

Register online: www.ebparksonline.org
or by phone: 1-888-EBPARKS (1-888-327-2757), option 2, then 3

RECREATION

POLES FOR HIKING & NATURE EXPLORATION

Redwood Jayah Faye Paley
9:30am-3:30pm, Sat, Oct 2 #25336
Power with Poles! Using your whole body while hiking feels good! Learn about gear and how to effectively use upper body muscles to help preserve your joints. Reduce knee stress. Improve endurance, upper body strength, posture and balance. Beginner to experienced hikers. Top quality poles provided. 18+yrs.
Registration is required.
Fee: \$55 (non-res. \$63)

BASIC LAND NAVIGATION

Sunol Susan Labiste
10am-3pm, Sat, Sep 25 #25330
Hit the trails without fear of getting lost. Learn the basics of map and compass reading, and triangulation for on-trail navigation. We'll try our newly learned skills on the trail in a hike with moderate elevation gain. Registration includes a compass and map. 14+yrs.
Registration is required.
Fee: \$23 (non-res. \$27)



ARCHERY-INTRODUCTION

Redwood Bowmen
1:30-3:30pm; Sat, Sep 25 #25119; Sat, Oct 23 #25122
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. (parent supervision required for ages 10-13 years).
Registration is required.
Fee: \$50 (non-res. \$56)

LAND NAVIGATION ON THE TRAIL

Sunol Susan Labiste
10am-3pm, Sun, Sep 26 #25331; Sat, Oct 23 #25332
Hate getting lost? Join us to practice map and compass skills, using our topographic maps. This course emphasizes land association and triangulation techniques, requires some basic knowledge of map/compass navigation and terminology, and a fitness level appropriate for moderate to difficult trails. 14+yrs.
Registration is required.
Fee: \$23 (non-res. \$27)

SURVIVAL ESSENTIALS

Garin Susan Labiste
10am-3pm, Sat, Oct 2 #25333
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.
Registration is required.
Fee: \$23 (non-res. \$27)

NEW! FITNESS FOR THE TRAIL AND FOR LIFE

Kennedy Grove Jayah Faye Paley
9:15-11:45am, Sat, Oct 23 #25335
This class will help you achieve endurance, balance and strength; slowly & easily. Having a sustainable foundation can make a huge difference in the quality of your life. Start from where you are today so you can continue to enjoy the outdoors. Optional potluck lunch noon-1pm. 18+yrs.
Registration is required.
Fee: \$20 (non-res. \$22)

POLES FOR MOBILITY, BALANCE & WALKING

Kennedy Grove Jayah Faye Paley
1:15-4:30pm, Sat, Oct 23 #25141
Learn how to achieve, maintain, and regain mobility. Improve posture, endurance, function & strength. Easy-to-learn techniques help you navigate everyday obstacles and enjoy the outdoors. Top quality poles provided. Designed to help people with mild to moderate mobility issues. Noon: Optional Potluck Lunch. 18+yrs.
Registration is required.
Fee: \$45 (non-res. \$51)

GOLF – INTRODUCTION

Tilden Golf Course Amer. Golf Corp
5:30-7pm, Tue, Sep 14 #25321;
1-2:30pm, Sat, Oct 2 #25324
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.
Registration is required.
Fee: \$50 (non-res. \$56)

LLAMAS – MYSTICS OF ANDES

Redwood LAMAS Outfitters
11am-2:30pm: Sat, Oct 16 #25316; 10am-1:30pm, Sun, Oct 17 #25317
The Quechua Andeans refer to llamas as 'Speechless Brothers.' Geo is a Llama Michie with over 25 years experience caring for, training, and packing with llamas. Under his guidance, learn how to groom, feed, lead and interact positively with these specially trained animals. Reserve your own llama for the class, or, up to 3 people can share one llama. 8+yr. Parent participation is required.
Registration is required.
Fee: \$70 per llama – 4 llamas maximum per class (non-res. \$78)



PET FIRST AID/CPR

Lake Chabot Peter Pay
9am-1pm, Sun Oct 17 #23508
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.
Registration is required.
Fee: \$45 (non-res. \$51)

NEW! PET FIRST AID – REFRESHER

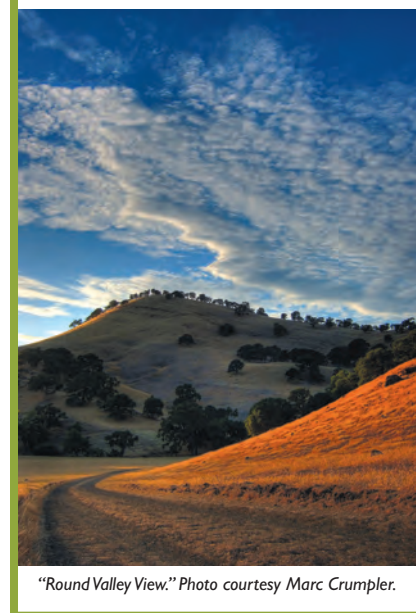
Lake Chabot Peter Pay
10am-noon, Sat, Sep 25 #25334
Fine tune your skills with this 2 hour refresher course focusing on minimizing a pet's trauma after injury and safely transport an injured pet to a hospital. We'll focus on basic first aid, fractures, choking, cardiac emergency and snake bites. Booklet and certificate available for purchase at class. 12+yrs.
Registration is required.
Fee: \$20 (non-res. \$22)

WILDERNESS TRIPS

Join Park Naturalist and Recreation staff for fun & exciting wilderness trips in your local Regional Parks. Learn about your natural environment, and backpacking skills with other likeminded people. Trips are available for all levels of hikers, loaner gear available (while supplies last), and trips vary in theme to meet a variety of interests. Participants are expected to be in good physical condition. For more information call (510) 544-2558.

BACKPACKING ROUND VALLEY

Round Valley E. Willis/S. Labiste
3pm, Sat, Oct 9 to noon, Sun, Oct 10 #25217
Pack your gear for an easy overnighter at Round Valley. We'll hike approximately 3.5 mostly flat miles to the group site, set up camp, and explore the natural and cultural wonders of this preserve under crisp autumn skies. Food included, limited loaner gear available. 12+yrs. Parent participation required for ages 12-17 years.
Registration is required.
Fee: \$55 (\$61 non-res.)
Upcoming campouts:
• Mission Peak Regional Preserve, December, dates TBD



"Round Valley View." Photo courtesy Marc Crumpler.

BOATING / KAYAKING

KAYAKING FAMILY

DISCOVERY

Quarry Lakes, Lake Chabot

Current Adventures

11am-2pm, Sat, Sep 4 #25101;
Noon-3pm, Sat, Oct 30 #25107, Quarry
Lakes; 11am-2pm, Sun, Oct 3 #25102
Lake Chabot

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. Parent participation is required for ages 5-13 years.

Registration is required.

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

BROOKS ISLAND ADVENTURE

Brooks Island Cal. Canoe & Kayak
10am-4pm: Sat, Sep 11 #24302; Sat, Sep
25 #24309; Sun, Sep 26 #24310; Sat, Oct
2 #24312; Sat, Oct 9 #24313; Sun Oct
10 #24314

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.

Registration is required.

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

KAYAKING

FOR FOLKS 50+

Various parks Current Adventures

11am-2pm, Sun, Sep 12 #25100,
Sat, Oct 2 #25094, Lake Chabot; Noon-
3pm, Sat, Oct 23 #25092, Quarry Lakes
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 request). 50+yrs.

Registration is required.

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

DISCOVER KAYAKING

Various parks Current Adventures

11am-3:30p, Sat, Sep 18 #25087, Quarry
Lakes; 11am-3:30pm, Sun, Oct 10 #25084,
Lake Chabot

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. Parent participation is required for ages 5-13 years.

Registration is required.

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

BROOKS ISLAND VOYAGE: BRING-YOUR-OWN-BOAT TRIP

Brooks Island Interpretive Staff

10am-4pm, Sun, Sep 12 #24191

Paddle the rising tide across the Richmond Harbor Channel to Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own kayak and safety gear. Parent participation required. 14+yrs.

Registration is required.

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

BOAT TO BROOKS ABOARD DELPHINUS

Brooks Island
Dolphin Charters

10am-4pm, Sat, Oct 23 #25022;

9am-3pm, Sun, Nov 7 #25024

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.

Registration is required.

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



FISHING

BEGINNING FLY CASTING

Shadow Cliffs Lois Kilburn
8am-noon, Sat, Oct 2 #25044

Learn knots, roll cast, pick-up and lay down cast, false casting, and how to select equipment and set up your fly rod. Class is taught by a National Champion tournament caster. 15+yrs. Registration is required.

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

NEW! FISHING – MY FIRST FISH! (GUARANTEED)

Various parks Outdoor Rec. Staff
4-6pm, Wed, Oct 6 #25325, Quarry
Lakes; 4-6pm, Wed, Oct 20 #25327,
Contra Loma

Come to the lake and participate in this fun “derby style” class where kids will catch their first fish...guaranteed! Practice casting, then catch a fish from an enclosed net in the lake. Parent participation is required for ages 5-15 years. Gear provided. 5-17yrs.

Registration is required.

Fee: \$38 (non-res. \$44)

FISHING – INTRODUCTION

Shadow Cliffs Outdoor Rec. Staff
8-10am, Sat, Sep 18 #25328

This class is perfect for anyone interested in getting started with the sport of fishing. Participants will learn the basics including knot tying and rigging, gear and bait selection, and casting techniques. A valid California Fishing License is required for 16+yrs. Gear provided. Parent participation is required for ages 5-15 years. 5+yrs. Registration is required.

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

INTRO TO FLY-FISHING – FISH 1st!

Lake Anza Fish First!
7am-1pm, Sun, Sep 12 #25109; Sun, Oct
10 #25114

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.

Registration is required.

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



KIDS CHALLENGE

FREE

The 2010 Kids Challenge program is based on the California Children's Outdoor Bill of Rights which recommends a fundamental list of experiences that every child would benefit from, before entering high school. This program is self-paced and challenges youth to complete 5 of the 10 activities listed in the Bill of Rights. Some activities require parent participation and/or additional fees. Register to receive the guidebooklet and a special prize to help you get started (1 per child, while supplies last). A commemorative patch and EBRPD frisbee will be sent after completing the challenge (1 per child, while supplies last). Course Code: 23496

Registration is required.



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TRAILS CHALLENGE FREE

Thousands of people like you have participated in this program, last year over 8000 people! The program challenges participants to complete 5 of the featured trails in the guide booklet by December 1. The booklet features trails for all levels of fitness and all types of trail users as well as a variety of tips for new trail users. We are encouraging participants to go “green” by using the downloadable version of the booklet and printing only what you need; hard copies are available for \$5.00. With registration you will receive access to download the guidebook, instructions on how to receive your free organic T-shirt (while supplies last), and web links to see the routes on Google Maps. A commemorative pin will be sent once you complete the challenge, pins will be mailed in the fall (while supplies last). Kaiser Permanente is a major sponsor of this program. Registration is required.: visit www.ebparks.org & click on the “Features” section to get started. No phone registrations.