun. Meet at the Visitor Center. Registration required; program code 59689.

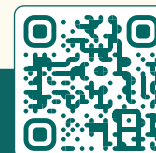
Aug 10 (Mon) 10:30am-noon

Sea Squirts

Crown Memorial State Beach, Alameda




Games, songs, and other activities for preschoolers get young ones excited about nature. August's theme is reptiles. Meet at the Visitor Center at Crab Cove. Drop-in; no registration required.

Aug 11 (Tue) 10:30-11:45am



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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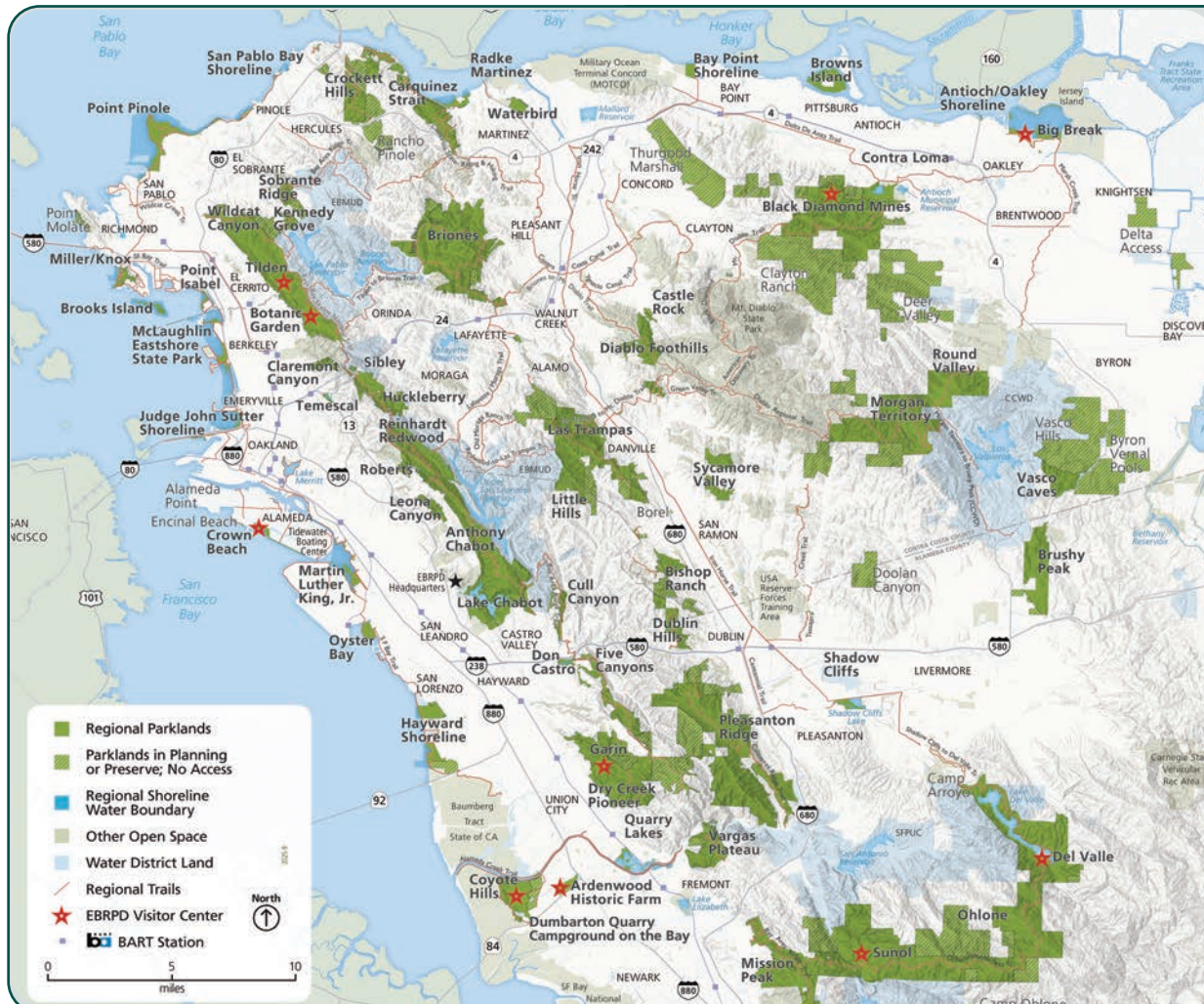


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East Bay 
 Regional Park District

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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
 Greathouse Visitor Center
 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, chvisit@ebparks.org
 Visitor Center 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