

FREE OUTDOOR MOVIE! 🍿

Shadow Cliffs

Saturday, September 26, 6 pm

Join us for a FREE, family oriented outdoor movie in a beautiful park setting. Movie begins shortly after sunset and is a great way to spend the evening for everyone! Be sure to bring a flashlight, clothes to stay warm, snacks, and a blanket or chair for sitting.

Featuring **"Back to the Future,"** rated PG, 115 minutes, 1985. Come early to enjoy the pre-movie entertainment and the surroundings. Dress for temperatures 55-65 degrees. Snacks will be available for sale. Expected movie start time is 7:30pm. No pets. Rain cancels event.



FLOAT TUBE FISHING! 🍿🐟📍

Jeremy Saito/Mike Hawley

This new course designed for the intermediate to advanced angler will introduce the sport of float tube fishing. Beginners also welcome! Participants will be given on-land instruction on float-tubing gear and techniques, followed by instructor guided fishing on the lake. Gear provided. 16+ yrs. (16-17 PPR)

Del Valle Regional Park

8-11:30am, Sat, Oct 17 #22451

Fee: \$29 (non-res. \$33)

INTRO TO FLY-FISHING-Fish 1st! 🍿🐟

Fish First!

This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy two 1/2 hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more.

Tilden, Lake Anza

7am-1pm, Sun, Sep 13 #22259; Sun, Oct 11 #22261

Fee: \$60 (non-res. \$66)

FISHING – INTERMEDIATE TROUT 🍿🐟📍

Mike Hawley

Learn intermediate trout fishing skills including rigging, casting, ecology and conservation, fish habitats. Proper technique on use of a variety of lures and where/how to catch trout will be covered along with hands-on fishing. Gear provided. 12+ yrs (PPR 12-15 yrs). Valid CA fishing license required for ages 16+.

Shadow Cliffs Recreation Area

7-9am, Sat, Sep 26 #22456

Fee: \$19 (non-res. \$21)

Wilderness Skills

BASIC LAND NAVIGATION 🍿🐟📍

Susan Labiste

Hit the trails without fear of getting lost. Learn the basics of map and compass reading, & triangulation for on-trail navigation. We'll try our newly learned skills on the trail in a hike with moderate elevation gain. Compasses and maps will be provided. 14+yrs.

10am-2pm, Sat, Sep 12 #22472, Sunol

Fee: \$17 (non-res. \$19)

SURVIVAL ESSENTIALS 🍿🐟📍

Susan Labiste

Thinking of traveling to desolate locations? This introductory workshop will prepare you for your adventure; teaching you basic principles and methods of wilderness survival. Topics covered will include assembling survival kits, shelter building, fire starting techniques, emergency signaling, water purification, and more! 14+yrs.

10am-2pm, Sat, Oct 3 #22559, Garin

Fee: \$18 (non-res. \$20)

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org

ARCHERY - INTRODUCTION 🏹

Redwood Bowmen

Basic beginner recreational archery instruction. 30 minutes of classroom lecture in clubhouse reviewing safety, terminology, and a brief overview of recreational archery. 90 minutes of shooting instruction and practice on outdoor range. Equipment provided. 10+ yrs (10-13 parent supervision required).

Roberts Regional Recreation Area

9-11am, Sat, Oct 17 #22558

Fee: \$50 (non-res. \$56)

GOLF - INTRODUCTION 🏌️

American Golf Corp

Learn pre-shot and full-swing fundamentals, and become familiar with terminology/equipment.

Golf balls and loaner clubs are provided.

Participants will receive a free \$20 range card for use at the driving range and \$20 off a future class at the golf course. 14+yrs.

Tilden Golf Course

3:30-5pm, Sat, Sep 19 #22443; Sat, Oct 10 #22447

5:30-7pm, Tue, Sep 29 #22446

Fee: \$50 (non-res. \$56)

BOAT TO BROOKS

ABOARD DELPHINUS 🐬

Dolphin Charters

Join us for a relaxed boat ride. Participants will be ferried to the island to enjoy a naturalist-guided, two-mile hike around this beautiful preserve. Hot coffee, hot chocolate, and tea are provided. This is a trip you don't want to miss! 12+yrs.

Brooks Island Regional Shoreline

10am-4pm, Sat, Oct 10 #21128

Fee \$65 (non-res. \$73)

BACKPACK ANTHONY CHABOT PARK 🏃

Michael Charnofsky & Rec. Staff

Recharge your batteries in beautiful Anthony Chabot Park on this moderate backpacking trip through grassland, oak woodland and shady forest. Experience amazing views, diverse animal and plant life, and the nighttime sky. Food provided, loaner gear available. All experience levels welcome. Pre-trip meeting Sept 23. 14+, 14-17 PPR

Anthony Chabot Park

10am, Sat, Sep 26 to 3pm, Sun, Sep 27 #22463

Fee \$82 (non-res. \$92)

LLAMA DAY HIKE 🐫

LAMAS Outfitters

Experience the wonderful world of llama packing! Professional packers will guide this 4-6 mile hike. Llamas will carry your lunch and personal items. You will have the opportunity to lead a llama while learning about handling, caring for, and packing with llamas. Age 8+ (PPR).

Redwood Regional Park

10am-4pm, Sat, Sep 19 #22432; Sun, Sep 20 #22436; Sat, Oct 10 #22437; Sun, Oct 11 #22438

Fee: \$35 (non-res. \$39)

PET FIRST AID/CPR 🐾

Peter Pay

Learn how to save a pet's life during an emergency, minimize a pet's trauma after injury and safely transport an injured pet to the veterinary clinic. This program concentrates on basic first aid, including wounds, fractures, choking, cardiac emergency and snake bites. Booklet and certificate available for purchase during class. 12+yrs.

Lake Chabot

9am-1pm, Sat, Oct 31 #22448

Fee: \$45 (non-res. \$51)

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org



KAYAKING FAMILY DISCOVERY 6-10 16 **New!**

Current Adventures

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+yrs (PPR 5-13yrs)

Quarry Lakes

11am-2pm, Sun, Oct 4 #21939

Fee: \$60 14+yrs/\$55 5-13yrs (non-res. \$66/\$61)

DISCOVER KAYAKING 6-10 16

Current Adventures

Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request). You'll have lots of time to practice as we explore the lake. 5+yrs (PPR 5-13yrs)

10am-2:30pm, Sun, Sept 6 #21929; 11am-3:30pm, Sat, Nov 14 #21930, Quarry Lakes;

11am-3:30pm, Sat, Sept 26 #21926; Sat, Oct 17 #21927, Lake Chabot

Fee: \$65 (non-res. \$72)

BROOKS ISLAND VOYAGE: BRING YOUR OWN BOAT 16

Interpretive Staff

Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, enjoy views from its rocky peak. For experienced boaters who can provide their own kayak and safety gear. Parent Participation Required.

Brooks Island Regional Shoreline

10am-3pm, Sat, Sep 12 #21115; Sun, Oct 4 #21116

Fee: \$20 (non-res. \$22)

KAYAKING FOR FOLKS 50+ 6-10 16 **New!**

Current Adventures

Learn kayaking skills with your peers at a pace that is right for you. Learn paddling techniques, equipment selection, and safety guidelines in calm waters. Then practice what you have learned touring the lake in a single kayak (double kayaks available upon requests). 50+yrs.

Noon-3pm, Sun, Sept 27 #21936, Quarry Lakes;

11am-2pm, Sat, Oct 31 #21934; Sat, Nov 21 #21935, Lake Chabot

Fee: \$60 50-61yrs/\$55 62+yrs (non-res. \$66/\$61)

BROOKS ISLAND ADVENTURE 6-10 16

California Canoe & Kayak

This trip is short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a naturalist guided, two-mile hike around the island which is normally closed to visitors. Parking fee will be charged at Richmond Marina. 14+yrs.

Brooks Island Regional Shoreline

10am-4pm, Sun, Sep 13 #21126; Sat, Sept 26 #21127; Sun, Oct 18 #21440

Fee: \$85 (non-res. \$95)

KAYAK MIDDLE HARBOR! 6-10 **New!**

Tara Reinertson, CCK

Enjoy beautiful Bay views as you learn about the natural and cultural history of this site. Boats and basic kayak instruction provided by California Canoe & Kayak as we paddle within our protected harbor and then out into the Inner Harbor. 12+yrs (PPR 12-17)

10am-1pm, Sat, Oct 17 #21457

Fee: \$50 (non-res. \$56)



All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org

Free!



TRAILS CHALLENGE 2009

Thousands of people like you have participated in the past 15 years– over 6,000 last year alone! Register to receive the 2009 guidebook filled with 20 of the best hikes in the Regional Parks. Trails Challenge invites you to hike 5 of the 20 trails listed in the booklet by Dec. 1. We are encouraging participants to go “green” this year by saving paper and using a downloadable version of the guidebook and printing only what you need. Upon registration, participants will receive instructions on how to download the Trails Challenge guidebook. A commemorative pin will be sent after you complete the challenge; pins will be mailed in the fall. Trails Challenge T-shirts can be purchased while supplies last; don’t miss out on these commemorative keepsakes. Kaiser Permanente is a major sponsor of this program.

Reg. Required: Online registration only at www.ebparks.org. No phone registrations.






Free!

KIDS CHALLENGE

The all new 2009 Kids Challenge guidebook to the Regional Parks is filled with 15 fun activities for kids ages 17 and under. All participants will receive a special prize, and those complete the Kids Challenge of trying 5 activities will receive a colorful commemorative patch and Frisbee! (1 per child, while supplies last). The Kids Challenge is completely self-paced. Some activities require parent participation and/or additional fees. Course Code: 20220. Reg. Required: 1-888-EBPARKS (1-888-327-2757) option 2, 3

Accommodations will be made for visitors with disabilities upon advance request. For assistance call (510) 530-8241

-  Online Registration
-  Parking Fee applies
-  Disabled accessible

All classes require advance registration

Call 1-888-EBPARKS (1-888-327-2757) or register online at www.ebparks.org