

# REGIONAL PARKS OUTDOOR ACTIVITIES SONOMA COUNTY

## 2020 WINTER/SPRING

### ENVIRONMENTAL DISCOVERY CENTER DROP-IN

Every Wednesday-Sunday,  
January - May • 12-5PM

Spring Lake Regional Park -  
Environmental Discovery Center  

*Regional Parks Staff*

Looking for family fun for all ages? Visit us at the Environmental Discovery Center. Learn about water's journey from cloud to creek and ways you can help keep our waterways pollution free. Enjoy hands-on, interactive exhibits and live local animals.

Info: (707) 539-2865



### SCIENCE SATURDAYS

Saturday, January 4 • 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 for these free presentations and interactive experiments the first Saturday of every month beginning on the hour at 1, 2, and 3 p.m. All ages welcome.

**January 4** - Homemade lava lamps! Make a colorful, bubbling lava lamp with everyday household materials. Experiment with liquid density, chemical bonds, acids, and bases in this groovy science experiment.

**March 7** - Have you ever wondered how clouds are made? Make a cloud in a jar while exploring the science behind cloud formation and the water cycle in this fun hands-on experiment.

**April 4** - Let's have a ball! Learn about the difference between native and non-native plants and the benefits that native plant gardens provide for local wildlife. Participants will make their own wildflower seed balls to plant at home.

**May 2** - Marvelous marbled paper workshop. Come learn the history of this 1,000-year-old paper dying technique while creating a beautiful marbled paper card perfect for Mother's Day.

Info: (707) 539-2865

### NUESTROS PARQUES

Saturday, January 4 • 10AM-1PM

Cloverdale River Park 

*Irma Cuevas*

Guided hikes in Spanish for the whole family. Explore different nature and cultural themes on a 1-2 mile walk, and then enjoy a potluck lunch together. Please bring a reusable water bottle, your own plates, utensils, and a healthy lunch dish to share.

January 4 - Cloverdale River Park 

February 1 - Helen Putnam Regional Park

March 7 - Bird Walk Coastal Access  
Trail - Doran Entrance 

April 4 - Foothill Regional Park

May 2 - Laguna de Santa Rosa Trail

Info: (707) 565-7888



**Welcome to your Sonoma County Regional Parks Winter/Spring Activity Guide.** We are excited to offer a variety of opportunities to get outdoors. Unless noted, activities are free, and registration is not required. If registration is required, please go to the activity calendar at [sonomacountyparks.org](http://sonomacountyparks.org). If you have questions about an activity, please contact the activity leader at the phone number provided. We recommend participants dress in layers and bring a hat, sunscreen, water and a snack. Accommodations will be made for visitors with disabilities upon advance request. Heavy rainfall will cancel the outing, but most programs are rain or shine.

### LEGEND

 Parking Fee May Apply

 Wheelchair Accessible

 Healthy Parks, Healthy People

Visit [sonomacountyparks.org](http://sonomacountyparks.org) for more outdoor activities.

# VOLUNTEER OPPORTUNITIES

## Get your hands dirty and walk away with a full heart!

Research says volunteering can improve your happiness and well-being. Join Regional Parks' staff and partners and help safeguard our environment, make new friends, and have fun exploring nature.

### MARTIN LUTHER KING JR. DAY OF SERVICE

**Monday, January 20 • 9AM-12PM**  
**Sonoma Valley Regional Park**

*John Ryan*

Join Regional Parks as we observe a "day on, not a day off" in honor of Dr. Martin Luther King Jr. Improve the habitat of this park by removing invasive plants and fences that block wildlife passage. All ages are welcome, and gloves, tools, drinks and snacks are provided.

*Online Registration Required*

*Info: (707) 565-3356*

### INVASIVE PLANT REMOVAL

**Saturdays, February 8, March 14, April 11 & May 2 • 10AM-1PM**  
**Doran Regional Park**

*Regional Parks Staff & Volunteers*

Lend a helping hand to Bodega Bay's wetlands by removing invasive ice plant. Ice chokes out native plants and alters the local soil composition. Removing ice plant allows native, endangered plants to repopulate the area and wildlife to thrive. All ages are welcome and Regional Parks provides gloves, tools, drinks and snacks.

*Online Registration Required*

*Info: (707) 565-3356*

### GARDEN & LAND STEWARDS

**Saturdays, February 15, March 21, April 18 & May 16 • 10AM-2PM**  
**Maddux Ranch Regional Park**

*Community Soil Foundation*

Share your love for local food at the Larkfield Community Garden and Learning Center. Native blossoms and walking trails welcome you to visit this site, which includes 6 acres of gardens, oak woodlands and educational experiences. Volunteer workdays are a fun and healthy way for the family to learn organic gardening skills and land stewardship on the third Saturday of each month.

*Info: [info@communitysoil.org](mailto:info@communitysoil.org)*

### NEW VOLUNTEER ORIENTATION

**Saturday, February 22 • 10-11AM**  
**Saturday, April 11 • 3-4PM**  
**Regional Parks Main Office**

*Regional Parks Staff*

Are you interested in giving back to your local parks? Do you like working outside? The Regional Parks volunteer program has something for just about everyone. Learn about the history of Regional Parks and the many volunteer opportunities you can join. Consider giving back to your parks system by becoming a volunteer.

*Online Registration Required*

*Info: (707) 565-3356*

*(continues on page 3)*

## BioBlitz 2020

**Sunday, April 26 • 10AM-2PM**

**Sonoma Valley Regional Park & Foothill Regional Park**

*Regional Parks Staff*

Are you ready to nurture your inner scientist and explore the vast biodiversity of our parks? Wondering what flowers have appeared after the 2017 and 2019 wildfires? Join the International

City Nature Challenge for this special BioBlitz event for the entire family. Work alongside local experts and environmental educators to document the flowers, insects, lichen and other organisms that call these unique parks home. Using your smart phone, you can help create a lasting record of the plants and animals that reside in these beautiful places. This is a great opportunity to reconnect with nature, meet people and contribute to science. Stay until 2 p.m. to learn about the day's findings. Refreshments provided. For more information, visit [citynaturechallenge.org](http://citynaturechallenge.org).

*Online Registration Required*

*Info: (707) 565-6413*



## VOLUNTEER OPPORTUNITIES

(continued from page 2)

### EARTH DAY CREEK CLEAN-UP

**Saturday, April 25 • 9AM-12PM**

**Maxwell Farms & Larson Park**

*John Ryan & Sonoma Ecology Center*

Celebrate the 50th anniversary of Earth Day by removing trash along Sonoma Creek. Be a part of an international movement with millions of people who work to make a difference for the planet. All ages are welcome. Regional Parks provides gloves, tools, drinks and snacks. Wear clothing and sturdy shoes that can get wet and muddy.

*Online Registration Required*  
Info: (707) 565-3356

### ANDY'S UNITY PARK WORK DAY

**Saturday, May 9 • 9AM-12PM**

**Andy's Unity Park**

*John Ryan*

Do you enjoy making a difference in the community and seeing the direct results of your efforts? Work alongside neighbors as we pull weeds, spread mulch, and repair paths. All ages are welcome. Regional Parks provides gloves, tools, drinks, snacks and a lunch at the end.

*Online Registration Required*  
Info: (707) 565-3356

### WEEKLY GARDEN CLEAN UP

**Every Tuesday & Thursday,  
January - May • 9AM-1PM**

**Andy's Unity Park**

*LandPaths Staff*

Volunteers are needed to help weed, mulch, plant and maintain this special park and community garden. Come out and support your neighborhood park.

Info: (707) 544-7284



### WILD CREATIVITY! REGIONAL PARKS NATURE JOURNALING CLUB

**Sunday, January 5 • 10AM-12PM**

**Riverfront Regional Park - Redwood Grove Picnic Area**

*Heather Harper*

Deepen your connection to the natural world through writing and sketching. Explore, observe, and identify the inspiring flora and fauna of our Regional Parks. Each session includes instruction on artistic techniques. Please bring your own journal; some art supplies provided. All ages and artistic abilities welcome.

**January 5 - Skull Studies - Riverfront Regional Park - Redwood Grove Picnic Area**

Explore a Regional Parks collection of animal skulls and skeletons. Learn about anatomy and function of body parts, practice seeing objects in relation to each other and think about proportion as we visually study the specimens.

**February 2 - California Newt Life Cycle Studies - Spring Lake Regional Park - Shady Oaks Picnic Area**

The California newt makes seasonal use of ponds to breed, lay eggs and develop through metamorphosis. Explore the pond and observe the newt's life cycle, while trying to capture the unique textures of newt skin, larvae gills and egg translucence. This program includes a 1-mile loop hike to get to the pond and back.

**March 8 - Arthropod Studies - Ragle Ranch Regional Park - Gazebo Picnic Area**

Experience a Regional Parks collection of arthropods. Carefully study the unique bodies of our native butterflies, dragonflies, beetles and more. We will have some microscopes for micro-observations of the insect structure for our journals.

**April 5 - Wildflower Studies - Crane Creek Regional Park**

Revel in the seasonal beauty of wildflowers. Practice identifying the flowers and observe the symmetry and patterns of nature through sketching. This program will include a half-mile hike.

**May 3 - Tide Pool Studies - Pinnacle Gulch Coastal Access Trail**

Explore life on a rocky shore at low tide. Practice drawing the resident echinoderms or the scenic beauty of the coast itself. This program includes a 1-mile hike to get to the tide pools and back. Feel free to bring a picnic to enjoy beachside after the program.

Info: (707) 539-2865

### SENIOR SAUNTERS

**Tuesday, January 7 • 10-11:30AM**

**Cloverdale River Park**

*Irma Cuevas*

Enjoy leisurely walks with friendly, older adults. Explore plant and animal life, swap stories, and take a gentle 2-mile stroll along some of the county's most accessible trails. All abilities are welcome.

**January 7 - Cloverdale River Park**

**February 11 - Sonoma Valley Regional Park**

**March 10 - West County Trail - Graton Road Parking Lot**

**April 14 - Santa Rosa Creek Trail - "A Place to Play Park" on West Third Street**

**May 12 - Maxwell Farms Regional Park**

Info: (707) 565-7888

**TIDE POOL TALK**

**Saturdays, January 11, February 8, March 14, April 11 & May 9  
11AM-12PM**

**Doran Regional Park - Jetty Campground Amphitheatre** **P** 

*Kristina Stanton*

Sea stars, hermit crabs, sea anemones, and more! What will you see? Join hands-on creature fun exploring the animals found in our local tide pools. Meet at the amphitheater behind the Jetty Campground restrooms.

*Info: (707) 539-2865*



**FAMILY HIKES**

**Saturdays, January 18, February 15, March 21, April 18 & May 16  
1-2PM & 3-4PM**

**Spring Lake Regional Park - Environmental Discovery Center** **P**

*Regional Parks Staff*

Explore the park in your own backyard while learning about the creatures of Spring Lake and our community. Join us for these short, family friendly hikes and participate in a citizen science project along the way. This is an easy 1-mile round trip walk. Programs start on the hour at 1 and 3 p.m.

*Info: (707) 539-2865*

**NEWT COMMUTE**

**Sunday, January 12 • 10AM-12PM  
Spring Lake Regional Park –Shady Oaks Picnic Area** **P**

*Kalen Roloff Geck*

Join us for a family friendly walk to frog pond to observe newts on their impressive annual journey. Take a magical peek inside the life (and lifecycle) of the California Newt and get a chance to look for migrating newts and their freshly laid eggs on this 1.5-mile roundtrip hike. Trail not suitable for strollers.

*Info: (707) 539-2865*

**BILL AND DAVE HIKES**

**Saturday, January 18 • 10AM-2PM  
Hood Mountain - Lawson Addition** **P**

*Regional Parks Volunteers*

Explore the region’s fascinating landscapes with these two friends who have led hikes for over 10 years. Guaranteed great conversation as you meet other nature-lovers on moderately strenuous hikes that are good for both body and soul. Bring a water bottle, lunch, hat, and a sense of camaraderie.

**January 18 - Hood Mountain - Lawson Addition** **P**

**March 28 - North Sonoma Mountain** **P**

*Info: [www.billanddavehikes.com](http://www.billanddavehikes.com)*

**P IS FOR PARKS:  
NATURE AND BOOKS UNITE!**

**Thursday, January 23 • 10:30-11:30AM  
Windsor Regional Library** 

*Irma Cuevas*

Explore your parks and nature through books! Your county libraries and Sonoma County Regional Parks have joined forces for bilingual story time. Join us for a fun morning of songs, nature stories and nature themed crafts for children ages 3-5.

**January 23 - Windsor Library** 

**February 18 - Healdsburg Library** 

*Info: (707) 565-7888*




**WHAT'S BLOOMING?**

# JUNIOR RANGER PROGRAM

**Calling all nature loving kids!** Checkout this interactive program where young people grow their outdoor skills and help steward the earth. Youth ages 7-13 will have the opportunity to explore their parks with a ranger each month. Bring a snack, water, sunscreen and weather-appropriate clothing. For participants to earn their official Sonoma County Regional Parks Junior Ranger badge and certification, youth must complete the Junior Ranger Passport, which consists of earning two patches and attending two service-day events. The skill-building or natural exploration patches are earned by attending two Junior Ranger programs that fall under that classification.

## NATURE EXPLORATION: WHALE WATCHING

**Saturday, January 4 • 12-2PM**  
Gualala Point Regional Park -  
Visitor Center **P** 

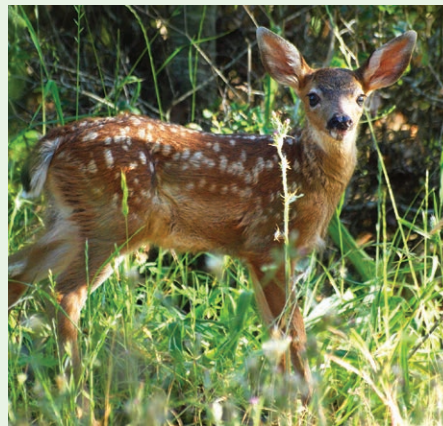
Ranger Carson

Have you ever seen a whale spout? A tail fluke? Join Ranger Carson to see if you can spot these whale signs as they migrate by. Dress warmly and bring binoculars if you have them. If you don't, we'll provide a few.

Fee: \$5

Online Registration Required

Info: (707) 785-2377



## NATURE EXPLORATION: ANIMAL TRACKING

**Saturday, February 15 • 10AM-12PM**  
Riverfront Regional Park **P**

Ranger Darren

All kinds of animals call our parks home, but sometimes spotting them is difficult. Thankfully they leave behind clues to let us know where they've been. Ranger Darren and Ranger Assistant Michaela know all about animal tracks, scat and the other clues our animal neighbors leave behind.

Fee: \$5

Online Registration Required

Info: (707) 433-1625

## SKILL: FIRST AID OUTDOORS

**Sunday, March 15 • 10AM-12PM**  
Healdsburg Veterans Memorial Beach **P**

Ranger Ryan

What do you need to know or do to hike safely? Ranger Ryan knows what it takes to safely adventure outdoors and what to do in an emergency. Learn some basic first aid and some safety tips especially for kids.

Fee: \$5

Online Registration Required

Info: (707) 433-1625

## NATURE EXPLORATION: TREE & PLANT ID

**Saturday, April 25 • 2-4PM**

Ragle Ranch Regional Park - Gazebo

**P** 

Ranger Darren

Can you name all the trees in the park? What about all the wildflowers or bushes? Each plant has unique characteristics that help tell one from the other. Learn about some of the flora around us. Wear walking shoes and bring some water and snacks.

Fee: \$5

Online Registration Required

Info: (707) 433-1625

## SKILL: KAYAKING & WATER SAFETY



**Saturday, May 16 • 1-3:30PM**

Riverfront Regional Park **P**

Ranger Kep and Lifeguard Staff

Exploring our parks by canoe or kayak is so much fun and a great way to see new things, but doing it safely is important. Paddle out on Lake Benoit and see the park from a new perspective with our staff who know all about the park and water safety. Wear clothes and shoes that can get wet and bring a change of clothes for the drive home. Kayaks and life jackets provided.

Fee: \$15

Online Registration Required

Info: (707) 433-1625

## BACK COUNTRY KITCHEN

**Saturdays, January 25 & May 23**  
**1-3:30PM**

**Shiloh Ranch Regional Park** 

*Alexis Puerto-Holmes*

You've watched all the cooking shows —now learn to cook in the great outdoors. Come participate in leave no trace principles while cooking a full meal and dessert. We'll discuss food prep for camping and backpacking trips, how to use different types of outdoor cooking methods, and cooking with limited supplies. You do not want to miss this soup-er event!

*Fee: \$15*

*Online Registration Required*

*Info: (707) 565-1246*

## NATURE CRAFT SERIES

**Sunday, January 26 • 10:30AM-12PM**

**Spring Lake Regional Park - Environmental Discovery Center**  

*Ellie Muelrath*

Are you feeling crafty? Express your creativity and learn a new skill during our nature crafts series. All ages welcome. Children must be accompanied by an adult. Materials are provided.

## January 26 - Fabric Printing Workshop

Learn the basics of fabric printing using a variety of natural objects. Experiment with texture, color, and shape while creating a unique printed item to take home. Materials will be provided, but feel free to bring clothing or fabric items from home.

## March 29 - Spring Wreath Tutorial

Welcome in both visitors and the spring season with a beautiful handmade wreath for your home. Participants will practice technique and composition as well as discover the history behind this versatile decoration.

## May 24 - Miniature Fairy Gardens

Bring your imagination to life as you craft a living fairy garden to brighten up your yard. Mosses, succulents, and other natural items will make a perfect home for any magical garden.

*Fee: \$10*

*Online Registration Required*

*Info: (707) 539-2865*

## WINGING IT WEDNESDAYS

**Wednesday, January 29 • 8:30-10:30AM**

**Spud Point Marina** 

*Meagan Horeczko & Park Volunteers*

Enjoy leisurely bird walks for all levels of experience on the last Wednesday of

the month. These outings are designed especially for older adults to enjoy nature and each other's company. Bring your binoculars or borrow a pair from us. Carpooling is encouraged.

**January 29 - Spud Point Marina** 

**February 26 - Tolay Lake Regional Park** 

**March 25 - Ragle Ranch Regional Park**  

**April 29 - Crane Creek Regional Park** 

**May 27 - Sonoma Valley Regional Park**  

*Info: (707) 539-2865*

## SPRING CLEANING FOR THE BIRDS

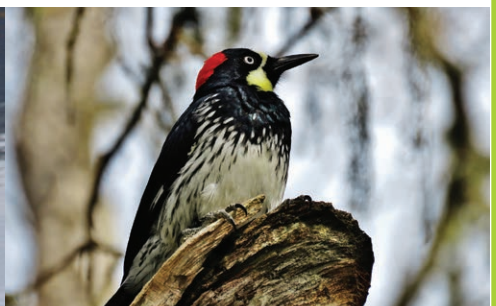
**Sunday, February 2 • 10AM-12PM**

**Spring Lake Regional Park - Environmental Discovery Center**  

*Ellie Muelrath & Meagan Horeczko*

Our feathered friends will be returning home soon, so let's give them a helping hand. Help clean out nesting boxes, discover the talents of nest building, learn to identify migrating bird species and finally, make your very own birdhouse to take home. Cleaning supplies and building supplies will be provided.

*Info: (707) 539-2865*



**ECO-ACCESS HIKE**

**Saturday, February 8 • 11AM-1PM**

**Spring Lake Park - Newanga**

**Entrance, Boat Launch Parking Lot**



*Irma Cuevas*

Get outdoors for an accessible hike for all abilities and ages on a level trail. On this scenic trip, we will explore the natural wonders of our coastal marsh, learn about local birds and engage our senses with nature observation activities. Bring a picnic lunch to enjoy on the trail.

*Info: (707) 565-7888*

**SCENES IN THE SCENERY:  
FITNESS HIKING SERIES**

**Sunday, February 16 • 10AM-2PM**

**Shiloh Ranch Regional Park**

*Lesley Pfeiffer*

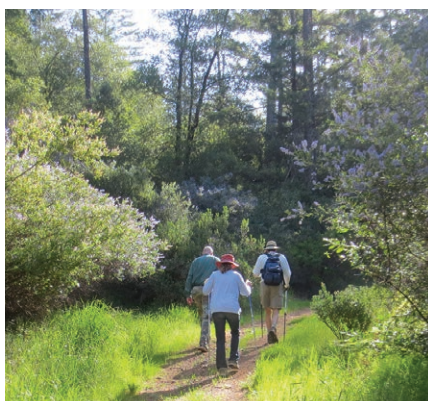
Explore a variety of panoramic views, seasonal flora, and wildlife observations during this rigorous hiking series. Meet other adventure-seekers while enjoying intermediate to advanced 4- to 5-mile excursions. Bring a hat, water, lunch, and an enthusiasm for all things outdoors.

**February 16 - Shiloh Ranch Regional Park**

**March 8 - Hood Mountain - Pythian Trailhead**

**April 5 - North Sonoma Mountain**

*Info: (707) 565-3080*



**STORIES OF THE LAND**

Who lived here before us? What influences have past practices had on our current landscapes? Culture is alive, thriving, and ever changing. Join us for this new series that examines the people and personalities of Sonoma County, their stories, and how their lives are tied to our most loved parks. Folks of all ages welcome.

**DORAN PAST & PRESENT**

**Saturday, March 28 • 10-11AM | Doran Regional Park**

*Irma Cuevas*

Investigate the park's cultural history revealing what the landscape looked like prior to Spanish/Mexican settlements, learning about the Coast Miwok, taking a journey back in time to Vallejo's ranches and begin to unearth our roots.

*Info: (707) 565-7888*

**CULTURAL CONNECTIONS UNDER THE FULL MOON**

**Thursday, May 7 • 7-9PM | Tolay Lake Regional Park**

*Regional Parks & Federated Indians of Graton Rancheria*

Watch the sunset and moonrise from a spectacular vista point as you learn the cultural significance of this unique park. On a 2-mile hike with an incline, observe creatures at dusk as we await nightfall. Bring a blanket to sit on, snacks, and a warm beverage.

*Online Registration Required | Info: (707) 789-9699*

**FOGATA**

**Saturday, May 9 • 7:30-9PM | Spring Lake Regional Park - Newanga Entrance, Group Camp**

*Irma Cuevas*

Join us for a fun evening of culture and nature under a star filled sky. Drop by for folklore stories about nature, a twilight walk, and gather around a warm fire for s'mores! Bring poems, songs, and stories to share. This will be led in Spanish.

*Info: (707) 565-7888*

**RAGLE RANCH PAST & PRESENT**

**Saturday, May 30 • 10-11AM | Ragle Ranch Regional Park**

*Irma Cuevas*

Explore Atascadero Creek's rich history as we leisurely walk back in time to Ragle's ranching days. Who owned what is now Ragle Ranch Regional Park? Why was it a ranch? Join us as we read the untold stories of Atascadero Creek and learn about Sebastopol's most popular park.

*Info: (707) 565-7888*

## ROCK OUT! GEOLOGY OF SONOMA COUNTY

**Sundays, February 16 & April 19  
10-11:30AM**

**Gualala Point Regional Park -  
Bluff Top Coastal Access Trail** **P**

*Ellie Muelrath*

Step back in time as we explore how plate tectonics and volcanic activity have shaped our landscapes. Learn why Sonoma County is home to such rich geologic diversity and how that diversity has informed the history of the region. Hikes will be 2-3 miles and will include mild to moderate inclines.

**February 16 - Gualala Point Regional  
Park - Bluff Top Coastal Access Trail** **P**

Learn about plate tectonics and coastal rock formations. Explore the boundary of the North American and Pacific plates while marveling at unique geological sites along the Sonoma Coast. View sandstone formations chiseled by the elements and 90-million-year old rocks that were once connected to the Monterey coastline. Dress in layers and expect a level 2-mile walk along the bluffs of Sonoma County's northern most park.

**April 19 - Sonoma Valley Regional  
Park** **P**

Learn about the region's mining history and Sonoma County's participation in the boom and bust mining practices that occurred across the state. The Valley of the Moon and the surrounding hills were home to many quarries that helped shape the landscapes of local public lands and contributed to the building of California both before and after the 1906 earthquake. Expect moderate inclines as we explore both the history and the trails of Sonoma Valley Regional Park.

*Info: (707) 539-2865*

## SEAWEED AND SEA VEGETABLES

**Saturdays, February 22 & March 21  
3-5PM**

**Saturday, April 18 • 1-3PM**

**Stillwater Cove Regional Park-  
Trailhead Day Use Parking Area** **P**

*Marcia Munson*

Walk half a mile down a steep trail to the beach at low tide. Learn about the algae that forms the base of the ocean's food chain. Meet some of the intertidal animals who feed on seaweed. After the hike, stay to try a cup of seaweed soup. Wear shoes you don't mind getting wet.

*Fee: \$10*

*Online Registration Required*

*Info: (707) 847-3245*

## FAMILY FUN BIKE RIDE

**Saturdays, February 29 & March 14  
12-2PM**

**Spring Lake Regional Park - Violetti  
Entrance, Boat Launch Parking Lot** **P**

*Lesley Pfeiffer*

Hop on your bike for a scenic ride. Learn how to properly fit helmets, trail-sharing etiquette, how to pass cyclists and pedestrians, and about safety gear. The recommended age is 7 and older, as children should be able to keep up a steady pace while cruising the paved, flat path. Bring a bike, helmet, water, lunch, and small backpack.

*Info: (707) 565-3080*



## TIDE POOL WILDERNESS EXPLORATION

**Saturday, March 7 • 2:30-4:30PM**

**Saturday, April 4 • 2-4PM**

**Pinnacle Gulch Coastal Access Trail**

*Kristina Stanton*

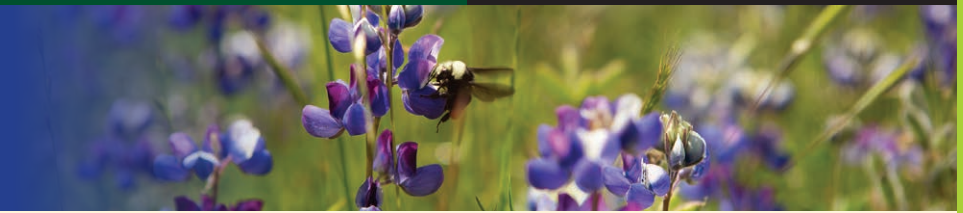
Sonoma County has one of the most biodiverse coastlines in the nation. Get a glimpse into the marvelous underwater wilderness with a 1.5-mile round trip walk to the ocean, tide pool exploration and a scavenger hunt as the sun begins its journey towards the horizon. Anemones? Sea Urchins? Sea Stars? See what awaits you in the rocky and wonderful world.

*Online Registration Required*

*Info: (707) 539-2865*




# WILDFLOWER WANDERINGS



## EARLY SPRING BEAUTIES

**Sunday, March 22 • 10AM-2PM**

**North Sonoma Mountain Regional Park** 

*Stefanie Landman*

Search for early bloomers beneath the redwoods, along Matanzas Creek, amidst heritage oaks and throughout open meadows as we climb the north slope of Sonoma Mountain. Bring a picnic lunch to enjoy over breathtaking views from Bennett Valley overlook on this intermediate 5-mile roundtrip hike.

*Online Registration Required*

*Info: (707) 539-2865*



## WHAT'S THE BUZZ ABOUT POLLINATORS?

**Sunday, April 19 • 2-4PM**

**Crane Creek Regional Park**  

*Stefanie Landman*

Explore the wondrous wildflowers at Crane Creek Regional Park. Learn about the adaptations of flowers and the role of pollinators as we walk along Crane Creek past two wildflower meadows. We will enjoy a 2-mile walk that is family friendly and easily paced.

*Online Registration Required*

*Info: (707) 539-2865*

## FOLKLORE & FACT

**Saturday, May 2 • 10AM-12PM**

**Sonoma Valley Regional Park**  

*Stefanie Landman*

Enjoy a relaxing walk along a creek in oak woodlands. We will explore the treasures of springtime and search for the different flowers on the trail, discovering fascinating facts, legends, and uses of native California flowers.

*Online Registration Required*

*Info: (707) 539-2865*



## FLOWER IDENTIFICATION TRICKS AND TIPS

**Saturday, April 4 • 10AM-12PM**

**Taylor Mountain Regional Park - Petaluma Hill Entrance** 

*Stefanie Landman*

Discover what's in bloom this season. Learn how to identify common flowers using your observation skills on this informative 2 mile walk with grand valley vistas.

*Online Registration Required*

*Info: (707) 539-2865*



## WHAT'S IN BLOOM?

**Sunday, April 26 • 9AM-2PM**

**Tolay Lake Regional Park** 

*Stefanie Landman*

Experience spring's riches and discover rare, diverse and abundant displays of native wildflowers. Enjoy amazing views of San Pablo Bay and beyond on this 6-mile, semi-strenuous hike through open, rolling grasslands. Bring a hat, sunscreen, plenty of water and a picnic lunch.

*Online Registration Required*

*Info: (707) 539-2865*





# WILDFIRE RECOVERY HIKES

## FIRE FOLLOWERS AND RESILIENCE

**Sundays, March 29 & April 5  
10AM-12PM**

**Foothill Regional Park** **P**

*Katja Svendson*

Many flowers and plants, known as “fire followers,” thrive after a fire has occurred in an area. Together we will walk a gentle route past ponds and examine how the ecosystem recovers from fire, discovering how the thriving plants, flowers, and animals have adapted to the changed habitat.

*Online Registration Required*

*Info: (707) 539-2865*

## FIRE, DISTURBANCE, AND FLOWERS

**Sunday, May 3 • 1-3PM**

**Shiloh Ranch Regional Park** **P**

*Katja Svendson*

Observe how the landscape has come back two years after fire, as well as an area that was disturbed in the fall. Experience the plant diversity, flourishing flowers, leafed out trees, and the hope that nature in springtime brings.

*Online Registration Required*

*Info: (707) 539-2865*

## SUGAR SHUTTLE

**Saturdays and Sundays, March 14 & 15,  
April 11 & 12 & all weekends in May**

**North Sonoma Mountain/Jack London  
State Historic Park** **P**

**Hood Mountain Regional Park/  
Sugarloaf Ridge State Park** **P**

Hop on the Sugar Shuttle, where heights abound and you never have to turn around. Join Team Sugarloaf for a ride so you can “through” hike North Sonoma Mountain/Jack London State Historic Park or Hood Mountain Regional Park/Sugarloaf Ridge State Park. Check the website for arrival and departure locations.

*Suggested donation: \$10/person*

*Registration required: [sugarloafpark.org/events/sugar-shuttle-2020](http://sugarloafpark.org/events/sugar-shuttle-2020)*

*Info: (707) 833-5712*

## VERNAL EQUINOX NIGHT HIKE

**Saturday, March 21 • 6:30-8:30PM**

**Crane Creek Regional Park** **P**

*Regional Parks Staff*

Join us for a twilight walk to celebrate the first day of spring. Experience the day slowly turning to night while we wait for the sounds of night creatures. Learn what it’s like to use all your senses to walk at night without a light.

*Online Registration Required*

*Info: (707) 539-2865*



## SPRING FAMILY BIRD WALK

**Saturday, March 28 • 10AM-12PM**

**Spring Lake Regional Park** **P** **♿**

*Regional Parks & Madrone Audubon Society Staff*

Birds of a feather will flock together! Do you enjoy wildlife watching, learning new skills, and meeting other outdoor enthusiasts? Join us as we marvel at springtime bird behaviors—nesting, foraging, and singing—of our resident and migratory avian friends. All levels of birding experience are welcome. Bring binoculars and field guides if you have them or borrow ours. Refreshments will be provided.

*Info: (707) 539-2865*

## FIRST TIMERS’ CAMPING

**Friday, April 3 - Saturday, April 4  
5PM-11AM**

**Spring Lake Regional Park Group  
Camp - Newanga Entrance** **P**

*Alexis Puerto-Holmes*

Bring the whole family for a campout under the stars. If it is your first time camping, do not to worry. Staff will help you learn about pitching tents and making dinner outside. Learn about all the ways to enhance your future camping experiences through fun, interactive activities and bilingual storytelling by the campfire. This will be an in-tents experience! Limited camping gear can be loaned as needed. We’ll share a potluck dinner and make a campsite breakfast together.

*Fee: \$50 a family*

*Online Registration Required*

*Info: (707) 565-1246*

# 2020 SUMMER CAMPS

Scholarships Available

## INTRODUCTION TO KAYAKING CAMP

**Wednesday, June 17 - Friday, June 19  
9AM-4PM**

**Spring Lake Regional Park &  
Healdsburg Veterans Memorial Beach**

*Regional Parks Staff*

Have you been wanting to learn the ins and outs of kayaking? Take an introductory paddling course at Spring Lake where kids will learn how to paddle properly and feel comfortable maneuvering in open water. Then, on Friday, kayakers will paddle from Healdsburg Veterans Memorial Beach to Riverfront Regional Park to test their skills. The program will be interspersed with games, trying out stand-up paddleboards and learning about the ecology of the Russian River. Ages 7-11.

*Fee: \$250*

*Online Registration Required*

*Info: (707) 539-2865*



## JUNIOR GUARDS CAMP

**Monday, June 22 - Friday, June 26  
Monday, July 13 - Friday, July 17  
Monday, August 3 - Friday, August 7  
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. Campers will learn swimming and paddling rescues, boating safety, first aid, and CPR skills. Activities include stand-up paddle boarding, swimming, time on the inflatable Water Park and a final competition to showcase learned skills. Ages 10-14. Extended care available for an additional fee.

*Fee: \$260, includes United States Lifeguard Association membership*

*Online Registration Required*

*Info: (707) 565-2041*



## DISCOVERY CAMP

**Monday, June 22 - Friday, June 26  
Monday, July 13 - Friday, July 17  
Monday, August 3 - Friday, August 7  
9AM-4PM**

**Spring Lake Regional Park -  
Environmental Discovery Center**

*Regional Parks Staff*

Explore nature through hands-on educational and recreational activities. Campers will kayak on Spring Lake, take nature walks, get creative, and conduct science experiments. Afternoons are spent at the swimming lagoon, playing in the sand, swimming, and splashing on the inflatable water park. Ages 7-11. Extended care available for an additional fee.

*Fee: \$250*

*Online Registration Required*

*Info: (707) 539-2865*

## SEA SQUIRT CAMP

**Monday, June 29 - Thursday, July 2  
Monday, July 20 - Thursday, July 23  
Monday, July 27 - Thursday, July 30  
9AM-2PM**

**Doran Regional Park - Cypress Day Use**

*Regional Parks Staff*

Calling all sea squirts! Are you ready for an ocean adventure you'll never forget? Enjoy investigating the incredible habitat of Bodega Bay. Follow animal tracks on the beach and meet tide pool animals. Splash in the waves while conducting tidal experiments. Make sandcastles and new friends! Ages 5-9.

*Fee: \$200*

*Online Registration Required*

*Info: (707) 539-2865*

*(continued on page 12)*

**2020 SUMMER CAMPS** *(continued from page 11)*

**SURF & OCEAN CAMP**

**Monday, June 29 - Thursday, July 2**  
**Monday, July 20 - Thursday, July 23**  
**Monday, July 27 - Thursday, July 30**  
**9AM-2PM**

**Doran Regional Park - Cypress Day Use**

*Regional Parks Staff*

Catch some waves with us! Our Northern California coastline is rugged, the water is cold, the waves are big, and the ocean is full of life! For this camp, our expert lifeguards will create a safe and rewarding ocean experience for new surfers. Spend your days on the water surfing and learning rescue technique. Meet marine creatures that live off our coast, learn what threatens our blue ocean, and discover how we can protect it. Hang Ten! Ages 10-14.

*Fee: \$250*

*Online Registration Required*

*Info: (707) 565-2041*



**RUSHING DOWN THE RUSSIAN RIVER KAYAK CAMP**

**Monday, July 6 - Thursday, July 9**  
**9AM-4PM**

**Healdsburg Veterans Memorial Beach**

*Regional Parks Staff*

Have you dreamed of spending our long summer days exploring the jewel of Sonoma County, the Russian River? 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, we will meet with our partners at Sonoma Water to learn about our watershed. Ages 10-14.

*Fee: \$300*

*Online Registration Required*

*Info: (707) 539-2865*

**SPRING PARK PREVIEWS**

**Saturdays, April 11 & May 9 • 9AM-2PM**

**Mark West Creek Regional Park**

*Regional Parks Staff*

Enjoy the rugged beauty of nearly 1,200 acres acquired by Sonoma County Ag + Open Space, and recently transferred to Regional Parks for a future park. Discover Mark West Creek, riparian woodlands, towering redwoods, and beautiful views and envision the land's potential as a park. Park staff and volunteers will be available to answer questions and point out the land's features, including the regrowth from the 2017 wildfires and the master planning process to permanently open the park.

*Online Registration Required*

*Info: (707) 565-2041*

**A WALK ON THE WILD SIDE: EXPLORING MARK WEST CREEK**

**Sundays, April 12 & May 10**  
**9AM-1PM**

**Mark West Creek Regional Park**

*Regional Parks Staff*

Wondering about the new Mark West Creek property that will become a park? Do you want to enjoy a true wilderness experience right here in Sonoma County? Join us for intermediate 3- to 4-mile guided hikes enjoying picturesque oak woodland vistas, a meandering creek, wildflower meadows, and learn about the history of this fascinating property.

*Online Registration Required*

*Info: (707) 539-2865*

**MOVIE NIGHT IN THE PARK**

**Friday, April 17 • 7-10PM**

**Andy's Unity Park**

*Alexis Puerto-Holmes*

Join us for an evening under the stars watching a family friendly movie. Bring a blanket. Limited parking is available so please arrive early.

*Info: (707) 565-1246*





**VAMOS A NADAR - LET'S GO SWIMMING**

**Saturday, April 25 • 1-4PM**

**Finley Aquatic Center, Santa Rosa**

*Lifeguard Staff*

Join Regional Parks and city recreation departments for free swim lessons for kids and bilingual water safety information for adults. Attend a Vamos a Nadar event and receive a coupon good for a \$15 swim lesson session at all participating pools.

**Saturday, April 25 • 1-4PM**

**Finley Aquatic Center, Santa Rosa**

**Saturday, May 9 • 1-4PM**

**Honeybee Pool, Rohnert Park**

**Saturday, May 23 • 9AM-12PM**

**Ridgway Aquatic Center, Santa Rosa**

**Saturday, June 6 • 9AM-12PM**

**Healdsburg Swim Center, Healdsburg**

**Sunday, June 7 • 9AM-12PM**

**Sonoma Aquatic Club, Sonoma**

**Sunday, June 14 • 1-4PM**

**Windsor Pool, Windsor Senior Center**

**Saturday, June 20 • 9-11:30AM**

**Ives Pool, Sebastopol**

**Sunday, June 21 • 1-4PM**

**Cloverdale Memorial Pool, YMCA**

**Cloverdale**

**Saturday, June 27 • 9AM-12PM**

**Sonoma County Family YMCA Pool, Santa Rosa**

*Registration Required: (707) 565-8034*

*Info: (707) 565-8034*

**STAND UP PADDLE BOARDING 101**

**Sundays, April 26 & May 17  
12-2:30PM**

**Spring Lake Regional Park**

*Lesley Pfeiffer & Alexis Puerto-Holmes*

Stand up paddleboarding gives you a unique view of the lake to observe wildlife you might not otherwise see from the shore. Join us for an exhilarating experience learning how to paddleboard, while viewing and learning about local flora and fauna. All ability levels and ages 10+ are welcome.

*Fee: \$15*

*Online Registration Required*

*Info: (707) 565-1246*

**STORYWALK - S IS FOR SEBASTOPOL**



**Saturday, May 2 • 10AM- 12PM**

**Laguna de Santa Rosa Trail - Highway 12 Entrance**

*Irma Cuevas*

Your Regional Parks and Sonoma County library have joined forces to provide you and your family a unique outdoor experience at this storywalk. A storywalk is a fun and engaging activity for families that combines the physical benefits of walking and the educational benefits of reading. Meander under beautiful oaks, read "S is for Sebastopol," A Hometown Alphabet Book by Babetta Wilson and Philip Wilson. Kids will also enjoy an outdoor craft. Storywalks will be led every half hour starting at 10 a.m. This program will be in English and Spanish.

*Info: (707) 565-7888*



**GET READY FOR SUMMER!**

**WITH REGIONAL PARKS**

**Summer is just around the corner** and there is so much fun to be had in YOUR Regional Parks. Our expanded Water Park opens at Spring Lake on Memorial Day weekend. The Water Park is an inflatable, floating playground for kids of all ages. With new features including more slides, your family will have even more fun in the sun.

**Summer hours: 11AM-6PM daily**

*For more information, visit the Spring Lake Park page at [sonomacountyparks.org](http://sonomacountyparks.org).*





**MOTHER'S DAY KAYAKING**

**Sunday, May 10 • 10AM-12PM & 1-3PM**

**Spring Lake Regional Park - Boat Rental Area**

*Lesley Pfeiffer & Alexis Puerto-Holmes*

Spend Mother's Day kayaking on the lake with family and friends. We will launch from Spring Lake beach over by the boat rental area. We'll paddle for about two hours, stopping along the way to enjoy the scenery and wildlife. Access the park entrance through Violetti Road.

Fee: \$15

Online Registration Required

Info: (707) 565-3080

**WHERE'S THE BEAR CAMPFIRE PROGRAM**

**Saturday, May 30 • 7-8PM**

**Stillwater Cove Regional Park - Day Use Fire Circle**

*Marcia Munson*

Learn about the bears who have been spotted in the woods near the park. Practice how to react if you see one. Brainstorm on ways to keep bears from becoming a nuisance in our Regional Parks. Bring your own lawn chair if you have one.

Info: (707) 847-3245

# JOIN NOW

AT SONOMACOUNTYPARKS.ORG!



**REGIONAL PARKS MEMBERS**

**GET A YEAR OF FREE PARKING**

**+ A FREE NIGHT OF CAMPING**

**+ FESTIVAL ADMISSION**

**+FREE BOAT LAUNCHING**

**+DISCOUNTS TO WATER BARK**

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**

