Monterey Peninsula Regional Park District

LET’S GO OUTDOORS!

Your adventure activities guide for all ages

Preserving and Protecting Parks and Open Space
Autumn is a spectacular time of year on the Monterey Peninsula. We are excited to once again offer a wide variety of activities that inspire you to spend time in our area’s magnificent open spaces. This edition of the Let’s Go Outdoors! (LGO!) guide includes many new programs. To get us started on the right ‘paw,’ we are sharing ten tips for enjoying the outdoors with your furry best dog.

Happy trails!

Dr. Rafael Payan, MPRPD General Manager

10 Tips for Enjoying the Outdoors with Your Dog This Fall

With cooler temperatures, crisp air, and a colorful canopy of foliage, fall is the perfect season to enjoy the beautiful changing outdoor scenery. If you are a dog owner, you have the perfect excuse to be outdoors! If you are planning a gentle walk in the woods or a hike up a mountain, consider taking your dog along. Including your dog in your fall outdoor adventures provides mental stimulation and exercise, helping to create a happier, more well-adjusted dog. It’s great bonding time for the two of you, and canine company can even help you appreciate your surroundings more fully. With their keen noses, dogs can discover things in nature that you might miss!

Here are some tips to ensure that you and your dog have a great experience together.

1. Start gradually. Even young and active dogs need to be conditioned before they are ready for long hikes. Keep outings short at first, and gradually build up to the fitness level necessary for your planned hike.

2. You never know what you might encounter in the wild, so make sure your dog is up-to-date with vaccinations.

3. Remember that your dog is barefoot. If you are planning a hike, pick trails with soft-covered terrain. Avoid paths that are littered with sharp rocks, and bring a first-aid kit with bandages and antiseptic just in case. Be sure to include tweezers for tick and thorn removal and a sock in case of a paw injury.

4. Make sure your dog is wearing an identification tag with your contact information.

5. When in doubt, keep your dog on a leash. You don’t want your dog to run off into the forest in pursuit of a squirrel—you never know what other types of wildlife he might encounter.

6. Bring waste bags. Just because your dog poops in the woods and no one sees it doesn’t mean that it doesn’t count!

7. Pack a travel bowl and plenty of water to keep your pooch hydrated. Remember that pets can’t sweat, so plan outings for early morning or late afternoon and watch for signs of overheating, like excessive panting.

8. If you are planning a longer outing, be sure to bring food and treats to maintain your dog’s energy.

9. Fall is peak tick season, so don’t forget to examine your dog closely after your outing.

10. Be safe! Make sure your dog can be seen at night with a light-up collar or light-up leash.

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How to Register
REGISTRATION IS REQUIRED FOR ALL PROGRAMS!

Online | Go to our website at mprpd.org
Walk-in | Visit us at the Palo Corona Discovery Center at 4860 Carmel Valley Road, Carmel.
Phone | Call 831-372-3196, extension 102.
Email | nelson@mprpd.org

Registration | Opens 30 days prior to the activity and closes at 5:30 pm the day before the activity. Important: You must register for all programs unless otherwise stated. An email confirmation is sent upon successful online registration. Contact staff if you do not receive an email confirmation.

Cancellations | MPRPD may cancel classes due to low registration, weather conditions or unforeseen circumstances. If you must cancel a class, please let MPRPD know via email, telephone or in person at least one calendar day prior to the class. Registration cannot be cancelled online.

Reminders | Email reminders will be sent approximately 3-5 days prior to the start of class.

Policies | Only service dogs allowed at activities, unless otherwise indicated. All policies are available online when you register.

GARLAND PARK VISITOR CENTER NEEDS YOU
Become a Visitor Center Volunteer!

Ever wondered who volunteers at the Garland Park Visitor Center? People like you! Visitor Center volunteers assist the community with questions about the park and its trail system. Learn more about the MPRPD volunteer program and how you can join in on the fun.

Contact our Volunteer Coordinator at 831-238-3622 or wyatt@mprpd.org
**Nature Night Hike**
Meet at dusk and venture into the park for a 2 to 3 hour night hike. Switch off the flashlight, let your eyes adjust, and use heightened senses while exploring your nocturnal side. Delight in the abundant sounds of nature on this one-of-a-kind walk on the wild side. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

**Ages 12-Adult**  
Saturday | Dusk  
Nov. 16; Mar. 21  
Palo Corona Discovery Center  
Elevation change: 300-800 ft.  
Distance: 3-3.5 miles.

**Twilight Hike Through the Park**
Uncover hidden treasures on this sunset to twilight hike. Experience a variety of habitats that are home to a surprisingly wide range of wildlife. Discover unexpected species as day transitions to dusk then night. Learn how animals adapt to an ever-changing environment. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

**Ages 12-Adult**  
Saturday | Dusk  
Oct. 19; Jan. 4; Feb. 29  
Garland Park Visitor Center  
Elevation change: 300-800 ft.  
Distance: 3.35 miles.

**Birding at Palo Corona**
Bird under a canopy of trees along the Carmel River; a magnet for vagrant and migratory bird species. Each visit provides a varied avian experience. Appreciate the many changes to this former golf course as it ‘rewilds’ back to a natural landscape. This program is good for novice to experienced birders. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

**Ages 12-Adult**  
Saturday | 8:30 am-10:30 am  
Nov. 16; Mar. 21  
Palo Corona Discovery Center  
Elevation change: Approx. 20 ft.  
Distance: Approx. 1.5 miles.  
Binoculars provided.

**Laguna Grande Birding Walk**
This birding refuge offers something new with each visit. Join birders of all skill levels to view waterfowl, raptors, and seasonal migrants. From lakeside to wetlands to riparian, Laguna Grande Park has many rich habitats that attract a wide variety of birds. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

**Ages 12-Adult**  
Saturday | 8:30 am-10:30 am  
Oct. 19; Dec. 7; Feb. 29  
Laguna Grande Park, Seaside  
Elevation change: Approx. 20 ft.  
Distance: Approx. 1.5 miles.  
Binoculars provided.

**Palo Corona Trail Linkage**
See the transformation of greens and bunkers as you hike through the rewilding lands of the former Rancho Cañada golf course. Hike steeply uphill, with stops at Inspiration Point and Animas Pond. An optional detour on the Gregg’s Hill Trail (only accessible during volunteer-led tours) leads to spectacular 360° views of the peninsula. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

**Ages 13-Adult**  
Sunday, Nov. 17 | 9:30 am-1:30 pm  
Palo Corona Discovery Center  
Elevation change: Approx. 835 ft.  
Distance: 5.5-7 miles.

**Discover Kahn Ranch**
Enjoy a strenuous yet relaxed-paced hike with breathtaking views. Located on the southeastern end of Garland Ranch Regional Park, Kahn Ranch boasts spectacular vistas and an enchanting waterfall. Enjoy the beautiful scenery as you hike to Fern Falls, up the Manzanita Trail, and down Hitchcock Loop. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalist.

**Ages 13-Adult**  
Sunday, Jan. 5 | 10 am-2 pm  
Kahn Ranch, Carmel Valley  
Elevation change: Approx. 1,100 ft.  
Distance: Approx. 3.7 miles.
San Jose Creek to the Discovery Center
Our hike begins with a shuttle to the San Jose Creek trailhead. Travel the backcountry trails of Palo Corona Regional Park to our first stop, Animas Pond. Next, we’ll hike to Inspiration Point to eat lunch and drink in the spectacular views. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

Ages 12-Adult
Saturday | 9:30 am-2:30 pm
Oct. 26; Dec. 14; Feb. 15
Palo Corona Discovery Center
Elevation change: 600-700 ft.
Distance: 5.5-6 miles.

Ecology Walk Amongst the Oaks
Explore an oak woodland paradise on this informative natural history walk. We’ll observe the area’s trees and lichen and their relationships with insects, birds, and vegetation. This interpretive walk is offered to enhance your appreciation of the Monterey Peninsula’s beautiful landscape. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

Ages 12-Adult
Saturday, Nov. 9 | 2 pm-4 pm
Palo Corona Discovery Center
Elevation change: 50-300 ft.
Distance: 2-4 miles.

Nature Photography
Tourists take pictures, photographers make photographs. Begin to “see” like a camera using perspective and leading lines. Discover five steps to improve your photographs. Learn the basics, then explore the park and put your new-found skills to use. Instructor: Patrice Ward.

Ages 18+
Sunday | 10 am-12 pm
Nov. 24; Jan. 5
Palo Corona Discovery Center
Elevation change: 50-600 ft.
Distance: 2-4 miles.

“ I could teach one of these classes. . . ”

Do you have a passion for the outdoors? Do you enjoy sharing your knowledge and skills about nature with others? If so, we’d like to talk to you! MPRPD is always looking for outdoor educators for our Let’s Go Outdoors! catalog.

Contact us today!
Visit: mprpd.org
Call: 831-372-3196, ext. 109 | Email: nelson@mprpd.org

Registration required for all programs.
Nature Immersion
Join a certified forest therapy guide in an experience inspired by the practice of Shinrin-yoku (forest bathing). Walk slowly and gain a deeper sense of your surroundings to refresh, inspire and heal body, heart and mind. Leave with a heightened sense of gratitude, compassion, and sense of belonging in the natural world. Instructor: Marianne Rowe.

Ages 18+
Saturday, Dec. 14 | 1 pm-3 pm
Palo Corona Discovery Center
Elevation change: Approx. 60 ft.
Distance: 1-2 miles.

Mindful Movement and Meditation
Gentle movement (standing or sitting) allows you to embody the flowing movements of the natural world. This practice combines posture, movement and breathing to benefit mind, body and spirit. Guided meditation invites you to find emotional calmness and clarity that will extend to daily life. Instructor: Katie Dutcher.

Ages 16-Adult
Saturday, Oct. 26 | 9 am-10 am
Palo Corona Discovery Center
Wear layers and bring a blanket in case of inclement weather.

Mindful Walking & Meditation
Mindful meditation cultivates awareness of what is taking place within and around us: our thoughts and emotions, the breeze, the sound of birds, and warmth of the sun. The natural beauty of the park will engage your senses as you participate in mindful walking, guided sitting meditation, and informal discussion. As the weather changes, so will each session’s focus. Instructor: Katie Dutcher.

Ages 16-Adult
Saturday, Oct. 26 | 10:30 am-11:30 am
Palo Corona Discovery Center
Elevation change: Approx. 60 ft.
Distance: 1-2 miles.
Wear layers and bring a blanket in case of inclement weather.

Mindful Meditation in the Park
Engage your senses as you come into contact with the natural world. Release the stress of everyday life with mindful walking, movement, guided sitting meditation, and informal discussion. As the weather changes, so will each session’s focus. Instructor: Katie Dutcher.

Ages 16-Adult
Saturday | 1 pm-2:30 pm
Nov. 23; Feb. 29; Mar. 28
Palo Corona Barn
Wear layers and bring a blanket in case of inclement weather.

Healing Connection with Nature
Winter and the holiday season can be difficult times to deal with loss. The multi-sensory experience of being in nature will provide a foundation for healing, guided by an experienced suicide prevention and grief counselor. Touch nature and she touches back, in more ways than you can imagine. Instructor: Allen McClellan, MPRPD Volunteer Naturalist.

Ages 16-Adult
Saturday, Dec. 7 | 10:30 am-12:30 pm
Palo Corona Discovery Center
Elevation change: Approx. 60 ft.
Distance: 1-2 miles.

YOUR PARKS NEED YOU!
Become a Volunteer Naturalist
Share your passion for the outdoors with others, become part of our volunteer team.

Our training and enrichment opportunities enhance your knowledge and skills.

There are many ways to help! Fill out an online application at mprpd.org or contact our Volunteer Coordinator at 831-238-3622 or wyatt@mprpd.org

Register now at mprpd.org
MPRPD Activities Fall 2019/Winter 2020
Register now at mprpd.org
Importance of Flow: A Poetry Workshop
This interactive walk will explore our connection to water and the importance of flow in all things. Immerse yourself in the sights and sounds on the river’s edge. The natural environment will inspire us to put pen to paper. Instructor: Deborah Wenzler, author of "Well Beyond the Water - 44 Poems for a Thirsty Earth.”

Ages 16-Adult
Sunday, Mar. 29 | 1 pm-3 pm
Garland Park Visitor Center
Elevation change: Approx. 60 ft.
Distance: 1-2 miles.

Outdoor Poisons and Your Pet
Are you aware of the many toxins your pet may be exposed to in your backyard or on a hike? Join a veterinarian to learn preventative measures to keep your pet safe and healthy through the seasons. An intimate Q & A session will follow the presentation. Instructor: Veterinarian, Pet Specialists of Monterey.

Ages 13-Adult
Thursday, Jan. 9 | 4:30 pm-6 pm
Palo Corona Discovery Center

Tai Chi for Health: Tai Chi for Energy I
Explore Tai Chi surrounded by majestic trees and uplifting scenery. Build your internal strength, flexibility and balance, while you generate newfound energy, uplift your spirit and ease the stresses of daily life. The combined practices of Chen- and Sun-styles are known to improve health and well-being. Instructor: Liana Olson, Senior Trainer and Board Certified Tai Chi for Health Institute Instructor.

All Ages
Saturday | 9:30 am-10:30 am
Jan. 4, Jan. 11, Jan. 18, Jan. 25; Feb. 1, Feb. 8, Feb. 15
Palo Corona Discovery Center
Class held indoors during inclement weather.

Pet First Aid
Rattlesnakes, bees, dogs, and wildlife can endanger your pet in the great outdoors. This informative program will teach you basic first aid and important safety tips when every minute counts. Gain confidence to act decisively during emergency situations. Instructor: Veterinarian, Pet Specialists of Monterey.

Ages 13-Adult
Thursday, Feb. 13 | 4:30 pm-6 pm
Palo Corona Discovery Center

Tai Chi for Health: Tai Chi for Energy II
Take your Tai Chi skill set to the next level. Considered “medication in motion,” this mind-body practice has value in managing many health problems. Gain a deeper appreciation and enjoyment of this ancient Chinese practice. Good for all ages and abilities. Instructor: Liana Olson, Senior Trainer and Board Certified Tai Chi for Health Institute Instructor.

All Ages
Saturday | 9:30 am-10:30 am
Feb. 29; Mar. 7, Mar. 14, Mar. 28
Palo Corona Discovery Center
Class held indoors during inclement weather.

Care for Your Aging Dog
A graying muzzle, a slower pace, the loss of hearing or sight; it can be hard to watch your “best friend” grow older. With appropriate care, you can make your dog’s final years secure, comfortable, and enjoyable. Learn tips and techniques to help them remain active and outdoors for a lifetime. Instructor: Veterinarian, Pet Specialists of Monterey.

Ages 13-Adult
Thursday, Mar. 12 | 4:30 pm-6 pm
Palo Corona Discovery Center

Registration required for all programs.

MPRPD Activities Fall 2019/Winter 2020
Become a Park Volunteer

MPRPD has a need for volunteer support in its Visitor Center and Discovery Center. Other volunteer naturalist opportunities include assisting park staff with our education and outreach programs, interpretive walks, and more! Meet new people and enhance your natural history knowledge while giving back to the community. Contact Volunteer Coordinator Debbie Wyatt at wyatt@mprpd.org.

Ages 18+
Sunday, Jan. 12 | 2 pm-4 pm
Palo Corona Discovery Center

Garland Park Gardening Days

Get down and dirty with us! Come help maintain Garland Ranch Regional Park’s beautiful native plant garden and arboretum. This family-friendly environment is designed to showcase the importance and value of local native plants. We have lots of fun and we get the job done. No experience necessary—all equipment provided. Instructors: MPRPD Staff and Volunteers.

All Ages
Monday | 10 am-12 pm
Jan. 13; Feb. 10
Garland Park Visitor Center

Nature Nurturing: Group Volunteer Activities

Is your organization looking for ways to give back to parks and open spaces? We’ll create a stewardship activity tailor-made just for you! Projects include park beautification, habitat restoration, seed collection, and more. Tighten the bond between your team members and the environment with this enjoyable opportunity to go outdoors. To schedule a date, contact Volunteer Coordinator Debbie Wyatt at wyatt@mprpd.org.

Ages 8-Adult
Dates, times and projects to be arranged. Projects are designed for groups of 10 or more.

Become a Rewilding Volunteer

Join our volunteers to “rewild” a former golf course along the Carmel River! Work with other volunteers to transform the park by removing invasive plants or planting natives. Your work supports our efforts to restore steelhead trout habitat on the Carmel River. Contact Debbie Wyatt at 831-238-3622. Instructors: MPRPD Staff and Rewilding Team.

All Ages
Dates and times to be announced.
Palo Corona Discovery Center

Join in our “Green” Projects!

For more information on Community ALIVE! activities, contact our Volunteer Coordinator at 831-238-3622 or wyatt@mprpd.org

Please pre-register for all events. All minors must be accompanied by an adult.

Raptor Encounter

Raptors are some of nature’s fastest and most agile predators. Detrimental changes in their population impact the functioning of a healthy ecosystem. Get up close and personal with several local raptor species during this live presentation that focuses on their ecology, biology and conservation. Instructor: Antonio Balestreri.

Ages 13-Adult
Friday | 6 pm-8 pm
Nov. 1; Mar. 6
Palo Corona Discovery Center

Who Gives a Hoot?

Silent and secretive, owls are one of the world’s most fascinating nocturnal predators. Be amazed as you observe three owl species during this exciting live demonstration. Learn the environmental impacts that affect our local owl populations and how you can make a difference in your own backyard. Instructor: Antonio Balestreri.

Ages 13-Adult
Friday, Feb. 7 | 6 pm-8 pm
Palo Corona Discovery Center

What’s Up with Climate Change?

Governments around the world have failed to act decisively to halt human induced climate change, which has progressed to the point of crisis. This presentation will provide an overview of climate change and its consequences, explore the relevant science, and discuss strategies for mitigation. Instructor: Mike Clancy, Former Technical and Scientific Director, Fleet Numerical Meteorology and Oceanography Center, U.S. Navy.

Ages 16-Adult
Thursday, Mar. 5 | 6 pm-7:30 pm
Palo Corona Discovery Center

Register now at mprpd.org
Explorations

**Magnificent Monarchs**
Create your own monarch waystation to help form a “milkweed railroad” along the migration routes. Learn to grow native milkweed species, the only food monarch caterpillars eat. Establish a pollinator habitat that will make a positive difference in the lives of these beautiful butterflies. Discussion includes monarch biology, populations and how you can help the species. Instructor: Tom Landis and Robert Coffan, Southern Oregon Monarch Advocates (SOMA).

*Ages 13-Adult*  
*Thursday, Oct. 24 | 6 pm-7:30 pm*  
*Palo Corona Discovery Center*

**Winter Botanical Sketching**
The shorter days and cooler weather of winter make it the perfect time to head indoors for an afternoon of art exploration. Learn how to create luminous color, rich shadows, and washes during this introduction to botanical watercolor. You’ll leave with new skills to artistically capture future discoveries. All skill levels welcome.

**Instructor:** Erin Hunter.

*Ages 14-Adult*  
*Saturday, Dec. 7 | 12:30 pm-4:30 pm*  
*Palo Corona Discovery Center*

**Mushroom Mania!**
Set out for a morning of exploration in search of the elusive fungi of Garland Ranch Regional Park. Join a local expert as he deciphers these mysterious life forms. Learn how to detect which mushrooms are friend or foe on this informative hike in the woods.

**Instructor:** Phil Carpenter.

*Ages 13-Adult*  
*Saturday, Dec. 14 | 5 pm-9 pm*  
*Garland Park Meeting Room*

**History of Carmel Valley’s Vintage Airfield**
Learn about Carmel Valley’s historic vintage airfield, the site of the first “hangar/home” concept in the United States. The airfield was used for public flying and vintage fly-ins until its deactivation in 2000. Today, it is a seasonal stopover for Santa, and fire and rescue emergencies.

**Instructor:** Jeff Ohlson, Carmel Valley Historical Society.

*Ages 13-Adult*  
*Saturday, Oct. 12 | 4:30 pm-6 pm*  
*Palo Corona Discovery Center*

**Owls of the Central Coast**
Did you know Monterey County hosts as many as eight owl species? The evening begins with a general owl biology lecture that includes the calls and identification of our local species. Later, we embark on a walk to listen for hisses, screeches and hoots in search of these secretive birds of prey.

**Instructor:** Bruce Elliott.

*Ages 13-Adult*  
*Saturday, Dec. 7 | 12:30 pm-4:30 pm*  
*Palo Corona Discovery Center*

**Land Art: Collaborating with Nature**
Engage your senses to connect with the surroundings, then gather found natural materials to create contemplative, ephemeral works of art. Capture a photo before leaving your ‘artwork’ to transform back into the landscape. These explorations provide a deeper appreciation of nature that can be carried into your daily life.

**Instructor:** Paola Berthoin.

*Ages 18+*  
*Saturday, Jan. 25 | 1 pm-3:30 pm*  
*Garland Park Visitor Center*

**East of Haven**
Coastal California is a renowned haven for migrant songbirds to rest, drawn by our biologically-rich topography and vegetation. Take in the rolling, oak-studded hills and riparian landscape while searching for migrant song birds and birds of prey. The eastern portion of Palo Corona is only accessible on MPRPD guided hikes.

**Instructor:** Bruce Elliott.

*Ages 13-Adult*  
*Saturday, Mar. 28 | 9 am-12 pm*  
*Palo Corona Discovery Center*

Registration required for all programs.
Family Discoveries

Lessons on the Trail
A confident hiker moves through rough terrain safely by using good balance, understanding, pacing and purpose. A confident person navigates life in much the same way. Challenge yourself to become an individual with integrity, optimism, discipline and resourcefulness. Hiking skills blend with life skills during this motivating and practical hike. Instructor: Allen McClellan, MPRPD Volunteer Naturalist.

- **Ages 7-12**
  - Saturday, Nov. 16 | 10:30 am-12:30 pm
  - Palo Corona Discovery Center
  - Elevation change: 300-800 ft.
  - Distance: 3-3.5 miles.

- **Ages 13-21**
  - Saturday, Nov. 23 | 10:30 am-12:30 pm
  - Palo Corona Discovery Center
  - Elevation change: 300-800 ft.
  - Distance: 3-3.5 miles.

Tidepool Trek
Our rocky shores are a world in motion! Your guided tidepool exploration will begin with a brief introduction to this diverse aquatic habitat. Next, we’ll focus on identifying species, and discussing their adaptations to life in this stressful environment. Explore the invertebrates of the shore to learn why life is so diverse in these intertidal zones. Instructor: Gerick Bergsma, Biology Lecturer, CSU Monterey Bay.

- **All Ages**
  - Saturday, Feb. 8 | 3:45 pm-5:15 pm
  - Saturday, Mar. 7 | 2:30 pm-4 pm
  - Coastal location.
  - Tidepooling occurs on slippery rocks.

Latrines, Bunkers and Comanche’s Grave
The three hike series explores vestiges of old Fort Ord. Learn the rich history of this open space as you hike through different trails and explore new lands across a variety of habitats. Each hike will present the stories behind these landmark structures. Instructors: Julie Callahan and Allen McClellan, MPRPD Volunteer Naturalists.

- **Ages 12-Adult**
  - Saturday | 9 am-11 am
  - Jan. 4 | Hunt for Fort Structures
  - 8th Ave. & Gigling Rd. Parking Area, Seaside
  - Feb. 1 | Bunkers, Beaches, and Stilwell Hall Divarty St. and 1st Ave., Marina
  - Mar. 7 | Comanche’s Grave and Vernal Pools Inter-Garrison Rd. and Jerry Smith Corridor Parking, Seaside
  - Elevation change: Less than 200 ft.
  - Distance: Approx. 2 miles.

Frog Pond Urban Oasis
Discover this hidden treasure in the heart of Del Rey Oaks. From wetlands to woodlands, Frog Pond Wetland Preserve is home to a broad range of permanent and seasonal wildlife. Enjoy your time outdoors with this informative, leisurely walk. Instructor: Julie Callahan, MPRPD Volunteer Naturalist.

- **Ages: 10-Adult**
  - Saturday, Oct. 26 | 4 pm-6 pm
  - Tuesday, Mar. 31 | 4 pm-6 pm
  - Frog Pond Preserve, Del Rey Oaks
  - Elevation change: Approx. 50 ft.
  - Distance: Approx. 1.5 miles.

Mushroom Appreciation Hike
Join amateur mushroom enthusiasts on this informative hike, learning tips and techniques to identify the various fungi inhabiting the Monterey Peninsula. Neither animal, vegetable or mineral, discover fun facts about these mighty decomposers. We’ll only be taking photos, as mushroom picking is not allowed in the park. Instructor: Julie Callahan, MPRPD Volunteer Naturalists.

- **Ages 8-Adult**
  - Saturday, Jan. 18 | 9 am-11 am
  - Garland Park Visitor Center
  - Saturday, Feb. 22 | 9 am-11 am
  - Ft. Ord National Monument, Marina
  - Elevation: 100-300 ft.
  - Distance: 2-3 miles.

Discover Marina Dunes Preserve
Start your weekend in the crisp morning air as you walk along the ancient sands of the Pacific. This relatively harsh environment supports an ecosystem teeming with unique plant and animal life. From fore dunes to hind dunes, there is a lot to learn about this dynamic, ever-changing landscape. Instructor: Julie Callahan, MPRPD Volunteer Naturalist.

- **Ages 10-Adult**
  - Saturday, Oct. 26 | 9 am-11 am
  - Marina Dunes Preserve, Marina
  - Elevation change: Approx. 150 ft.
  - Distance: Approx. 2 miles.
  - Hike occurs mostly on sand.
Minors must be accompanied by a registered adult.

Return of the Condor
Once on the brink of extinction, California condors are now on the road to recovery. The Ventana Wildlife Society’s (VWS) successful captive-breeding program has restored a wild population along the Central Coast. Hear from an expert in the field what it is like to work with the largest bird in North America. Instructor: Mike Stake, Ventana Wildlife Society.

All Ages
Saturday, Feb. 15 | 2 pm-4 pm
Palo Corona Discovery Center

New Year’s Walkabout
Get your new year started on the right foot! Join us for coffee and conversation before heading into the park. This is a rain-or-shine event, because as my Norwegian grandmother used to say, “There is no bad weather, only bad clothes.” Instructors: Team Beesley: Ben Beesley and Shannon Vereker.

Ages 7-Adult
Saturday, Jan. 4 | 10 am-12 pm
Palo Corona Discovery Center
Elevation change: Approx. 50 ft.
Distance: Approx. 2.5-4 miles.

Registration required for all programs.
Youth Adventures

Registered children must be accompanied by an adult.

Owl Encounter for Kids

Their hooked beaks and curved claws let you know these birds of prey mean business! Get up close and personal with several owl species during this kid-friendly live demonstration. Learn fun facts about these amazing predators of the night and what you can do to protect them.

Instructor: Antonio Balestreri.

Ages 6-12
Friday, Dec. 6 | 6 pm-7:30 pm
Palo Corona Discovery Center

Tule, Tule

Tule (pronounced too-lee) is a versatile plant that has been an important part of California’s culture for centuries. Tule provide a haven for many animals in the marsh. Learn the many ways it can be used through storytelling and activities. We will make small tule boats to take home.

Instructor: Valentine Hemingway.

Ages 3-10
Sunday, Nov. 17 | 9:30 am-11 am
Frog Pond, Del Rey Oaks

Amazing Acorn Woodpeckers

Acorn Woodpeckers are incredible! There is a lot to discover about these fun-to-watch birds: how they peck without getting hurt, what they’re chattering about, and why they endlessly drill holes. Learn about woodpeckers through experiments, games, stories, and other activities.

Instructor: Valentine Hemingway.

Ages 3-10
Saturday, Nov. 2 | 9:30 am-11 am
Garland Park Cooper Barn

Plant Power

Do you ever wonder why green is Mother Nature’s favorite color? Learn more about plants and other green stuff through active and fun games. Relaxed play helps information take root in little sprouts. This is a great opportunity to experience nature firsthand.

Instructor: Valentine Hemingway.

Ages 3-10
Sunday, Nov. 17 | 11:30 am-12:30 pm
Frog Pond, Del Rey Oaks

Critter Capers

Ever wonder what it’s like to be a critter: Burrow underground, slither through the grass, fly across the sky? Get to know the secret world of animals through the power of play. Some games will be very active, others less so, but all are fun!

Instructor: Valentine Hemingway.

Ages 3-10
Saturday, Nov. 2 | 11:30 am-12:30 pm
Garland Park Cooper Barn
Saturday, Feb. 8 | 12 pm-1 pm
Palo Corona Discovery Center
Youth Adventures

Secret Lives of Frogs
Do you know how to speak frog? Discover the life and habitats of the Pacific Chorus frog from egg to tadpole to adult. This adventure is a hopping good time and includes a hike around the pond searching for our amphibious friends. Get to know these little leapers through song, art, and games! Instructor: Valentine Hemingway.

**Ages 3-10**
Saturday, Jan. 11 | 10 am-11:30 am
Frog Pond, Del Rey Oaks

Those Nutty Squirrels
What are those silly squirrels doing when they scamper about, chase each other, and “fly” from tree to tree? Learn why squirrels flick their tails, when they nest, and how they protect themselves. Understand the nutty antics of these energetic, acrobatic critters through projects, games and interactive activities. Instructor: Valentine Hemingway.

**Ages 3-10**
Saturday, Feb. 8 | 10 am-11:30 am
Palo Corona Discovery Center

Whose Hiding Among the Oaks?
Did you know coast live oak trees can live for hundreds of years? They are an important source of food and shelter for many species. Plants, animals, insects, and fungi all depend on oaks for their survival. Find out more about this diverse habitat through games, stories and activities. Instructor: Valentine Hemingway.

**Ages 3-10**
Saturday, Dec. 14 | 10 am-11:30 am
Locke-Paddon Park, Marina

Those Sneaky Animals
Are you predator or are you prey? Are you camouflaged or blinged-out like a disco ball? We’ll investigate antics some animals perform to survive. Engage in fun, interactive games to gain insight into animal behaviors in the wild, while improving your nature-viewing skills. Get down and sneaky with us! Instructor: Valentine Hemingway.

**Ages 3-10**
Saturday | 12 pm-1 pm
Dec. 14; Feb. 1
Locke-Paddon Park, Marina

Secretive Scrub Jays
Loud and proud, these fascinating birds also have a secret life known to few. Discover why they rob their neighbors, how they groom deer, where they hold a neighborhood watch, and other unusual behaviors. Learn about these smart and sassy creatures through projects, games, and observation. Instructor: Valentine Hemingway.

**Ages 3-10**
Saturday, Feb. 1 | 10 am-11:30 am
Locke-Paddon Park, Marina

Nature Awareness
Have you ever tried to get a close look at a critter, only to have it skitter away? Humans are like a bulldozer to wildlife, causing them to flee as we approach. Learn ways to become a silent observer in nature, and then practice your new skills with fun games ‘in the wild.’ Instructor: Valentine Hemingway.

**Ages 3-10**
Saturday, Jan. 11 | 12 pm-1 pm
Frog Pond, Del Rey Oaks
Sunday, Mar. 22 | 11:30 am-12:30 pm
Garland Park Visitor Center

Tiny World of Microbeasts
Discover the wild and woolly world of the ‘microbeasts’ that live on plants. These strange beings are nothing to fear. Peek into their homes and habitats to catch a glimpse of their little world. Gain a deeper appreciation for the beauty and weirdness of these tiny creatures through art, song, and play. Instructor: Valentine Hemingway.

**Ages 3-10**
Sunday, Mar. 22 | 9:30 am-11 am
Garland Park Visitor Center

Registration required for all programs.
Nature Camps

VENTANA WILDLIFE SOCIETY

Natural Science Awareness Classes
Weekly classes focus on connecting deeply with the land and experiencing nature’s changes through the seasons. Interactive program activities include opening/closing circles, storytelling, journaling, sit-spots, tracking, native crafts, and opportunities for ‘dirt-time.’

Home School, Ages 4-12
Wednesdays, Thursdays, and Fridays
Fall Semester:
Sep. 25-Dec. 20, 2019
Spring Semester:
Late Jan.-Late Apr. 2020
9:30 am-11:30 am
$275/Semester

FOR MORE INFORMATION OR TO REGISTER
VISIT: ventanaws.org/education
EMAIL: lizmaul@ventanaws.org
CALL: 831-800-3002

Single Day Adventures
Spend an exciting day outdoors exploring mysterious redwood forests, our wild and beautiful coast, and other fascinating habitats of Central California. Whether you’re being dazzled by Monarch butterflies, practicing survival skills in the wild or discovering incredible invertebrates, it is certain to be a true adventure!
Locations include Fremont Peak, Pinnacles, Big Sur and more.

Ages 8-12
Single Day Adventures
Days vary | 8:30 am-4:30 pm
Offered on school holidays
$55/Program ($85 kayak dates)

FOR MORE INFORMATION OR TO REGISTER
VISIT: ventanaws.org/education
EMAIL: alenaporte@ventanaws.org
CALL: 831-800-7421
California Wildlife Day Celebration

Saturday, March 21, 2020
10 am-3 pm
Palo Corona Regional Park

FUN FOR ALL AGES
- Interactive Booths • Special Presentations
- Nature and Discovery Walks • Arts and Crafts

Everything is connected to everything else.
— Aldo Leopold

For more information
Visit: californiawild.net
Email: nelson@mprpd.org
Call: 831-372-3196, ext. 102

The California State Legislature proclaims the Spring Equinox of every year as California Wildlife Day. Celebrate with us!

For more information
Visit: californiawild.net
Email: nelson@mprpd.org
Call: 831-372-3196, ext. 102

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NEW

INTRODUCING

LETS GO OUTDOORS!
LGO! MOBILE APP

***
Access MPRPD from your mobile device.

Share MPRPD activities & events with family and friends.

Register for Let’s Go Outdoors! (LGO!) programs.

Become a volunteer with MPRPD.

Follow MPRPD on social media.

Download LGO! On the Go!

Search MPRPD on
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Community Happenings

BIG SUR LAND TRUST

Community Events
Big Sur Land Trust’s Community Programs inspire love of land across generations, conservation of our unique Monterey County landscapes, and access to outdoor experiences for all. Hikes are open to all ages but vary in length and skill level. Please plan accordingly.

All Ages
Friday, Oct. 18 | 9 am-12 pm
Martin Dunes, Marina
(moderately strenuous)
Wednesday, Nov. 6 | 9 am-2 pm
Mitteldorf Preserve, Carmel Valley
(moderate)
Saturday, Mar. 14 | 8:45 am-2 pm
Marks Ranch, Salinas
(moderately strenuous)

FOR MORE INFORMATION
VISIT: bigsurlandtrust.org
EMAIL: jcnavarro@bigsurlandtrust.org
CALL: 831-625-5523, ext. 102

CALIFORNIA STATE UNIVERSITY, MONTEREY BAY

Park Restoration Programs
Return of the Natives invites you to become a volunteer ‘restorer.’ Explore Monterey County as you help make a difference during our planting, clean-up, and park beautification events. Check our website for each event’s theme. Equipment (gloves, tools, etc.) and snacks will be provided.

Ages All
Saturday | 10 am-1 pm
Salinas (various locations)
Oct. 26; Nov. 9; Dec. 7; Jan. 18; Feb. 8; Mar. 28

Ft. Ord National Monument
Feb. 1; Feb. 22; Mar. 7

CSUMB Campus
Dec. 7; Jan. 25; Feb. 29; Mar. 14

FOR MORE INFORMATION:
VISIT: csumb.edu.ron
EMAIL: evanderspek@csumb.edu
CALL: 831-582-3686

CARMEL VALLEY ASSOCIATION

Weed Wranglers
Help sweep away French broom (genista) that threatens native habitats. Winter is the best time to get a head start on genista removal. Join the Weed Wranglers in January, February and March as we tackle patches of the pesky plant in Garland Ranch and Palo Corona Regional Parks. Dates to be determined.

Ages 15-Adult
Times and locations vary.

FOR MORE INFORMATION
VISIT: carmelvalleyassociation.org
CALL: 831-624-9467

MONTEREY BAY MEDITATION STUDIO

Monthly Community Events
MBMS offers opportunities to develop, sustain, and deepen your meditation practice while creating a diverse and supportive community. We are committed to making mindfulness and compassion both accessible and relevant, and to bring more awareness and kindness to our community. When you come, look for the MBMS flag.

Ages 18+
Wednesday, Nov. 20 | 5:30 pm-6:30 pm
Living in Gratitude, Esplanade Park

Saturday, Feb. 15 | 5 pm-6 pm
Twilight Meditation in the Forest, Rip Van Winkle Open Space

Thursday, Mar. 12 | 6 pm-7 pm
Sensory Beach Walk, Del Monte Beach

MONTEREY CHAPTER, SURFRIDER FOUNDATION

Monthly Beach Cleanups!
Help make a difference for our oceans, waves, and beaches! Surfrider Monterey has fun, educational and productive beach cleanups for ocean lovers of all ages. Join us in keeping our Monterey coastline beautiful and healthy. Beach cleanups are a great opportunity to go outdoors, give back to the community, and make new friends.

All Ages
Sunday | 10 am-12 pm
Oct. 27: Moss Landing State Beach
Nov. 24: Moss Landing Wildlife Area
Dec. 22: Marina State Beach

FOR MORE INFORMATION
VISIT: surfrider.monterey.org
EMAIL: chaptercoordinator@monterey.surfrider.org
MONTEREY REGIONAL WASTE MANAGEMENT DISTRICT

Reduce, Reuse, Recycle Workshops
Every choice matters! Positive actions big and small can result in personal and community transformation. Waste reduction in our homes provides significant benefits for personal health and the health of our environment. These free workshops introduce you to sustainable practices and tips to use in everyday life.

Ages 10-Adult
Saturday | 10 am-12 pm
Monterey Regional Waste Management, Marina
Oct. 19 | Recycling 101
Oct. 26 | Worm composting (Vermiculture)
Nov. 16 | Zero Waste Living

FOR MORE INFORMATION AND TO REGISTER
VISIT: mrwmd.org
CALL: 831-384-5313
Children under 16 must be accompanied by an adult.

PEBBLE BEACH COMMUNITY SERVICES DISTRICT

Pebble Beach Zombie Race and Emergency Preparedness Fair
Learn to survive the next zombie apocalypse or other disaster. Begin this family-friendly event with a run through picturesque Pebble Beach. Then, grab a free taco and drag yourself around our Emergency Preparedness booths. The Quake Cottage earthquake simulator will help your family prepare for a real event.

All Ages
Saturday, Oct. 26 | 9 am-12 pm
4005 Sunridge Road, Pebble Beach

FOR MORE INFORMATION
VISIT: zombierun.svetiming.com
EMAIL: jennifer.valdez@fire.ca.gov
CALL: 831-647-5642

SAVE THE WHALES
Storm Drain Day
Together, let’s tackle urban runoff. Protect the ocean by marking storm drains with bilingual emblems and the message, “No Dumping! Flows to Bay.” Help stop litter, motor oil, pet waste, pesticides and car washing detergents from reaching the Monterey Bay National Marine Sanctuary. We’ll work to keep our waters clean.

Ages 10-Adult
Saturday, Nov 16 | 10 am-11:30 am
Sunday, Jan. 18 | 10 am-11:30 am
Saturday, Mar. 14 | 10 am-11:30 am

FOR MORE INFORMATION
VISIT: savethewhales.org
EMAIL: maris@savethewhales.org
CALL: 831-455-9514
Except during holidays and school breaks.

SIERRA CLUB - VENTANA CHAPTER

Free Hikes and Outings
Join the Sierra Club for free, year-round hikes and outings in Monterey and Santa Cruz counties. Explore the Central Coast’s most beautiful and wild places while you learn about this area’s unique natural resources and make new friends. Hikes are offered for many different fitness levels.

Ages 18+
Times and locations vary.

FOR MORE INFORMATION
VISIT: ventanaserraclub.org
EMAIL: chapter@ventana.sierraclub.org

PACIFIC GROVE MUSEUM OF NATURAL HISTORY

Science Saturdays
Learn fun facts about the fascinating world of nature. Spend a Saturday, each month, investigating a different science-related topic. As you visit educational stations throughout the museum, you’ll take part in a variety of hands-on activities and crafts. Admission to Science Saturday is free.

All Ages
Saturday | 10 am-3 pm*
PG Museum, Pacific Grove

Upcoming events include:
Oct. 26 | Bats, Spiders and Snakes
Nov. 30 | Magnificent Monarchs
Jan. 25 | Amazing Migrations
Feb. 29 | Animal Athletes
Mar. 28 | Bees, Wasps, Honey and Hives

FOR MORE INFORMATION
VISIT: pgmuseum.org
EMAIL: mcconnell@pgmuseum.org
CALL: 831-648-5716, ext. 24
*Drop in any time.

VENTANA WILDLIFE SOCIETY

Nature Science Awareness Classes
Each week explore a different location on the Monterey Peninsula; from forests to tidepools to sand dunes. Increase your nature awareness through observation, exploration, and “dirt time.” Gain a broader understanding of the area’s plant and animal life as you learn to become a good steward of the environment.

Ages 8-12
Wednesday | 2:15 pm-5:15 pm
Marina Youth Center, Marina

FOR MORE INFORMATION
VISIT: ventanaws.org
EMAIL: ventanaws.org
CALL: 831-455-9514

Registration required for all programs.
MPRPPD Park Map

Parks and properties owned and managed by the Monterey Peninsula Regional Park District

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BOARD OF DIRECTORS

WARD 1 Kelly Sorenson (President) ksorenson@mprpd.org Marina, northern Ft. Ord
WARD 2 Shane Anderson shanea@mprpd.org Seaside, northern Sand City, southern Ft. Ord
WARD 3 Kevin Raskoff kraskoff@mprpd.org Monterey, southwest Seaside, southern Sand City, Del Rey Oaks
WARD 4 Kathleen Lee klee@mprpd.org Pacific Grove, Nw Monterey, northern Pebble Beach
WARD 5 Monta Potter mpotter@mprpd.org Carmel, Carmel Valley, Big Sur, southern Pebble Beach

Board meetings are typically held the second Wednesday of each month. Check mprpd.org for more information.

ENVIRONMENTAL EDUCATION AND COMMUNITY OUTREACH (EECO) TEAM

A special thanks to the MPRPD Volunteers.

Jackie Nelson Environmental Education Supervisor nelson@mprpd.org
Debbie Wyatt Environmental Education Coordinator Wyatt@mprpd.org
Rafael Payan, PhD General Manager payan@mprpd.org

* Management Partnership
** Access Permit Required
† Temporarily Closed

MPRPPD Parks and Preserves

1 Cachagua Community Park*
2 de Dampierre Park (unit of Garland Park)*
3 Eolian Dunes Preserve
4 Frog Pond Wetland Preserve
5 Garland Ranch Regional Park (Garland Park)
6 Kahn Ranch (unit of Garland Park)**
7 Locke-Paddon Wetland Community Park*
8 Marina Dunes Preserve
9 Mill Creek Redwood Preserve †
10 Palo Corona Regional Park
11 Rancho Cañada (unit of Palo Corona Regional Park)

Hiking Trails Equestrian Trails Bicycle Trails Coastal Access Sports Fields Children’s Play Areas Volunteer-led Activities Picnic Areas Dogs Allowed Restrooms Scenic/Env. Resources Historic Resources Visitor Center Meeting Room Accessibility Trail Info

TEMPORARILY CLOSED

Register now at mprpd.org
OCTOBER 2019

12 Sat History of Carmel Valley’s Vintage Airfield 9
19 Sat Laguna Grande Birding Walk 4
19 Sat Twilight Hike Through the Park 4
24 Thu Magnificent Monarchs 9
26 Sat Frog Pond Urban Oasis 10
26 Sat San Jose Creek to Discovery Center 5
26 Sat Discover Marina Dunes Preserve 10
26 Sat Mindful Movement and Meditation 6
26 Sat Mindful Walking and Meditation 6

NOVEMBER 2019

1  Sat Raptor Encounter 8
2  Sat Amazing Acorn Woodpeckers 12
2  Sat Critter Capers 12
9  Sat Ecology Walk Amongst the Oaks 5
16  Sat Lessons on the Trail (ages 7-12) 10
16  Sat Birding at Palo Corona 4
16  Sat Nature Night Hike 4
17  Sun Palo Corona Trail Linkage 4
17  Sun Tule, Tule 12
17  Sun Plant Power 12
17  Sun Leonids Meteor Shower 10
23  Sat Lessons on the Trail (ages 13-21) 10
23  Sat Mindful Meditation in the Park 6
24  Sun Nature Photography 5

DECEMBER 2019

6  Fri Owl Encounter for Kids 12
7  Sat Healing Connection With Nature 6
7  Sat Winter Botanical Sketching 9
7  Sat Laguna Grande Birding Walk 4
14  Sat Who’s Hiding Among the Oaks? 13
14  Sat Those Sneaky Animals 13
14  Sat Owls of the Central Coast 9
14  Sat San Jose Creek to Discovery Center 5
14  Sat Nature Immersion 6
14  Sat Geminids Meteor Shower 9
28  Sat Mushroom Mania 9

JANUARY 2020

4  Sat Tai Chi for Energy 1 7
4  Sat New Year’s Walkabout 11
4  Sat Latrines, Bunkers and Vernal Pools 10
4  Sat Twilight Hike Through the Park 4
5  Sun Discover Kahn Ranch 4
5  Sun Nature Photography 5
9  Thu Outdoor Poisons and Your Pet 7
11  Sat Tai Chi for Energy 1 7
11  Sat Secret Life of Frogs 13
11  Sat Nature Awareness 13
12  Sun Become a Park Volunteer 8
13  Mon Garland Park Gardening Day 8
18  Sat Tai Chi for Energy 1 7
18  Sat Mushroom Appreciation Hike 10
25  Sat Mushroom Mania 9
25  Sat Land Art: Collaborating with Nature 9
25  Sat Tai Chi for Energy 1 7
The MPRPD MISSION:
To acquire and maintain open space in the District for preservation and use, working with partners and the community, for public benefit, enjoyment and environmental protection.

Out of this World! Stargazing

Programs presented in cooperation with Monterey Institute for Research in Astronomy (MIRA), the MIRA Astronomy Club and the Santa Cruz Astronomy Club.

Leonids Meteor Shower
Radiating from the constellation Leo, the Leonids have been known for producing some spectacular shows in the past. Hunting for meteors is a waiting game, so we’ll also have volunteers from the MIRA Astronomy Club and the Santa Cruz Astronomy Club bringing their telescopes to share other mysteries in the night sky.

Geminids Meteor Shower
This celestial event created by debris left behind by an asteroid known as 3200 Phaethon can produce up to 60 multicolored meteors per hour at its peak. A nearly full moon will make the brightest shooting stars visible.

Star Party
Look up at the night sky and revel in the night sky’s vast mysteries. Come and join us as amateur astronomers share their knowledge of the cosmos. Observe details on the moon and faint objects such as galaxies and star clusters.

All Ages
Saturday, Dec. 14 | 6 pm-8 pm
Garland Park Visitor Center

All Ages
Tuesday, Feb. 4 | 6 pm-8 pm
Tuesday, Mar. 3 | 6:30 pm-8:30 pm
Garland Park Visitor Center

For comfort, warm clothing and hot drinks encouraged.
Rain, fog or cloud cover cancels event.
For up to date weather conditions, call 831-659-6065 within an hour of program.
Bring a flashlight.
Minors must be accompanied by an adult.
Only service dogs permitted.