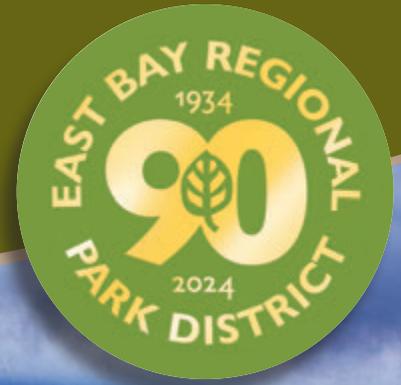


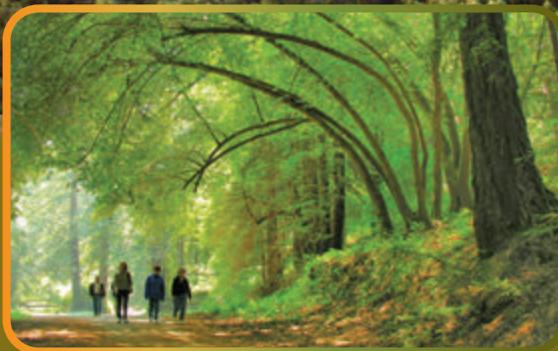
# Regional in Nature

# Activity Guide

JANUARY – FEBRUARY 2024



*Tilden Regional Park, Berkeley, circa 1940s and 2000s*



**Trails Challenge – A Free Hiking Program**  
See page 5

**90 Years of East Bay Regional Parks**  
See page 4

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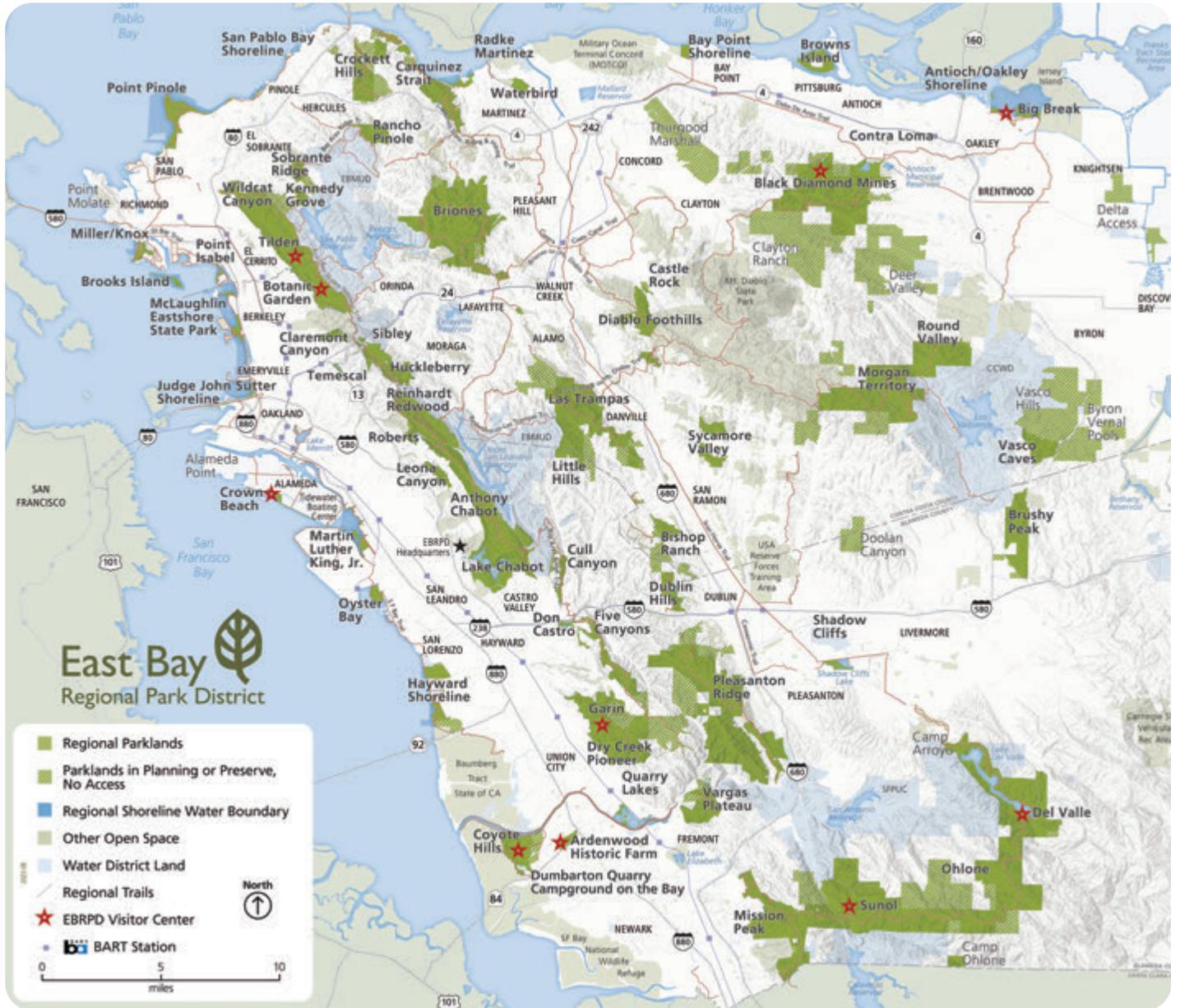


[ebparks.org](http://ebparks.org)

General Information  
 1-888-EBPARKS or 1-888-327-2757  
 Camping and Picnic Reservations...  
 .....1-888-EBPARKS  
 Naturalist and Recreation  
 Programs.....1-888-EBPARKS  
 TRS Relay Service.....7-1-1

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 John Mercurio.....Ward 6  
 Colin Coffey.....Ward 7

Visit [ebparks.org](http://ebparks.org) for map downloads, activity and event information, and much more!



**East Bay Regional Park District Headquarters**  
 2950 PERALTA OAKS COURT, OAKLAND, CA 94605  
 1-888-EBPARKS OR 1-888-327-2757 (TRS 711)  
**EBPARKS.ORG**



**Regional Parks Membership**  
 ENJOY FREE DAY-USE PARKING, SWIMMING,  
 DOG PASS, AND MORE. 510-544-2220  
**REGIONALPARKSFUNDATION.ORG**

## Visitor Centers

**Ardenwood Historic Farm**, Fremont  
 510-544-2797, [awvisit@ebparks.org](mailto:awvisit@ebparks.org)  
**Big Break Regional Shoreline**, Oakley  
 Big Break Visitor Center at the Delta  
 510-544-3050, [bigbreakvisit@ebparks.org](mailto:bigbreakvisit@ebparks.org)  
**Black Diamond Mines Regional Preserve**, Antioch  
 510-544-2750, [bdvisit@ebparks.org](mailto:bdvisit@ebparks.org)  
**Coyote Hills Regional Park**, Fremont  
 510-544-3220, [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
**Crown Memorial State Beach**, Alameda  
 Crab Cove Visitor Center and Aquarium  
 510-544-3187, [ccove@ebparks.org](mailto:ccove@ebparks.org)

**Del Valle Regional Park**, Livermore  
 510-544-3146, [dvvisit@ebparks.org](mailto:dvvisit@ebparks.org)  
**Garin/Dry Creek Pioneer Regional Parks**, Hayward  
 510-544-3220 (*Coyote Hills*), [chvisit@ebparks.org](mailto:chvisit@ebparks.org)  
 Red Barn open summer Saturdays  
**Sunol-Ohlone Regional Wilderness**, Sunol  
 510-544-3249, [svisit@ebparks.org](mailto:svisit@ebparks.org)  
 Open weekends  
**Tilden Regional Park**, Berkeley  
 Botanic Garden: 510-544-3169, [bgarden@ebparks.org](mailto:bgarden@ebparks.org)  
 Tilden Nature Area/Environmental Education Center  
 510-544-2233, [tnarea@ebparks.org](mailto:tnarea@ebparks.org)

# Celebrating 2023 Achievements, Looking Ahead to 2024

A MESSAGE FROM GENERAL MANAGER SABRINA B. LANDRETH



**E**ach new year brings an opportunity to celebrate our achievements and share our goals and plans for the year ahead. We are proud of our accomplishments in 2023 and our work in fuels management, environmental stewardship, and climate resilience.

## 2023 achievements include:

- Utilizing an innovative low-emissions carbonator to dispose of vegetation from fuels reduction projects within the District
- Reopening Shadow Cliffs in Pleasanton to swimming
- Completing renovation of Roberts Pool in Oakland
- Expanding the San Francisco Bay Trail and renovating the boat launch at Doolittle Drive in Oakland
- Acquiring the Finley Road Ranch Property in unincorporated Contra Costa County near Mount Diablo and Morgan Territory
- Implementing the Briones Pilot Project in Lafayette-Martinez to test strategies to enhance the visitor experience, improve trail safety, and protect habitat

## Our 90<sup>th</sup> Anniversary

In 2024, the Park District is celebrating 90 years of land preservation, environmental conservation, and recreation. The District was established in 1934 in the heart of the Great Depression, when East Bay residents came together to protect nature in the East Bay Hills and provide access for recreation. Today, the District is 73 parks strong, with a beautiful East Bay Regional Park close by for most residents.

We are also looking ahead to the future and continuing our legacy of land preservation, habitat protection, public access, and climate resilience. Priorities for 2024 and beyond include expanding public access, infrastructure maintenance, trail development, natural and cultural resources conservation, fuels management, and continuing land acquisition.

Enjoy your Regional Parks.



Swimmers enjoy the new Roberts Pool



## Wildfire Safety Update

The Park District held a special wildfire media tour for local news media on October 24, 2023, to highlight a first-of-its-kind, large-scale fuels reduction project in the Bay Area, which uses a climate-friendly carbonator to dispose of vegetation. The East Bay Regional Park District is leading the way in wildfire protection for the community with innovative solutions to address wildfire risks.

The project, located at Anthony Chabot Regional Park, uses a carbonator to burn organic matter at very high temperatures (about 1,300 degrees Fahrenheit) with very little oxygen. The process, called pyrolysis,

produces very low emissions, especially compared to conventional disposal methods of open pile burning or transporting long distances off-site in diesel trucks. The resulting biochar is being used throughout the Park District to enhance soil health, improve water retention, and increase crop productivity, including at the Park District's Ardenwood Historic Farm in Fremont.

The innovative use of the carbonator for fuels reduction projects is regarded as a model statewide as well as nationally. Read more about this innovation at [ebparks.org/carbonator](http://ebparks.org/carbonator).

## Celebrating the New Tyler Ranch Staging Area

On December 3, 2023, the Park District celebrated the completion of the Tyler Ranch Staging Area with a grand opening event. Open to the public in late 2022, the new staging area provides access to 2,500 acres of open space and more than 18 miles of trails at

the southern end of Pleasanton Ridge Regional Park, which has amazing panoramic views of the Bay Area. Staging area amenities include 78 parking spaces, equestrian staging, restrooms, water fountains, and a small family picnic area.





# 90<sup>TH</sup> Anniversary

## 90<sup>th</sup> Anniversary "Explore Your Parks" Adventure Programs

### KING TIDE WALK

#### Hayward Regional Shoreline (West Winton Ave. Staging Area)

What are King Tides? How do they affect plants and animals, and what can we learn from them? Be prepared for muddy shoes! Drop-in program; no registration is required.

–Jan 13 (Sat), noon-1:30pm

–Feb 10 (Sat), 11am-12:30pm

### COMMUNITY SCIENCE BIO BLITZ

#### Sunol Wilderness Regional Preserve (Sunol)

Love nature and want to contribute to real scientific studies? Learn how apps like Seek, iNaturalist, and others are used to help scientists gather data, while enhancing your next hike! Drop-in program; no registration is required.

–Jan 27 (Sat), 10am-noon

### CELEBRATING BLACK HISTORY WALKS

#### Thurgood Marshall Regional Park (Concord)



In honor of Black History Month, tours will explore the southern end of the new Thurgood Marshall Regional Park – Home of the Port Chicago 50, where attendees can learn about the natural and human history of the land. Registration required. [ebparks.org/calendar](http://ebparks.org/calendar)

–Sundays in February, 10am-1pm

### WINTER WALK

#### Carquinez Strait Regional Shoreline (Port Costa Staging Area)

Take in the spectacular views of Carquinez Strait and look for signs of spring's approach along this rolling, paved trail. Heavy rain cancels. Drop-in program; no registration is required.

–Feb 23 (Fri), 9am-noon



Ansel F. Hall (center) and future park general manager Elbert Vail (right) with Oakland, Berkeley, and Alameda County officials looking at map of future Tilden Regional Park in 1934

## 90 Years of East Bay Regional Parks

The East Bay Regional Park District's story began in the late 1920s when thousands of acres of watershed land in the East Bay Hills suddenly became available for development. Civic leaders came together with a vision: preserve the land forever, and balance environmental conservation with public enjoyment.

To aid the cause, they enlisted renowned landscape architect Frederick Law Olmsted Jr. and National Park Service's Chief Naturalist Ansel Hall to survey the watershed lands for potential park use. The resulting 1930 Olmsted-Hall report titled "Report on Proposed Park Reservations for East Bay Cities" brought national credibility to the effort and is largely considered the founding document of the East Bay Regional Park District.

Four years later, in the heart of the Great Depression, civic leaders placed a measure on the ballot to establish the Park District and tax themselves 5¢ for every \$100 of property owned for land preservation. The measure passed on November 4, 1934, by a resounding 71 percent –

even during trying times and economic instability. On June 4, 1936, the District purchased land from East Bay Municipal Utility District to create its first three parks – Upper Wildcat Canyon (Tilden), Temescal, and Roundtop (Sibley).

Today, the East Bay Regional Park District features 73 parks and is the largest regional park district of its kind in the nation. The Park District manages over 125,000 acres of parklands, 55 miles of shoreline, and over 1,300 miles of trails in Alameda and Contra Costa counties, available for hiking, biking, swimming, horseback riding, boating, fishing, picnicking, camping, and nature discovery. Wherever you live in the two counties, there is a beautiful Regional Park close to you.

To celebrate 90 years of land preservation, environmental conservation, and recreation, the District is planning a series of events and programs throughout the year, including a spring anniversary celebration and monthly naturalist-led "Explore Your Parks" adventure programs.

Celebrate with us!

## 2024 Wall Calendar

The 2024 Wall Calendar celebrates the Park District's 90<sup>th</sup> Anniversary. Pick up a calendar (while supplies last) in person after January 1 at any visitor center during open hours – check [ebparks.org/parks/visitor-centers](http://ebparks.org/parks/visitor-centers) for opening hours. Or, come by the Regional Parks headquarters at 2950 Peralta Oaks Court, Oakland, Monday through Friday from 8:30 a.m. to 5 p.m. Regional Parks Foundation members receive a wall calendar in the mail as one of the many benefits of membership support.



Available while supplies last

# Trails Challenge



For the past 31 years, the Park District has encouraged the public to explore their Regional Parks through its annual Trails Challenge program. The free program connects people with nature and healthy recreation by providing 20 designated trails for hiking and biking, ranging from easy to challenging.

Trails Challenge is made possible with the generosity of the Regional Parks Foundation and Kaiser Permanente, who have sponsored Trails Challenge since 2005.

## How to Participate

### 1. Determine Your Level of Activity

#### EASY

- Relatively flat with good trail conditions (paved or packed gravel).
- 1-2 miles; 1-2 hours to complete.
- Generally suitable for people using mobility devices, strollers.

#### MODERATE

- Significant elevation gain (60-900 feet) with good-to-rugged conditions.
- 2-9 miles; 2-4 hours to complete.
- Requires good physical condition.

#### CHALLENGING

- Significant elevation gain (115-2,000 feet) with good-to-rugged trail conditions.
- 4-19 miles; 4-8 hours to complete.
- Requires good physical condition.

### 2. Plan Your Outing



Select a Trails Challenge 2024 hike. Refer to the At-A-Glance section of the Trails Challenge Guidebook.



**Note:** You can use any trail route within the East Bay Regional Parks to complete the Challenge, not just those listed in the Trails Challenge Guidebook. To complete the Challenge, walk at least five trails or 26.2 miles (a marathon distance).

### 3. Explore the Trail

Stay on designated trails and enjoy your journey.

### 4. Log Your Outings

Record trail names and distances and submit your log to [reservations@ebparks.org](mailto:reservations@ebparks.org). Participants must complete five Trails Challenge trails or 26.2 miles (a marathon distance) of non-trails challenge trails. Turn in your log by 12/1/2024 to receive a 2024 Trails Challenge pin, while supplies last.



### Download the 2024 Trails Challenge Guidebook

For more information visit [ebparks.org/TC](http://ebparks.org/TC)



## TIPS FOR THE TRAILS

East Bay Regional Parks are popular with hikers, bikers, equestrians, and nature viewers, among others. Help keep trails enjoyable for all by following these tips for the trails:

**Hikers:** Stay to the right and stay alert

**Bikers:** Slow down around others and call out or ring your bell when passing

**Equestrians:** Keep to the right around other trail users and let them know how to pass your horse safely





# Ardenwood

## HISTORIC FARM



### Winter Wool

Whether your winter activities take you outside or keep you in, reach for some wonderful wool to keep you warm. Cooler temperatures and rainy days populate the winter months urging us to grab sweaters, scarves, hats, and blankets. And it's no wonder with the almost magical properties wool has that make it such a desirable fiber. The outside layer repels water to keep you dry when it is wet outside, but the inner core can absorb a lot of moisture to help wick sweat and odor away from the skin. This ability to hold moisture also makes it naturally flame-resistant.

These are not new discoveries as humans have been using sheep wool for over ten thousand years. It is very likely that the first fabric made by humans was created with wool! From ancient Sumerians to ancient Greeks, medieval royalty and peasants to turn-of-the-20<sup>th</sup>-century farm workers at Ardenwood, wool has played a large part in clothing humans throughout history.

So go ahead and don that felted hat, slip on some knitted socks, wrap that woven scarf around your neck, and bundle up under a crocheted blanket while you take part in ten thousand years of history in-the-making and enjoy some wonderful wool.

Want to learn more about wool and the sheep who share it with us? Come visit the farm for some woolly programs this winter and come see our sheep get their annual haircut at our spring Sheep Shearing Day!



Jerry Ting

## Ardenwood Interpretive Programs

For a complete list of Ardenwood programs, visit us online . . . .  
For information, call: (510) 544-2797



### WONDERFUL WOOL

Come check out our fluffy fleece and learn how we can transform sheep's special fur into woolly wonders.

– **Jan 1** (Mon), 11:30am-12:30pm

### CARDING WOOL

Listen to a yarn or two about our fleecy friends, give them a quick hello, and try your hand at using different tools to brush out some wool.

– **Feb 11** (Sun), 11am-noon

### FUN WITH FELTING

Have some good, clean fun as we learn how felt is made from sheep's wool, and then make a felt toy to take home.

– **Feb 17** (Sat), 11am-noon

### WOOLLY LAMBS

Take home an Ardenwood tradition! Use some wool from our sheep here at the farm and make your own woolly lamb to take with you.

– **Feb 25** (Sun), 11am-noon

### ANIMAL FEEDING

Check for eggs and feed the livestock. Learn all the animals' favorite foods as we help tuck them in for the evening. Meet at the Granary.

– **Thursday-Sunday**, 3pm

# Big Break

## REGIONAL SHORELINE



### A FUN FILL-IN STORY: A DAY AT BIG BREAK REGIONAL SHORELINE

**O**ne sunny day, I decided to visit Big Break Regional Shoreline, a beautiful park located in [noun] \_\_\_\_\_.

As I arrived, I couldn't help but notice the stunning views of the [noun] \_\_\_\_\_. The air was filled with the scent of [plural noun] \_\_\_\_\_, and I knew it was going to be a fantastic day.

I started my adventure by taking a leisurely stroll along the [adjective] \_\_\_\_\_ trail. The trail was lined with [color] \_\_\_\_\_ flowers and tall [type of tree] \_\_\_\_\_. I could hear the chirping of [bird species] \_\_\_\_\_ in the distance, and it felt like I was in a [adjective] \_\_\_\_\_ paradise.

Next, I decided to explore the [body of water] \_\_\_\_\_ that runs through the park. I rented a [watercraft] \_\_\_\_\_ and paddled gently along the calm waters. The reflections of the [adjective] \_\_\_\_\_ sky in the water were breathtaking. I even spotted a family of [animal] \_\_\_\_\_ playing by the shore.

After my water adventure, I sat down at a [noun] \_\_\_\_\_ to enjoy a picnic lunch. I feasted on [favorite picnic food] \_\_\_\_\_ and sipped on [drink] \_\_\_\_\_.

As I relaxed, I watched the [type of boat] \_\_\_\_\_ glide by on the water.

To end my day at Big Break Regional Shoreline, I decided to take a [adjective] \_\_\_\_\_ hike up to the park's lookout point. From there, I could see the entire [noun] \_\_\_\_\_ and the [adjective] \_\_\_\_\_ landscape that surrounds it. It was truly a [adjective] \_\_\_\_\_ sight to behold.

As the sun began to set, I made my way back to the entrance, feeling [emotion] \_\_\_\_\_ and grateful for the opportunity to experience the natural beauty of Big Break Regional Shoreline. It's a place that holds a special [noun] \_\_\_\_\_ in my heart, and I can't wait to visit again.

### Big Break Interpretive Programs

For a complete list of Big Break programs, please visit us online . . . . .  
For information, call: (510) 544-3050



#### NEW YEAR'S WALK

Come enjoy the beginning of 2024 with the first nature walks of the new year. We will enjoy the scenery and the spirit of new origins!

- Jan 6 (Sat), 2-3pm
- Jan 7 (Sun), 2-3pm

#### GREAT BACKYARD BIRD COUNT

Join the worldwide community of birders during this popular annual event. All levels welcome! Bring binoculars/spotting scope if you have them; we have some to loan.

- Jan 17 (Sat), 2-3pm
- Jan 18 (Sun), 2-3pm

#### LOVE AT BIG BREAK

Love is in the air! Stroll through the park while learning about the winter mating rituals bald eagles, owls, crawdads and more.

- Feb 10 (Sat), 2-3pm
- Feb 11 (Sun), 2-3pm

#### SEPIA TONES OF THE DELTA

VIRTUAL PROGRAM: We will explore African American History in the Delta. Staff and volunteers will share their research into local stories and experiences of this vibrant community.

<https://ebparks.zoom.us/j/B89464504092>

- Feb 21 (Wed), 6-6:30pm

See [ebparks.org/calendar](http://ebparks.org/calendar) for upcoming programs.



# Black Diamond Mines

REGIONAL PRESERVE

## Welcoming Winter Water

**Water is not something Black Diamond is known for.** In fact, many of the plants and animals found here have adaptations to survive for long periods of drought. During this time of year, we welcome the water that will support life here throughout the year. Let's explore a few ways water benefits our lives and the environments

around us and learn to protect it for everyone.



Becky Matsubara

### Amphibians

While they can hide from the heat during warmer months, threatened amphibians, like the California tiger

salamander and red-legged frog, need ponds filled with winter rains for breeding habitat and developing young.

### Winter Birds

Many birds depend on a diverse chain of habitats along the West Coast, known as the Pacific Flyway, to migrate south each winter. Over one billion birds, including many ducks and geese, migrate along this route, using critical wetland habitat for food and shelter along the way.



Kevin Hintsa



Becky Matsubara

## Word Scramble

Can you unscramble the words below and arrange the circled letters to find the answer to the riddle?

EASHDRTWE

○									
---	--	--	--	--	--	--	--	--	--

IARN

	○		
--	---	--	--

TIBAHTA

				○		
--	--	--	--	---	--	--

ERSCVNEO

				○			
--	--	--	--	---	--	--	--

FNUORF

○					
---	--	--	--	--	--

### RIDDLE:

What runs, but never walks?

--	--	--	--	--

Answers: Watershed; Rain; habitat; conserve; Runoff; Riddle: WATER

## What is a Watershed?

A watershed is an area of land that "sheds" or drains water from rainfall and snowmelt into streams and rivers, which then flow into larger bodies of water, including marshes, bays, and oceans. What happens upstream impacts all living things downstream.

### What Benefits Does a Healthy Watershed Ecosystem Provide?

- Improved water quality.
- Carbon storage opportunities.
- Stabilized soils and erosion control.
- Increased resilience in the face of climate change threats.
- Habitat for threatened and endangered species.
- Recreation opportunities.

### What Can We Do to Protect Our Watershed?

- Learn more and appreciate your water!
- Conserve: fix leaks, turn off the water when not in use, and take shorter showers.
- Don't pour toxic household chemicals down the drain; take them to a hazardous waste center.
- Use native plants that require little or no watering.
- Avoid fertilizers or pesticides in your yard.
- Support your parks!

## Black Diamond Mines Interpretive Programs *For a complete list of programs, please visit us online*

### NEW YEAR REFLECTIONS WALK

#### Contra Loma Regional Park (Antioch)

Get an active start to the new year with a gentle 3-mile stroll around the reservoir. We will take some time to reflect as we take in the natural beauty of the water that supports and connects us all.

– Jan 1 (Mon), 10:30am-12:30pm



Aiko Higuchi

### WINTER WATERBIRDS

#### Radke Martinez Regional Shoreline

Winter has arrived! Come learn about our flying, feathered friends as they stop to overwinter on the shorelines of the East Bay. On this leisurely 1-1.5-mile stroll on flat, partially paved path we will observe bird behavior and adaptations. Great for beginners!

– Jan 28 (Sun), 10-11:30am



Becky Matsubara

### CELEBRATING BLACK HISTORY

#### Thurgood Marshall Regional Park – Home of the Port Chicago 50 (Concord)

In honor of Black History Month, join us for a public tour to explore the southern end of this new Regional Park. As we walk, learn about the history of this land, stories of resistance and bravery, and the events occurred here that played a vital role in the desegregation of the armed forces. Come ready for a mostly paved 1-1.5-mile walk. Best for ages 10+. Registration is required.

– February (every Sun) 10am-1pm



[https://apm.activecommunities.com/ebparks/activity\\_search](https://apm.activecommunities.com/ebparks/activity_search)

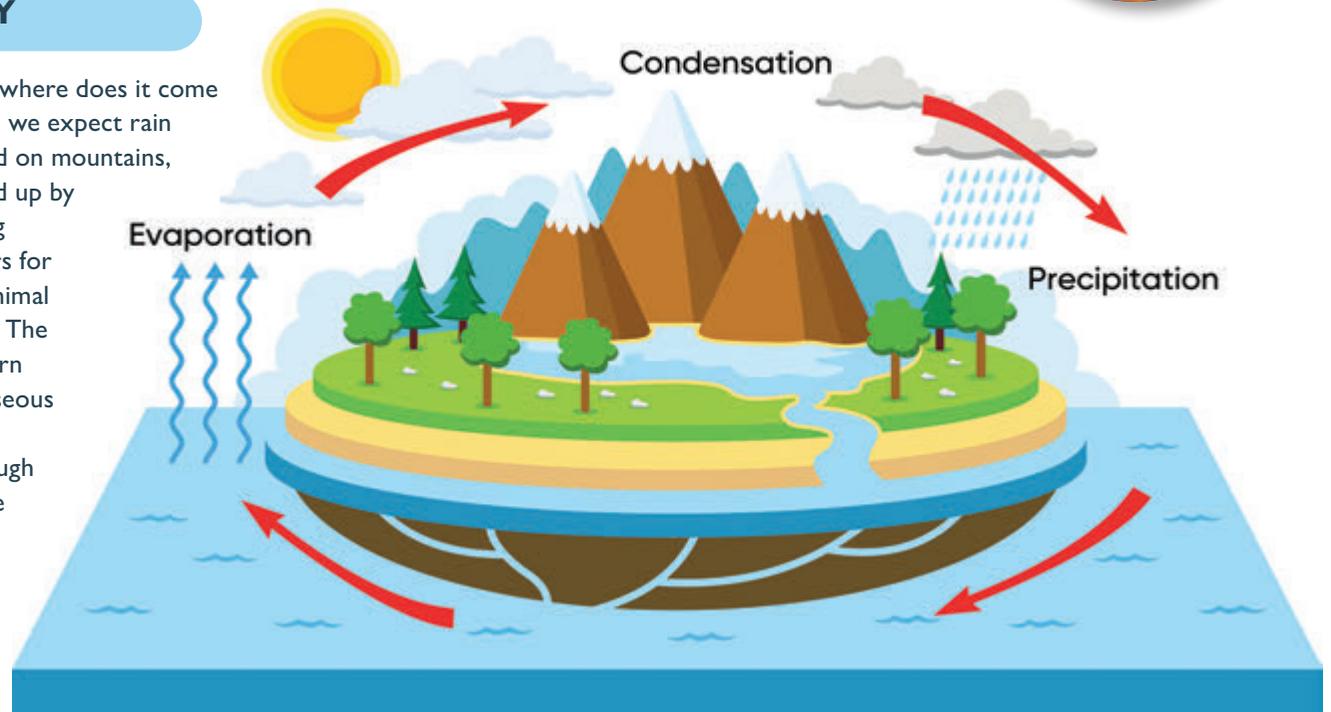
# Coyote Hills

## REGIONAL PARK



## Water's AMAZING JOURNEY

**W**ater surrounds Coyote Hills, but where does it come from, and where does it go? In winter, we expect rain to fall from the clouds (precipitation) and land on mountains, lakes, and rivers. Some of this water is soaked up by plants and seeps into the ground, replenishing groundwater. Some water is held in reservoirs for non-rainy days and released for human and animal use. The rest flows to the bay and the ocean. The sun heats surface waters, causing water to turn from a liquid into a gas (evaporation). The gaseous water vapor rises and cools to form clouds (condensation). When the clouds collect enough moisture, precipitation falls, starting the cycle anew. Because the ocean surface covers 72 percent of the planet, it is ultimately the source of most of the rain falling on the earth. So, the next time you sip water, think of its fantastic journey from the ocean to your lips!



## Coyote Hills Interpretive Programs *For a complete list of Coyote Hills programs, please visit us online . . . ▶*

*Programs are for all ages, parent participation required. Drop-in unless noted otherwise. For more information, call (510) 544-3220.*



### WHAT'S THE WEATHER?

How is weather different from climate? What is El Niño? Explore the answers to these questions and come outside to experience and measure weather parameters like wind speed, air temperature and pressure, humidity and cloud cover.

– **Jan 6** (Sat), 11am-Noon

### WATER, WATER, EVERYWHERE

Explore the Coyote Hills watershed, discover where your water comes from, and learn how we are connected and responsible for our watersheds, wherever we live. Make your own paper watershed and use a watershed model to find ways to protect our precious water!

– **Jan 27** (Sat) 10:30am-noon

### PAINT IN COLOR

The flowers are here, and I must paint! Join us this weekend to foster your inner artist by water coloring in the tranquil butterfly garden. Spring is just around the corner! Supplies will be provided, or you may bring your own

– **Jan 21, Feb 4** (Sun), 12:30-2pm

### TEATIME TROT AND TREAT

Tea making is a tradition across many cultures. Come on a one-mile hike in the hills to identify and gather some of our local edible plants to be made into delicious tea! Bring your own mug if you have one.

– **Jan 28, Feb 18** (Sun), 12:30-2pm

### KING TIDE WALK

#### **Hayward Regional Shoreline (Hayward)**

What are King Tides? How do they affect plants and animals, and what can we learn from them? Find out and participate in the community science King Tides Project on this easy walk along the San Francisco Bay shore. Be prepared for muddy shoes!

– **Jan 13** (Sat), Noon-1:30pm

– **Feb 10** (Sat), 11am-12:30pm

#### **THE EARLY BIRDER SEES THE BIRD, AN INTRO TO BIRDING**

#### **Hayward Regional Shoreline (Hayward)**

Explore the wonders of the avian world. See and hear our local bird friends foraging and frolicking on the edge of the bay. All experience levels welcome and we will have binoculars to share.

– **Feb 11, 25** (Sun), 8-9:30am



# Crab Cove

## VISITOR CENTER AND AQUARIUM

### EAST BAY REDWOOD FORESTS, AND THE BIGGEST TREE IN THE WORLD?



#### REDWOOD

**Height** to 379 ft.  
**Age** to 2,500 yrs.  
**Diameter** to 22+ ft. at breast height  
**Bark** to 12+ in. thick  
**Tallest** trees in the world  
**Grow** along the California coastline



#### GIANT SEQUOIA

**Height** to 311 ft.  
**Age** to 3,200 yrs.  
**Diameter** to 30+ ft. at breast height  
**Bark** to 24+ in. thick  
**Largest** trees in the world by volume of wood  
**Grow** in central and southern Sierras



Map: scfwpa.org

#### Did the biggest tree in the world grow in the East Bay hills? The answer is ... maybe!

In the mid-1800s the East Bay old-growth redwood forests were extensively logged, profoundly impacting the ecology of the forest. The high quality lumber that was produced contributed to rapid development of the Bay Area. Clear-cutting was not the end of the story, however. Redwoods have the ability to sprout baby trees from the outside of their stumps, over time producing the beautiful second-growth redwood forests in Reinhardt Redwood Regional Park, Roberts Regional Recreation Area, and in other East Bay parks.

In 1886, William Gibbons (co-founder of the California Academy of Sciences), John Muir (founder of the Sierra Club), and Alfred Wallace (who developed the theory of evolution alongside Charles Darwin) sat upon a redwood stump in the Oakland hills that was about 32 feet wide, when measured 4 feet above the ground! Think about how wide that is. Gibbons lamented that the original redwood forest could have been “one of the noblest natural parks conceivable.”

The current biggest tree in the world by volume, known as General Sherman, is a giant sequoia redwood in Sequoia National Park. At 4 feet above the ground, it is about 25 feet wide. The East Bay coastal redwood at 32 feet was significantly wider! We do not know how tall the 32-foot-wide tree was, but it could have easily equaled General Sherman’s 275 feet. If the great redwood tree of the East Bay were alive today, it seems likely it would be the biggest tree in the world!

Where was this 32-foot-wide tree? Unfortunately, nobody seems to know. Almost all of the East Bay redwood stumps were removed in later years for wood use. There are some impressive “fairy rings” in different parts of the forest, which is a circle (or part of a circle) of trees that sprouted around an original tree. But without a stump, it could take research and even excavation to figure out exactly how wide the original tree was. Not knowing exactly where the great tree was adds an interesting mystery to our beautiful East Bay redwood forests. Come investigate. Maybe someday we will find it!



Marina Denisenko



Nahhan

#### Did You Know

There are only three species of redwood trees. Two are native to California, and one – the dawn redwood – is native to China.

### Crab Cove Interpretive Programs

Information, call (510) 544-3187

For a complete list of Crab Cove programs, please visit us online .....

#### GUIDED TOURS

- Hikes for Tykes
- Wednesday Walks
- Weekend Strolls

#### DROP INTO THE VISITOR CENTER

- Fish Feeding
- Story Time
- Explore the Doug Siden Visitor Center (winter hours 10am-4pm)

#### VOLUNTEER OPPORTUNITIES

- Beach Clean Up
- Garden Restoration
- Dune Restoration

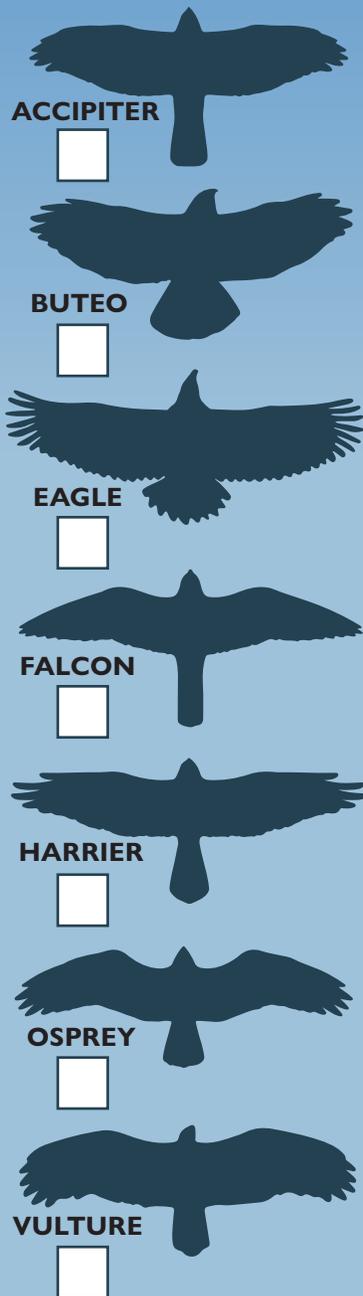


Vio Rahadian



## Raptor Identification

### MATCH THE SILHOUETTES TO THEIR BIRD



ANSWERS: A-harrier; B-accipiter; C-eagle; D-falcon; E-osprey; F-buteo; G-vulture

## Raptor Runway

**W**inter migration ushers in the arrival of some of our most charismatic birds: raptors! Migrating raptors may go unnoticed this time of year since the spotlight typically highlights the millions of waterfowl and shorebirds traveling through Central California.

Many of us are familiar with our resident raptors like red-tailed hawks, red-shouldered hawks, and American kestrels, but there are a variety of other species that visit our backyards during the colder months. These include ferruginous hawks, rough-legged hawks, sharp-shinned hawks, prairie falcons, and merlin.

Don't miss these fierce feathered travelers this winter!

photos: A-Lenny Carl; B-Fly Tyger; C-D, F-Creative Commons; E-Lenny Carl

## Del Valle Interpretive Programs

For a complete list of Del Valle programs, please visit us at [ebparks.org](http://ebparks.org)

### SNAKE TALK

Meet our animal ambassador gopher snake at the visitor center!

–Every Sunday, 11am

### PARK N' PLAY

Family friendly nature activities aimed at those up to 10 years old or the young at heart. Near the visitor center.

– Jan 28, Feb 25, 9:30-11am

### WINTER WATER BIRDING

Meet at the East Shore/Dog Run trail.

–Jan 13 (Sun), 10am-noon

### BEGINNER BIRDING

Meet at the East Shore/Dog Run trail.

–Jan 7 (Sun), 8:30-10am

–Feb 24 (Sat), 8:30-10am





# Mobile Education

## Calling All Communities

The East Bay Regional Park District has ten visitor centers, all providing unique experiences to visitors, schools, and community groups. Each visitor center offers programs at their park, and sometimes at surrounding parks. Find out more information about the programs in this *Regional in Nature* guide you are holding right now, and via this QR code.



### Visitor Centers

But what about groups that do not have easy access to parks due to transportation or accessibility factors? Cue the Mobile Education team! The Mobile Education naturalist team brings the park experience to you! We visit classrooms, senior centers, clinics, libraries and more across Alameda and Contra Costa counties. We engage participants in educational activities on the natural and cultural resources of the Park District. We also bring the **Mobile Visitor Center** and 1,500-gallon **Mobile Fish Exhibit** to special park or partner events including UN International Day of Peace, National Night Out, Earth Day, and local science fairs.



### Mobile Programs Application

We could not do this vital work without you! We invite you to reach out to us. Are you part of, or do you know of, a community group or school that could benefit from our mobile programs? Apply online at [apply.ebparks.org](http://apply.ebparks.org). Learn more at [ebparks.org/programs/educators/mobile-education](http://ebparks.org/programs/educators/mobile-education). Or contact us at [MobileEducation@ebparks.org](mailto:MobileEducation@ebparks.org) or (510) 544-3176.



### Mobile Education Programs



Mobile Visitor Center visits the City of Richmond



Mobile Fish Exhibit visits a school

## GET TO KNOW BLACK CONSERVATIONISTS

### Lake Chabot Regional Park (Castro Valley)

In honor of Black History Month, join us for an exploration of coffee and a short scenic walk as we discuss the work of Black conservationists protecting wetlands and beyond.

All ages. Parent participation required. Parking fees apply where charged. Drop in. Meet in front of the Lake Chabot Marina and Café.  
-Feb 24 (Sat), 10-11:30am

## Mobile Ed. Musings



By David Cohen

# Outdoor Recreation



## Fitness/Wellness



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

#### **Black Diamond Mines (Antioch)**

Learn strategies for enhancing performance and confidence using poles for hiking. Uphill: Improve power, endurance, posture, upper body strength and spine function. Downhill: Develop skills for feeling safer and preserving joints – Save your knees! Pole training session, including optional practice hike. All level hikers' welcome. A variety of top-quality poles are provided for your use.

–Jan 20 (Sat), 9am-2:30pm, #50356

–Jan 24 (Sat), 9am-2:30pm, #50357

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

### POLE WALKING FOR BALANCE AND MAINTAINING MOBILITY

#### **Kennedy Grove Regional Recreation Area (El Sobrante)**

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

–Feb 23 (Fri), 9:15am-1:30pm, #50358

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

## Fishing Programs

### Various Locations

#### TROUT FISHING – BASICS

Learn the basic techniques of trout fishing including gear selection, rigging, fish behavior, and bait selection. This course is designed for those who have some basic experience fishing

and would like to learn more about trout fishing.

Class will specifically address trout fishing and various types of rigging and lures used.

Gear provided.

–Jan 5 (Fri), 9-11am, #50761

–Jan 19 (Fri), 9-11am, #50604

–Feb 2 (Fri), 9-11am, #50595

–Feb 17 (Sat), 9-11am, #50559

Fees: Adult \$25 (non-res \$29); Child \$21 (non-res \$25) Registration required.

#### TROUT FISHING – INTERMEDIATE

Learn intermediate techniques of trout fishing including gear selection, rigging, fish behavior, and bait selection. This course is designed for those who have basic trout experience and would like to learn more about trout fishing.

Gear provided.

–Jan 5 (Fri), 12pm-2pm, #50762

–Jan 19 (Fri), 12pm-2pm, #50606

–Feb 2 (Fri), 12pm-2pm, #50599

–Feb 17 (Sat), 12pm-2pm, #50560

Fees: Adult \$25 (non-res \$29); Child \$21 (non-res \$25) Registration required.



## Kayaking Programs

### Big Break Regional Shoreline (Antioch)

#### SUNSET PADDLE

Paddle as the light of the setting sun sparkles on the waves. Then, after dry-land instruction, we'll wend our way in our steady and stable tandem kayaks.

–Jan 29 (Mon), 2:30-5:30pm, #50359

Fee: \$30 (non-res \$34) Registration required.

#### KING TIDE KAYAKING

Join us on the water during one of the highest tides of the year. We'll start with dry land instruction, then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline.

–Feb 9 (Fri), noon-3pm, #50360

Fee: \$30 (non-res \$34) Registration required.



Jennifer Koney

#### KAYAKING BIG BREAK

Come ply the welcoming and wondrous waters of the Delta on this beginner (and up) kayak excursion. We'll start off with dry land instruction then paddle our steady and stable craft on a group exploration of this lovely, rich shoreline. Ages 10 and up.

–Feb 20 (Tue), 10am-1pm, #50362

Fee: \$30 (non-res \$34) Registration required.

## Outdoor Recreation Programs

For registration information and a complete list of Outdoor Recreation programs, please call 1-888-327-2757 (1-888-EBPARKS), option 2 or visit us online . . . . . ▶





# Sunol Wilderness

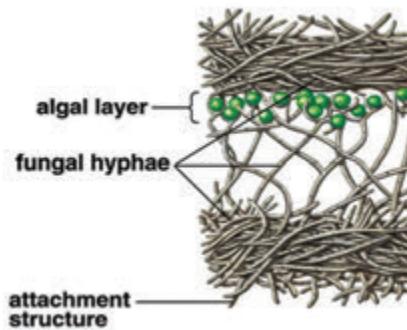
## REGIONAL PRESERVE

Bjorn S.

### Lookin' for Lichens

If you look closely at trees and rocks, you'll see something interesting growing there. Most people think it's moss, but what if what you're looking at isn't moss, but some other really amazing organism called lichen? Lichens are a unique combination of a fungus and an algae – in fact, there

#### Lichen Plant Structure



PlantScience4u.com

are over 3,600 species in North America! Other than being very colorful and cool to look at, why should we care about lichens? The symbiotic relationship helps algae survive in harsh environments where it could not normally survive since the fungus protects the algae. This allows lichens to convert carbon dioxide into oxygen

through photosynthesis. Lichens also absorb pollutants from the air so scientists can use them to detect levels of toxins in our atmosphere! So next time you're out for a hike, look for these interesting and helpful organisms and remember:

**"Freddy Fungus and Alice Algae took a 'lichen' to each other and their relationship has been on the rocks ever since!"**



Bjorn S.



Bjorn S.

### Sunol Interpretive Programs

For a complete list of Sunol programs, please visit us online •••••

For live program events, follow us on Facebook at Sunol Wilderness Regional Preserve!

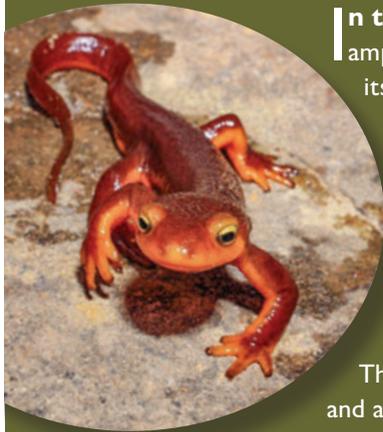


# Tilden

## NATURE AREA



### Winter Storms Bring Newt Swarms



California newt  
(*Taricha torosa*)

In the lush landscapes of California, two remarkable amphibians have carved out their niche, each with its unique characteristics and adaptations. The California newt (*Taricha torosa*) and the rough-skinned newt (*Taricha granulosa*) are two fascinating members of the salamander family, both of which thrive in the diverse ecosystems of the Golden State. Both can be found in the Tilden Nature area, but how exactly, can we tell them apart?

The California newt is adorned with earthy tones and a warm reddish-orange belly. In contrast, the rough-skinned newt dons a coastal allure with a dark, almost black, dorsal hue and a vivid orange underside. These creatures subtly differ in habitat preference – the



Rough-skinned newt  
(*Taricha granulosa*)

California newt thrives amidst trees, while the rough-skinned newt prefers coastal environments. Next time you venture into the Tilden Nature Area, observe these amphibians, who each inhabit a unique niche of the west coast biodiversity that California is celebrated for.

### Tilden Interpretive Programs

For a complete list of Tilden programs, visit us online . . . . .  
For information, call: (510) 544-2233



#### INTERPRETIVE PROGRAMS

##### Environmental Education Center: Tilden Regional Park (Oakland)

Check in to see what activities will be happening that day. Ongoing programs include:

- **Creature Features** (Sat), 10:30-11am
- **Fun on the Farm** (Sat), 2-3pm (at the Little Farm)
- **Sunday Stories** (Sun), 10:30-11am
- **Snake Feeding** (Sun), 2-3pm

#### GARDEN HELPERS

##### Tilden Nature Area: Tilden Regional Park (Oakland)

There is plenty to do in the winter garden. Drop in to lend a hand and see how the garden grows! Enter next to the Round Barn at the Little Farm. No registration. Drop-in.

- **Jan 12** (Fri), 1-2pm
- **Jan 23** (Tue), 1-2pm

#### WINTER WALK

##### Dotson Family Marsh Staging Area: Point Pinole Regional Shoreline (Richmond)

There's nothing like a brisk winter walk to get warmed up! Bring binoculars if you have them, as we will likely see some birds. No binoculars? You can borrow a pair! Bring water and a snack. Heavy rain cancels. No registration. Drop-in.

- **Feb 9** (Fri), 9-11am

#### WINTER WALK

##### Port Costa Staging Area: Carquinez Strait Regional Shoreline (Crockett)

Take in spectacular views of Carquinez Strait and look for signs of spring's approach along this rolling, paved trail hike. Dress in layers, bring water and a snack. Heavy rain cancels. No registration. Drop-in.

- **Feb 23** (Fri), 9am-noon

## WHAT'S HAPPENING AT THE REGIONAL PARKS BOTANIC GARDEN

The Botanic Garden is open 8:30 a.m. to 5 p.m.

Free garden entry and parking. Dogs and pets are **not** allowed in the garden. Botanic Garden e-newsletter: [nativeplants.org](http://nativeplants.org) or call (510) 544-3169

#### WEEKLY PLANT SALE

Visit: [nativeplants.org](http://nativeplants.org) for more information.

- **Wednesdays** 10am-noon
- **First Saturdays** 10am-2pm

#### FREE WEEKEND AND HOLIDAY TOURS

Docent-led tours of the garden on non-rainy weekends. Meet at the visitor center. Drop-in. Tour capacity is limited.

- **Saturday** 2pm
- **Sunday** 11am and 2pm

#### WAYNE RODERICK LECTURES

Join us for free lectures on a broad array of topics related to plants and natural history. Named in honor of its founder, the Wayne Roderick Lecture Series runs though February.

- **Saturdays** 10:30am

#### FREE FAMILY FRIENDLY TOUR

This plant adaption-habitat tour will explore California's habitats from deserts to mountains and sea bluffs to temperate rain forest. Meet in front of the Botanic Garden Visitor Center. Rain cancels tour.

- **Feb 25** (Sun), 2pm



# Volunteer PROGRAM

## VOLUNTEER WITH US!

### Martin Luther King, Jr. Day of Service

**A**cross the nation people have turned their “day off” into a “day ON” by taking action and serving their communities on this federal holiday. Inspired by Dr. King’s steadfast commitment to service, folks come together to make positive change.

#### WANT TO CONTRIBUTE?

Join us to celebrate the 29<sup>th</sup> annual Martin Luther King, Jr. Day of Service!

**When:** January 15 (Mon), from 9am-Noon

**Where:** Martin Luther King Jr. Regional Shoreline

**How:** We encourage registration using the QR code provided. If you would like to bring a group (10+ people), please call (510) 544-2229. Drop-in volunteers are also welcome!



*Register here*



Honoring Dr. King through service is an excellent way to begin each year with a commitment to making our communities better. We hope you will join us for the 2024 Martin Luther King, Jr. Day of Service to clean up this beautiful shoreline park

**More information:** [ebparks.org/get-involved/volunteer](http://ebparks.org/get-involved/volunteer)

### Youth Job Fair

COME WORK FOR THE EAST BAY REGIONAL PARK DISTRICT

**Saturday, February 24**

10am-1pm  
Temescal Beach House  
6500 Broadway, Oakland, CA 94618

**Saturday, March 2**

10:30am-Noon  
VIRTUAL  
[ebparks.org/jobs/youth](http://ebparks.org/jobs/youth)



East Bay Regional Park District

Healthy Parks Healthy People

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

### DOC QUACK VOLUNTEER PROGRAMS

**REGISTRATION:** [ebparks.org](http://ebparks.org) or 1-(888)-327-2757, option 2

**INFORMATION:** [ebparks.org/about/getinvolved/volunteer/quack](http://ebparks.org/about/getinvolved/volunteer/quack) or (510) 544-2233

#### WILDLIFE VOLUNTEERS – “CA BLACK RAIL HABITAT HELPERS” (#50517)

AT POINT PINOLE REGIONAL SHORELINE, RICHMOND

During this hands-on activity, you’ll create habitat for the state-threatened California black rail. We will remove non-native plants, pick-up trash, clear debris from clogged channels to improve tidal water cycling, and plant wildlife friendly vegetation which restores nesting habitat for the California black rail. By participating, you’ll earn your “Black Rail Habitat Helper” patch. Physical labor is involved with this project. Parent participation is required.

**Registration deadline:** January 20

– **Jan 27** (Sat), 9:30-11:30am..... “Doc Quack”, Wildlife Biologist



#### WILDLIFE VOLUNTEERS – “SHOREBIRD SANCTUARY” (#50522)

AT MARTIN LUTHER KING JR. REGIONAL SHORELINE, OAKLAND

An exciting adventure over land and water awaits you to create nesting habitat for the threatened western snowy plover. You will help move bulk sand and shells and pull weeds, thereby crafting ideal courtship conditions for breeding plovers, avocets and stilts. By participating, you’ll earn your “Shorebird Sanctuary” patch. Physical labor is involved with this project. Parent participation required.

**Registration deadline:** February 2

– **Feb 10** (Sat), noon-2:30pm..... “Doc Quack”, Wildlife Biologist

