2017 SUMMER

For all activities, please wear appropriate attire for the weather and bring water and a snack. Unless noted, activities are free and registration is not required. If sign up is requested, please go to the activity calendar at sonomacountyparks.org. Accommodation will be made for visitors with disabilities upon advance request.

NATURALLY FIT

Every Friday, June-August • 6-7PM
Spring Lake Regional Park - Swim Lagoon P
Regional Parks Staff & YMCA Instructors
Kick off the weekends this summer with a fun-filled outdoor exercise program for the entire family. Each week a certified YMCA instructor will lead a different opportunity to increase your health through invigorating activities. Featured classes are: cardio kickboxing, yoga, Zumba, boot camp, and jogging/walking the Spring Lake par course. The sessions are FREE with a suggested donation of $3/person or $5/family. Children 6+ years please.

Info.: (707) 565-2041

LEGEND
P Parking Fee May Apply
Accessible
Healthy Parks, Healthy People

JUNE 1 – JUNE 30

Every Sonoma County 4TH GRADER in a Regional Park
A big 50th anniversary shout out to all 4th graders and your families! You have FREE day-use parking at all Regional Parks for the month of June. Research shows that 4th grade is an important time for exploring nature, and that positive outdoor experiences stay with children throughout their lives.

Registration Required
Info.: (707) 565-2041

TRAILS CHALLENGE: LESS TRAVELLED PARK GEMS

Thursday, June 1 • 10-11:30AM
North Sonoma Mountain Regional Park P
Regional Parks Staff
Take the lesser known path and learn about the area’s flora and fauna on this 2-3 mile guided hike series. We will explore new trails each time for your Trails Challenge merits.

June 1 - North Sonoma Mountain Regional Park P
July 29 - Cloverdale River Park P
August 24 - West County Trail - Sebastopol Community Center
Info.: (707) 565-2041

Visit sonomacountyparks.org for more outdoor activities.
OUTDOOR ACTIVITIES

TRAILS FOR TOTS

Friday, June 2 • 10-11:30AM
Larson Park
Irma Cuevas
Join us for a morning of fun and learning at this bilingual, outdoor program designed for children ages 3-4 with an adult. We will read stories, sing songs, go on a short walk, and create a nature-themed craft. Bring water and a snack.

June 2 - Larson Park
July 21 - Helen Putnam Regional Park
August 25 - Sunset Beach River Park
Info.: (707) 565-7888

FUNKY FRIDAYS @ THE HOOD

Every Friday, June-September
5:30-9PM
Hood Mansion Grounds
Pythian Road at Los Guilicos Road
Regional Parks Foundation Staff
Support parks through live music at this popular outdoor concert series. Bring a blanket or low-back chair, food for picnicking and your dance moves. Beer and wine available for purchase. (Please no outside alcohol.)
Fee: $10
Info.: funkyfridays.info

CAMPFIRE PROGRAMS

Every Saturday
June & July: 7-8PM, August: 6-7PM
Doran Regional Park
Park Ranger
Join Regional Parks for an interactive campfire program to learn about topics ranging from local animals’ habits and habitats to the area’s cultural history. Every Saturday beginning Memorial Day weekend through Thanksgiving weekend there will be fireside banter for campers and the public. Meet at the amphitheater.
Info.: (707) 875-3540

NUESTROS PARQUES

Saturday, June 3 • 10AM-1PM
Ragle Ranch Regional Park
Irma Cuevas
Join us for guided hikes in Spanish for the whole family! Explore different nature and cultural themes on a 2-4 mile walk, and then enjoy a potluck lunch together. Bring plates, utensils, and a healthy lunch dish to share.

June 3 - Ragle Ranch Regional Park
July 1 - Helen Putnam Regional Park
August 5 - Maxwell Farms Regional Park
Info.: (707) 565-7888

TIDE POOL TALKS

Saturdays, June 3, July 1 & August 5
11AM-12PM
Doran Regional Park
Ranger Ilana Stoelting
Join us for hands-on creature fun exploring the animals found in our local tide pools. This family friendly program is for all ages to explore life in the Pacific Ocean. Meet at the amphitheater.
Info.: (707) 875-3540

SCIENCE SATURDAYS

Saturday, June 3 • 1-4PM
Spring Lake Regional Park - Environmental Discovery Center
Ellie Muelrath
Embrace your inner scientist and discover the wonders of environmental and physical science! Drop-in and join us for these free presentations and interactive experiments the first Saturday of every month beginning on the hour at 1PM, 2PM, and 3PM. All ages welcome.

June 3 - The science of fun! Have you ever wondered how toys are made? Learn how different materials combine to make your very own toys. Projects include making bouncy balls and slime to take home and show your friends.

(continues on page 3)
2017 SUMMER OUTDOOR ACTIVITIES

50TH ANNIVERSARY party & TRAILS CHALLENGE kick-off

Saturday, June 3
10AM-2PM
Ragle Ranch Regional Park
Regional Parks, Regional Parks Foundation, Whole Foods, and REI Staff

Celebrate National Trails Day and launch into a season of Regional Parks hiking. Enjoy outdoor activities for all ages including one of your five summer Trails Challenge hikes. “Trailgating” with Whole Foods, REI and Regional Parks’ Mobile Discovery Center, music, scavenger hunt, crafts for kids, local food, a fun run, birthday cake, and prizes.
Info.: (707) 565-2041

SCIENCE SATURDAYS (continued from page 2)
July 1 - Bubbles galore! Pop in to make your own bubble solution and wands creating bubbles big and small, or try out some bubble art! There will be a prize for the longest lasting bubble.
August 5 - Animal masquerade! Discover some of the different animals that make Spring Lake their home. Make a plaster cast of an animal track and a paper animal mask to go along with it.
Info.: (707) 539-2865

SEAWEED AND SEA VEGETABLES—WHAT’S FOR LUNCH?
Saturday, June 3 • 3-4:30PM
Saturday, July 1 • 11AM-1PM
Saturday, August 12 • 8-10AM
Stillwater Cove Regional Park
Marcia Munson

Bring the family and discover the majesty, beauty and edibility of seaweed. We will hike half a mile to the beach to look for red, green, and brown seaweed. There, we will learn about seaweed habitat, seaweed’s place in the food chain, and important safety tips for gathering sea vegetables. After the hike, you will have a chance to sample some vegetarian sea delicacies. Meet at the northwest corner of the parking lot.
Info.: (707) 847-3245

SATURDAY SPEAKER SERIES
Every Saturday, June-August • 12-2PM
Gualala Point Regional Park - Visitor Center
Regional Parks Foundation, Whole Foods, and REI Staff

Learn about the natural wonders of this north coast park—from abalone divers to whale experts-- during a free summer speaker series perfect for the entire family. Most talks will include an easy, 1 mile hike from the Visitor Center to the mouth of the Gualala River Estuary.
Info.: (707) 785-2377

TREK TOLAY—CELEBRATING LANDSCAPES & LAND STEWARDS
Sunday, June 4 • 9AM-3PM
Tolay Lake Regional Park
Regional Parks & Sonoma Resource Conservation District Staff

Walk 5-miles across gently sloping terrain at the newly expanded park to experience a landscape steeped in cultural history, ecological diversity, and breathtaking views spanning across the San Pablo Bay. Hear about the mosaic of partnerships that work together to protect and conserve Sonoma County’s most treasured landscapes.
Registration Required
Info.: (707) 483-0940

ENVIRONMENTAL DISCOVERY CENTER DROP-IN
Every Wednesday-Sunday, June-August • 12-5PM
Spring Lake Regional Park - Environmental Discovery Center
Regional Parks Staff

Looking for summertime family fun that is great for all ages? Visit the Environmental Discovery Center at Spring Lake Park for hands-on, interactive exhibits, and live and taxidermy local animals.
Info.: (707) 539-2865

SETTLE DOWN AT SUN DOWN
Wednesday, June 7 • 6:30-8PM
Pinnacle Gulch Coastal Access Trail
Irma Cuevas

Busy week? Feeling tense? Come unwind and immerse yourself in nature. Enjoy a unique park experience with park interpretive staff that will leave you feeling rejuvenated and grounded. Join us for an evening that focuses on outdoor wellness and relaxation exercises like meditation walks, journaling, stretching, and deep breathing at twilight.

June 7 - Pinnacle Gulch Coastal Access Trail
July 19 - Maxwell Farms Regional Park
August 30 - Taylor Mountain Regional Park - Kawana Terrace
Info.: (707) 565-7888

Visit sonomacountyparks.org for more outdoor activities.
SUNSET SEEKERS

Wednesday, June 7 • 7-9PM
Crane Creek Regional Park  
Shelly Spriggs
Enjoy an invigorating 5-mile hike and a stunning sunset on the first Wednesday of each month. In honor of our 50th anniversary, we will hike 50 miles throughout the year!

June 7 • 7-9PM
Crane Creek Regional Park  
July 5 • 7:30-9:30PM
Bird Walk Coastal Access Trail  
August 2 • 7-9PM
Laguna de Santa Rosa Trail - Highway 12
Info.: (707) 483-0940

WALKIN’ IN PRIDE

Thursday, June 8 • 7-8:30PM
Laguna de Santa Rosa Trail - Highway 12  
Bethany Facendini
Celebrate LGBTQI pride month on a “family” twilight walk for all ages! Enjoy the spirit of community and nature’s wonders along a 3 mile, level trail. Bring good cheer, water, and a snack to share.
Info.: (707) 565-2041

SENIOR SAUNTERS

Friday, June 9 • 10AM-12PM
West County Trail - Graton Road  
Irma Cuevas
Do leisurely walks with other friendly older adults who love the outdoors sound enticing? Join us as we stroll along some of the most accessible trails, while we explore signs of wildlife on an urban fringe.

June 9 - West County Trail - Graton Rd.  
July 28 - Hunter Creek Trail - Meet in Friedman’s parking lot  
August 11 - Santa Rosa Creek Trail - Willowside Road
Info.: (707) 565-7888

NORTH SONOMA JACK SHUTTLE

Saturday, June 10 - Sunday, June 11 9AM-12PM
North Sonoma Mountain/ Jack London State Park  
Team Sugarloaf
The new North Sonoma Jack Shuttle will take you to locations where heights abound and you never have to turn around. Join Team Sugarloaf for a ride from your car so you can “through” hike North Sonoma Mountain to Jack London, or vice versa. Shuttle leaves every 30 minutes from 9AM-12PM.
Suggested donation: $10
Registration Required: sugarloafpark.org
Info.: (707) 833-5712

Visit sonomacountyparks.org for more outdoor activities.
**DOG PARK ETIQUETTE**

Saturdays, June 10 & August 12
11AM-12PM
Ragle Ranch Regional Park - Dog Park
Regional Parks & Sonoma County Humane Society Staff
Visiting a dog park should be a safe and enjoyable experience for humans and canines. This workshop covers proper etiquette, including how to enter the dog park safely; what is appropriate dog to dog play; and what behaviors might lead to challenges. Learn how to read dog body language and other skills.

Registration Required
Info.: (707) 542-0882 x263

**TRAILS CHALLENGE: BACKPACKING HOOD MOUNTAIN**

Saturday, June 10 - Sunday, June 11
2PM-10AM
Hood Mountain Regional Park - Pythian Entrance
Ryan Conradi & Shelly Spriggs
Trek a strenuous 9-mile hike through majestic Hood Mountain. Explore the trails, while learning about the plants, animals and history of this site. Spend the night on the mountain and enjoy outdoor meals, outdoor skills talks, star gazing and night hikes. This trip is for intermediate hikers ages 12+.

Fee: $100/adult and 2 children, $50/each additional child or adult
Registration Required
Info.: (707) 565-2041

**THE SPRINGS FESTIVAL**

Sunday, June 11 • 1-4PM
Larson Park
Park Staff
Come out to the Springs for a FREE family friendly, vibrant, fun, and diverse event! There will be entertainment and festivities for all -- live music, food vendors, children's activities, community information tables, and a bike rodeo with a bike repair clinic and helmet give-away. Look out for the Regional Parks Mobile Discovery Center van for special 50th anniversary give-aways.

Info.: thespringsfestival@gmail.com

**VAMOS A NADAR**

Sunday, June 11 • 9AM-12PM
Windsor Senior Center Pool
Lifeguard Staff
Join Regional Parks and partner city recreation departments for free swim lessons for kids and bilingual water safety information for adults. Visit one of the Vamos a Nadar events in your city and receive a coupon good for a $15 swim lesson session at all participating pools.

Sunday, June 11 - Windsor Senior Center Pool
Saturday, June 17 - Ives Pool, Sebastopol
Saturday, July 8 - Cloverdale Pool
Registration Required: (707) 565-8034

Visit sonomacountyparks.org for more outdoor activities.
COMMUNITY GARDEN WORK DAY

Saturdays, June 17, July 15, & August 19
10AM-3PM
Maddux Ranch Regional Park
Community Soils Foundation & Regional Parks Staff
Help us grow the Larkfield Community Garden with the entire family! Our hands-on workdays are a perfect way to make new friends while weeding, mulching, planting and harvesting summer’s bounty.
Info.: (707) 565-3356

SUMMER SOLSTICE PARTY

Wednesday, June 22 • 1-5PM
Spring Lake Regional Park - Environmental Discovery Center
Environmental Education Staff
Hello summer! Welcome the season of long days and warm nights with hikes to Spring Lake to see “who’s home”, and then create sun-inspired crafts to brighten your day. Bring your favorite family summer adventures to share as part of Regional Parks 50th Anniversary celebration.
Info.: (707) 539-2865

WINGING IT WEDNESDAYS

Wednesday, June 28 • 8:30-10:30AM
Maxwell Farms Regional Park
Dove LaCasse & Park Volunteers
Can you help identify 50 bird species on these outings in honor of Regional Parks’ 50th anniversary? Come enjoy leisurely bird walks for all levels of birthing experience on the last Wednesday of each month. These outings are especially designed for older adults and their friends to enjoy nature and each other’s company.
Bring your own binoculars or borrow ours. Carpooling is encouraged.
June 28 - Maxwell Farms Regional Park
July 26 - Taylor Mountain Regional Park - Kawana Terrace
August 30 - Wohler Bridge River Access
Info.: (707) 565-2041

PADDLING WITH THE BIRDS

Saturday, July 8 • 8-11AM
Riverfront Regional Park
Shelly Spriggs
Watching wings from the water!
Grab your favorite kayak, canoe, or paddleboard and join us for a morning paddle on Lake Benoist. Bring sunscreen, binoculars, field guides, and a snack.
Fee: $15/person, $12/boat rental fee (if needed)
Registration Required
Info.: (707) 483-0940

Visit sonomacountyparks.org for more outdoor activities.
SUMMER CAMPS

SPRING LAKE JUNIOR GUARD
Monday, June 12 - Friday, June 16
Monday, July 17 - Friday, July 21
Monday, July 31 - Friday August 4
9AM-4PM
Spring Lake Regional Park - Swim Lagoon
Regional Parks Staff
All professional rescuers start their training somewhere! Regional Parks invites participants to start their rescue careers with our expert open-water lifeguards. Camper’s ages 9-16 will learn swimming and paddling rescues, boating safety, first aid and CPR. Highlights include kayaking, swimming, time on the new inflatable Water Park, and a final competition to show-off learned skills and a barbecue.

Fee: $190
Registration Required
Info.: (707) 565-2041

SURF CAMP
Monday, June 19 - Thursday, June 22
9AM-2PM
Doran Park - Cypress Day Use
Regional Parks Staff
Catch some waves with us! California is associated with surfer culture, but not all of the state’s coastline is the same. Our section in Sonoma County is rugged, the water is colder, the waves are bigger, and the ocean wilder. For this surf camp, our expert lifeguards will create a safe and rewarding ocean experience. Spend days on the water surfing, learning rescue techniques, and participating in fun activities about the protecting the ocean.

Fee: $250
Registration Required
Info.: (707) 565-2041

DISCOVERY CAMP: WILDLIFE DETECTIVES
Monday, June 19 - Friday, June 23
Monday, July 10 - Friday, July 14
Monday, July 31 - Friday, August 4
9AM-4PM
Spring Lake Regional Park - Environmental Discovery Center
Regional Parks Staff
Touch a living sea star at the tide pool, learn to track wild animals, even set up a wildlife camera to catch photos of animals in the park! Campers will get the chance to splash in the Water Park, swim in the lagoon, and go boating on Spring Lake.

Fee: $190
Registration Required
Info.: (707) 539-2865

SURF CAMP HISTORY EDITION
Monday, June 26 - Thursday, June 29
9AM-4PM
Doran Park - Cypress Day Use
Regional Parks Staff
Celebrate our 50th Anniversary as we look back at 50 years of surfing the North Coast while learning the art and majesty of the sport. Look back at 50 years of surf style to see what has changed and imagine the future of surfing. Days will be spent surfing, learning about local marine life, and teaching campers how they can be stewards of the coast to keep it pristine for the next 50 years.

Fee: $250
Registration Required
Info.: (707) 565-2041

Visit sonomacountyparks.org for more outdoor activities.
SUMMER CAMPS

**DISCOVERY CAMP: EXPLORING OUR SONOMA ROOTS**

Monday, June 26 - Friday, June 30
Monday, July 17 - Friday, July 21
Monday, August 7 - Friday, August 11
9AM-4PM

**Spring Lake Park - Environmental Discovery Center**

**Regional Parks Staff**

If it has to do with hands-on science and outdoor play for children 7-11 years old, we are all over it! In honor of Regional Parks’ 50th, we invite campers to take a deeper look at our local environment. Join us for storytelling, puppet shows, befriending turtles and more! Campers will also get the chance to splash at the Water Park, swim in the lagoon, and go boating on Spring Lake.

Fee: $190
Registration Required
Info.: 707-539-2865

**RUSHING DOWN THE RUSSIAN RIVER KAYAK CAMP**

Monday, July 10 - Thursday, July 13
Monday, July 24 - Thursday, July 27
9AM-4PM

**Healdsburg Veterans Memorial Beach**

**Regional Parks Staff**

Have you spent lazy summer days paddling the jewel of Sonoma County waterways? Take a paddling trip from Del Rio Woods in Healdsburg to Steelhead Beach in Forestville. This four-day 12-mile water trek will be interspersed with games, challenges, and learning about the ecology of the Russian River. On the last day of the trip, we will meet with our partners at the Sonoma County Water Agency where our water comes from.

Ages 9 and up.

Fee: $250
Registration Required
Info.: (707) 565-2041

**ENDLESS SUMMER SURF CAMP**

Monday, August 7 - Thursday, August 10
9AM-2PM

**Doran Park - Cypress Day Use**

**Regional Parks Staff**

Do you wish summer would never end? Everyone has to go back to school at some point, so instead of spending the last week of summer thinking it’s a bummer, surf campers can capture the essence of the summer vibe by surfing with their favorite lifeguard counselors for one last week.

Fee: $250
Registration Required
Info.: (707) 565-2041

Visit sonomacountyparks.org for more outdoor activities.
2017 SUMMER OUTDOOR ACTIVITIES

SUGAR-HOOD SHUTTLE
Saturday & Sunday, July 8 & 9
Saturday & Sunday, August 12 & 13
9AM-12PM
Hood Mountain Regional Park/ Sugarloaf State Park
Team Sugarloaf
Hate going around in circles? Create your own self-guided hike through the magnificent Hood Mountain and Sugarloaf parks with shuttled transportation. Ride the shuttle from the Goodspeed trailhead to the Pythian trailhead and hike through Hood Mountain to Sugarloaf to return to your car, OR, leave your car at the Pythian parking lot and take the reverse trip. You can switch it up every month June through August. Shuttles leave from the Goodspeed trailhead at 9AM, 10AM, and 11AM and from the Pythian parking lot at 9:30AM, 10:30AM, and 11:30AM.
Suggested donation: $10
Registration Required: sugarloafpark.org
Info.: (707) 833-5712

TRAIL MANNERS
Tuesday, July 11 & August 15
5:30-6:30PM
Spring Lake Regional Park- Newanga Ave. Entrance, Boat Ramp
Regional Parks & Sonoma County Humane Society Staff
This workshop will provide tips and hands-on coaching for people who enjoy walking their dog at Spring Lake. Topics will include: how to walk safely by other dogs, how your dog can enjoy the environment, and other trailside training ideas.
Registration Required
Info.: (707) 542-0882 x263

HEALDSBURG WATER CARNIVAL
Saturday, July 15 • 11AM-5PM
Healdsburg Veterans Memorial Beach
Come out and experience classic fun at Healdsburg Veterans Memorial Beach! There will be food, music and games for all. Grab your swimsuit, towel and you’ll be sure to find your smile at the Healdsburg Water Carnival.
Info.: (707) 565-2041

A WALK THROUGH THE REDWOOD FOREST
Saturday, July 22 • 10-11:30AM
North Sonoma Mountain Regional Park
Irma Cuevas
Meander through the redwood groves on a hot summer day to learn about the tallest trees in the world. How have these giants adapted to survive? Who calls them home? Who are their neighbors? What can we do to ensure they thrive? Come find out during this interactive, family program.

WILD-CAM ADVENTURES
Sunday, July 23 • 9-11AM
Sonoma Valley Regional Park
Shelly Spriggs
Ever wonder about our nocturnal neighbors? What are our wild friends up to when we aren’t around? Find out with wildlife cameras on this slow-paced 2-3 mile hike. Learn to use them, tips for choosing a good location, and set one up in the park! We will send you an email of wildlife captured!

Information:
Visit sonomacountyparks.org for more outdoor activities.
ANIMAL SIGNS & HOMES

Wednesday, July 26 • 10AM-12PM
Shiloh Ranch Regional Park
Irma Cuevas
Calling all kids! Unravel the mysteries of wildlife by checking out the clues animals leave behind to discover who makes the park their home on this 3-4 mile hike. This bilingual (Spanish/English) program is for 6-9 year olds accompanied by an adult.

July 26 - Shiloh Ranch Regional Park
August 9 - Doran Regional Park
Info.: (707) 565-7888

FULL MOON PADDLE

Monday, August 7 • 7:30-9:30PM
Riverfront Regional Park - Lake Benoist
Shelly Spriggs
Experience the magic of nature as day becomes night. Enjoy a summer sunset from the water followed by a breathtaking view of the full moon as it rises. Observe creatures of the night like fluttering bats and hooting owls. Bring a kayak, canoe, or paddle board and a life vest (required), warm layers, and your favorite moonlight snack.

Registration Required
Fee: $15/person, $12/boat rental fee (if needed)
Info.: (707) 483-0940

ECO ACCESS

Saturday, August 5 • 2:30-4:30PM
Ragle Ranch Regional Park
Irma Cuevas
Waterways, bird song, aromatic plants, and a warm breeze await you! Join us for a peaceful nature hike designed especially for people who are blind and/or visually impaired and their friends.

Info.: (707) 565-7888

FAMILY PADDLE

Saturdays, July 29 & August 26
8-11AM
Spring Lake Regional Park - Violetti Rd. Entrance
Shelly Spriggs
Do you want a unique outdoor family bonding experience? Come learn basic paddling techniques in calm waters. Test your skills with our 50 paddle challenge in celebration of our 50th anniversary. Bring your favorite paddle-powered vessel or rent one of ours!

Fee: $15/person, $12/boat rental fee (if needed)
Registration Required
Info.: (707) 483-0940

FLUTTER-BY BUTTERFLY

Saturday, July 29 • 2-4PM
Foothill Regional Park
Irma Cuevas
Marvel at the park’s winged wonders as we learn about butterfly basics through a short walk, songs, stories, and crafts during this bilingual (Spanish/English) family-oriented program.

Info.: (707) 565-7888

HIKES WITH HOUNDS

Thursday, August 10 • 5:30-7:30PM
Sonoma Valley Regional Park
Shelly Spriggs
Calling all canines and their humans! Friendly, well-behaved dogs will meet new friends and get great exercise. Help us meet our goal of having 50 legs on each hike in honor of our 50th anniversary.

August 10 - Sonoma Valley Regional Park
August 17 - Taylor Mountain-Petaluma Hill Road Entrance
August 24 - Helen Putnam Regional Park
August 31 - Foothill Regional Park
Registration Required
Info.: (707) 483-0940

Visit sonomacountyparks.org for more outdoor activities.
2017 SUMMER OUTDOOR ACTIVITIES

WATER FUN IN SONOMA COUNTY PARKS

TRAILS CHALLENGE: BEAT THE TIDE
Saturday, August 12, 7:30-9:30AM
Pinnacle Gulch Coastal Access Trail
Michael Johnson
Have you ever walked from Pinnacle Gulch to Doran Beach and back? It’s possible at low tide, so join us as we enjoy a unique hike along the shore of Bodega Bay.
Registration Required
Info.: (707) 565-3080

GET INTO YOUR SANCTUARY DAY - CAMPFIRE PROGRAM
Saturday, August 12 • 7-8:30PM
Doran Regional Park
Park Ranger and NOAA Specialist Jennifer Stock
Join a special campfire program focusing on our local Cordell Bank and Greater Farallones National Marine Sanctuaries off the Northern California coast. Family fun for young children and adults - we will sing songs, listen to stories and roast marshmallows. Meet at the amphitheater.
Info.: (707) 875-3540

NATURE STORY TIME
Saturday, August 26 • 3-4PM
Gualala Point Regional Park - Visitor Center
Irma Cuevas
Relax with the family for nature-inspired children’s stories with an ocean view. Then, create a craft based on the books’ themes.
Info.: (707) 565-7888

Boating
Register your school or community group for a canoe or kayak trip tailored to meet your boating needs. Fees vary. 8+yrs.
Info.: (707) 565-2041

Spring Lake Water Park
Jump into summer fun at the Water Park at Spring Lake Regional Park from Memorial Day weekend through Labor Day. The Water Park is an inflatable, floating playground for kids of all ages, and is the first of its kind in Sonoma County. New this year: Season passes and group rentals! For more information, visit the Spring Lake Park page at sonomacountyparks.org.
Summer hours: 11AM to 6PM daily.

Zoom Flume
Zoom down the River at Healdsburg Veterans Memorial Beach July 1st through Labor Day. Two inflatable slides will send kids over 6 and adults into a splashing good time. Tube rentals will also be available daily 11AM-6PM.

Russian River Paddle Boards
Come join us for a tour or reserve a rental board for the day. With meeting places at both Riverfront Park in Windsor and Healdsburg’s Veterans Memorial Beach, we operate on some of the most pristine and undisturbed stretches of the Russian River. Open every day from May through October.
Fee: $55 - $85
Registration Required
Info.: russianriverpaddleboards.com
(707) 479-6432

Visit sonomacountyparks.org for more outdoor activities.
JOIN NOW
AT SONOMACOUNTYPARKS.ORG!

REGIONAL PARKS MEMBERS
GET A YEAR OF FREE PARKING

+ A FREE NIGHT OF CAMPING

+ FESTIVAL ADMISSION

RUSSIAN RIVER FAMILY KAYAK AND CAMP

Saturday, August 19 • 11AM -
Sunday, August 20 • 10AM
Healdsburg Veterans Memorial Beach
Park Rangers, Lifeguards and
Recreation Staff

Have you ever used your
backpacking skills on an overnight
paddling trip down the Russian
River? Join Regional Parks on a
majestic paddle from Memorial
Beach to Riverfront Regional
Park. We will spend the night in a
redwood grove, wake up early to
fish, and paddle on Lake Benoist.
Shuttle service, fishing poles, dinner
and a light breakfast provided.

Fee $100/person, $24 for 2-day
kayak rental (if needed)
Registration Required
Info.: (707) 565-2041

SONOMA COUNTY REGIONAL PARKS
2300 County Center Drive, Suite 120A
Santa Rosa, California 95403

OFFICE HOURS:
Monday- Friday, 8AM-5PM
Phone: (707) 565-2041
Email: parks@sonoma-county.org
Reserve a Campsite:
book online at sonomacountyparks.org

Visit us at SONOMACOUNTYPARKS.ORG

Visit sonomacountyparks.org for more outdoor activities.