

Monterey Peninsula Regional Park District

LET'S GO OUTDOORS!

Your adventure activities guide for all ages



Preserving and Protecting Parks and Open Space since 1972

Welcome

Dear Friends,

As the Summer turns to Fall, we are grateful for our District's open spaces, and trails that can be accessed and enjoyed year-round. Visitors can experience our fog-touched parks and trails along the coast or travel only a few miles from the coast to our majestic inland parks that are seasonally cooler or warmer. MPRPD offers trails which range from sea level to 2,000 ft. in elevation with paths that take the traveler through the dunes to the beaches, across streams, vernal ponds, into redwood shaded canyons, and all the way to mountain tops boasting amazing views of valleys and spanning across the Monterey Bay Sanctuary.

Our District team hopes visitors are enjoying our newly constructed facilities at Palo Corona Regional Park that includes a picnic area, shaded seating, bus landings, restrooms, and improved accessibility. We appreciate your patience as we finish up final work on these facilities taking extra steps to protect sensitive habitat and species, all while keeping the trails and facilities open for use.

Behind the scenes, District staff have partnered with other organizations and individuals to develop curricula, protect critical resources, and improve trail networks. Staff are also initiating a transportation grant, creating interactive exhibits, and expanding offerings of free, fun, and educational programs throughout the district serving all age groups.

We are grateful for our communities' support over the years and are excited to announce a new way to donate to programs and activities of the District. In partnership with the Community Foundation of Monterey County, a *Let's Go Outdoors! Fund* has been established. This special-purpose fund, for charitable gifts and public contributions, can be used to support projects like the future Palo Corona Regional Park off-leash dog area, district-wide fire management and mitigation preparedness, volunteer and stewardship management, capital improvement projects, educational, cultural, and historical programs, and more. Your donations will go a long way to moving these projects forward.

We look forward to your next visit to our Regional Parks and engagement in our many *Let's Go Outdoors!* programs in the months ahead.

Gratefully,



Dr. Rafael Payan
MPRPD General Manager



**SCAN HERE
to donate!**



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FESTIVAL OF BIRDS!

Friday-Sunday | October 13, 14, 15

Various Monterey Bay area locations

FREE live bird experience:

Raptor Encounter
Palo Corona Regional Park
Multi Purpose Pad
Sunday, October 15
2 pm-4 pm

REGISTER:

birdschooleproject.org/festival
info@birdschooleproject.org



How to Register

REGISTRATION IS REQUIRED FOR ALL PROGRAMS!



Online | Go to our website at mprpd.org or scan an **MPRPD QR code**.

Walk-in | Available weekends from 10 am-4 pm at Palo Corona Discovery Center or Garland Visitor Center.

Phone | Call 831-372-3196, extension 102.

Email | LGO@mprpd.org

Registration | Opens one calendar month prior to the activity and closes at 4 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 a receipt.

Waitlist | Waitlisting does not guarantee admittance. If a spot becomes available, you will be contacted by either email or phone and have 24 hours to respond. Generally, this occurs within 1-5 days of the program start.

Cancellations | MPRPD may cancel programs due to low registration, weather conditions, or unforeseen circumstances. Cancellations will be sent by email. If you must cancel a program, please let MPRPD staff know by email or telephone at least one calendar day prior to the class. **Registration cannot be canceled online.**

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

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

Registration
Required

Scan here
to register



ICON KEY



Physical
Activity



Binoculars
Advised



Seated
Activity



Flashlight
Advised



Pack Additional
Materials

Get to Know Your MPRPD Parks

Children **MUST** register and be accompanied by a registered adult.

Palo Corona Cabin and Orchard

Only accessible through MPRPD, this all day, strenuous nature hike will lead you to a small hunting cabin and nearby orchard that still stand as remnants of the former ranch's agricultural past. Instructor: MPRPD Volunteer Naturalists.

Ages 18+

9 am-5 pm

Saturday, Oct. 14

Sunday, Oct. 29

Palo Corona Park Plaza Entry

*Elevation change: Approx. 1000 ft.
Distance: Approx. 15 miles.*



Superb Owl Sunday

Rather than watching football on TV, join the excitement of a dusk-to-dark pursuit of our nocturnal apex predators. Our parks are the year-round home of great horned and barn owls, and other seasonal species. This event will involve slow walking, crouching, and sitting on rough terrain. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

Ages 12-Adult

Sunday, Feb. 11 | Dusk

Palo Corona Park Plaza Entry

*Elevation change: 20-80 ft.
Distance: Approx. 1 mile.
Bring warm clothes, a flashlight, and an easily carried folding chair.*



Snively's Ridge from Holt Road

"Holt-on" to your hat to experience awe-inspiring views from the mountain tops of the Santa Lucias to the Carmel Valley below. This strenuous hike meets at the Visitor Center, takes a shuttle ride to Holt Road, and is a one-way hike back to the Visitor Center that includes steep inclines and long distances. Instructor: MPRPD Volunteer Naturalists.

Ages 12-Adult

8:30 am-2 pm

Saturday, Oct. 28

Thursday, Mar. 7

Garland Park Visitor Center

*Elevation change: Approx. 1500 ft.
Distance: Approx. 7 miles.
Shuttle to Holt Rd. trailhead provided.*



Garland's Changing Seasons

Experience the fall and winter seasons through cottonwood, oak, buckeye, and maple trees at Garland Ranch. This tour will take you up to the Mesa Pond, along Sky, Sage, and Maple Canyon trails. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

Ages 12 - Adult

Sunday | 9:30 am-1 pm

Nov. 12; Jan. 28

Garland Park Visitor Center

*Elevation change: Approx. 1000 ft.
Distance: Approx. 5 miles.*



Garland's Canyons and Ridges

Meander through the natural beauty of the canyons and ridges of Garland Ranch. Each guided hike will take you through various sections of Garland with a focus on the plants and animals that call these habitats home. Instructors: MPRPD Volunteer Naturalists.

Ages 12 - Adult

9:30 am-2:30 pm

Dec. 9; Jan. 13 | Snively's Ridge Loop

Dec. 16; Jan. 20 | Garzas Canyon

to Maple Canyon

Mar. 23 | East Ridge to

Garzas Canyon Loop

Garland Park, various trailheads

*Elevation change: 800-1800 ft.
Distance: 6-7 miles.
Please see the online listing for more detail.*



San Jose Creek Loop

Explore San Jose Creek by hiking out and back from Highway 1. Only accessible through LGO!, a shuttle will take you to and from your destination to meander through fields of flowers, lush redwood groves, and dry chaparral that lead uphill to spectacular views. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

Ages 10-Adult

9:30 am-1 pm

Friday, Oct. 20

Thursday, Mar. 28

Palo Corona Park Plaza Entry

*Elevation change: 600 ft.
Distance: 4-5 miles.*



San Jose Creek Hike

Take a short shuttle ride to the trailhead of this scenic hike along San Jose Creek, up to Inspiration Point, and down to the Rancho Cañada Unit of Palo Corona. Bring food, enjoy a snack at Inspiration Point, and then take in spectacular views of the coast. Instructor: MPRPD Volunteer Naturalists.

Ages 12-Adult

Saturday | 9 am-1:30 pm

Nov. 11

Palo Corona Park Plaza Entry

*Elevation change: 600-700 ft.
Distance: 5-6 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: MPRPD Volunteer Naturalists.

Ages 12-Adult

10 am-2 pm

Sunday, Dec. 17; Feb. 25

Saturday, Mar. 9

Kahn Ranch, Carmel Valley

*Elevation change: Approx. 1,100 ft.
Distance: Approx. 4 miles.*



Nature Night Hike

Come to the dark side! Quietly prowl the woodlands and meadows in search of the life that only comes out after others leave. Learn about our nocturnal neighbors and their habits, prey, and predators. Reconnect with the skills of moving and listening like a wild thing, while observing owls, bats, and other animals. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

Ages 12-Adult

Saturday | 15 minutes prior to sunset

Dec. 2; Jan. 6; Feb. 3

Palo Corona Park Plaza Entry

*Elevation change: Approx. 100 ft.
Distance: Approx. 3 miles.*



Whisler Overlook to the Redwoods

Get a breathtaking view of Carmel Bay from the Whisler Overlook, then hike down to the redwood trees of San Jose Creek and back up to Animas Pond and Inspiration Point. This strenuous trek to the Whisler Overlook is sure to get your heart pumping. Instructor: MPRPD Volunteer Naturalists.

Ages 18+

Saturday | 9 am-2:30 pm

Nov. 18

Palo Corona Park Plaza Entry

*Elevation change: Approx. 1000 ft.
Distance: Approx. 10 miles.*



Medicinal Plant Tour

There's plant medicine all around us! Come meet some of our plant allies while taking a leisurely stroll through a lovely nature preserve. We'll meet several non-native plants, and a few native ones too. Some are medicine, some are food...some are both! Learn how to identify and understand the uses for these plants. Instructor: Lianne Neptune, Herbalist.

Ages 8 - Adult

Saturday | 10:30 am-12 pm

Feb. 17; Mar. 16

Del Rey Oaks

*Elevation change: Approx. 10 ft.
Distance: Approx. 1.5 miles.*



Bird Walks

Discover our feathered residents at all times of the year. Each season features different species and behaviors. Prowl the oak woodlands of Palo Corona Park in search of the 400+ species of birds that inhabit our wonderful region. Instructor: Rick Berg, MPRPD Volunteer Naturalist.

Ages 12-Adult

Saturday | 8:30 am-11 am

Dec. 2; Jan. 6; Feb. 3

Palo Corona Park Plaza Entry

*Elevation change: 20-80 ft.
Distance: Approx. 1.5 miles.*



**Registration
Required**

Scan here
to register



Get Out, Get Healthy

Cool Runnings: Wintertime Trail Running

Boost your cardio and explore Palo Corona with the local Wednesday Night Laundry Runners (WNLR). Each event in this trail-running series will build on the last, with the final run bringing participants from the Discovery Center out to the newly opened San Jose Creek Trail and back for a total of 9 miles. Instructor: WNLR Representative.

Ages 12-Adult
Saturday | 8:30 am
Nov. 25; Jan. 6; Feb. 17
Palo Corona Park Plaza Entry

*Elevation change: 180 -1800 ft.
Distance: 3-9 miles. Prior running experience is strongly recommended.*



Improve Your Bike Skills on the Trails

Mountain bike skills are essential for the ultimate day outdoors on the trail. Proper positioning, technique, and maneuvering on your mountain bike will be taught. Enjoy the trails of west Garland Park while pedaling! Sponsored by Toro Grind Bike Shop. Instructor: Sharon deMaria Osgood, MPRPD Volunteer Naturalist.

Ages 7-10 | 9 am-10:30 am
Ages 10-13 | 11 am-12:30 pm
Saturday, Nov. 4
Garland Park Cooper Barn

*Elevation change: 0-20 ft.
Distance: 1-3 mi. Must bring a helmet and mountain bike in good working order.*



Awe Walk

Breathe Deep and BEE Happy! Experience boundless wonderment and get out of your head and into nature. Increase joy, vitality, and gratitude and awaken your sense of childlike curiosity. These are just a few of the side-effects of Awe Walking. Discover the awe-inspiring power of nature's splendor. Instructor: Monica Eastway, Eco Gerontologist.

All Ages
Sunday | 2 pm-3:30 pm
**Oct. 8, Oct. 22; Nov. 5,
Nov. 19; Dec. 3, Dec. 17**
Palo Corona Park Plaza Entry

*Elevation change: Approx. 60 ft.
Distance: Approx. 2 miles.*



Rooted Presence: Connecting with Our Land

Become intimate with our local ecology by cultivating a reciprocal relationship between ourselves and the other beings of the land. Sit and walk while meditating, connecting with other-than-human beings, and using active observation through your senses to belong in this world. Instructor: Ariel Johnson

Ages 16-Adult
Saturday | 8:30 am-11 am
Mar. 9
Palo Corona Park Plaza Entry

*Elevation change: Approx. 60 ft.
Distance: Approx. 1.5 miles.*



Mindful Walking & Meditation

Mindfulness in nature cultivates awareness of whatever is taking place within and around you: thoughts and emotions, the breeze, the sounds of nature, and the warmth of the sun invite wonder and awe. Join us for this mindful outdoor experience combining nature meditation, mindful walking, sensory activation, and informal discussion. Instructor: Katie Dutcher.

Ages 18+
9:30 am-11:00 am
Tuesday, Oct. 10
Monday, Nov. 13
Palo Corona Park Plaza Entry

*Elevation change: Approx. 60 ft.
Distance: 1-1.5 miles.*



Tai Chi for Energy I & II

Tai Chi for Energy combines the oldest style of tai chi, Chen, with the newest style, Sun, to improve energy, balance, awareness, relaxation, strength, and flexibility. Tai chi principles will be introduced with each session. Tai chi and its principles provide tools to assist with daily activities. Instructor: Liana Olson, Senior Trainer & Board-Certified Tai Chi for Health Institute.

Ages 10-Adult
Wednesdays | 4:30 pm-5:30 pm

**Series I: Oct. 11, Oct. 18, Oct. 25;
Nov. 1, Nov. 8, Nov. 15**

**Series II: Jan 10, Jan. 17, Jan. 24,
Jan. 31; Feb. 7, Feb. 14**
Marina Library, Marina



**Registration
Required**

Scan here
to register



Qi Gong

Pronounced “chi-gong,” it is a simple practice with profound results that combines movements, postures, breathing, and meditation for the purpose of physical, emotional, and spiritual improvements. No martial arts knowledge necessary. All physical levels are welcome. Instructor: Michelle Polkabila.

All Ages

Thursday | 11 am-11:45 am
Oct. 5, Oct. 12, Oct. 19, Oct. 26;
Nov. 2, Nov. 9, Nov. 16; Mar. 7,
Mar. 14, Mar. 21, Mar. 28
Palo Corona Multi-Purpose Pad

Indoor location available for inclement weather.



Slow Flow Yoga in Nature

Gather outdoors, when the weather is nice, in nature for an evening of rejuvenating and strengthening yoga flow practice. Release stress, strengthen your mind, body, and soul, enjoy the outdoors, and build friendships with like-minded people. Bring a mat and water. Instructor: Suzy Adra.

Ages 13 - Adult

Saturday | 12 pm-1 pm
Nov. 4, Nov. 11, Nov. 18, Nov. 25
Palo Corona Multi-Purpose Pad

Wednesday | 5:45 pm-6:45 pm
Jan. 3, Jan. 10, Jan. 17, Jan. 24, Jan. 31
Marina Library, Marina

Indoor location available for inclement weather.



Family Discoveries

Monarch Sanctuary Stroll

Enjoy a guided walk of Pacific Grove's Monarch Grove Sanctuary. Learn what makes monarch butterflies so unique and the latest science behind monarch and pollinator conservation.

Instructor: Natalie Johnston,
PG Museum Coordinator.

All Ages

10 am-11 am

Saturday, Nov. 4

Sunday, Nov. 5

**Monarch Butterfly Sanctuary,
Pacific Grove**



Singing in Nature

Get ready to sing, dance, and enjoy the outdoors as we sing songs of nature and the world around us. Learn parts of the tree, the names of the seven continents, and more. Instructor: Auburn Velasquez, Auburn's House Montessori School.

Ages 2.5-5 years

Saturday | 11:30 am-12:30 pm

Feb. 24

Palo Corona Discovery Center



Exploring Nature with Children

Join an experienced outdoor educator and learn new ways to engage children in the outdoors. We'll cover fun, educational, and reflective activities to help all ages engage meaningfully with nature. Instructor: Ventana Wildlife Society Educator.

All Ages

Sunday | 3 pm-4 pm

Nov. 5; Mar. 3

Palo Corona Park Plaza Entry



Herps of Fort Ord

Fort Ord is a hot spot for snakes, lizards, salamanders, and other herps in Monterey County. Be sure to hold and see these animals up close and look for evidence of them around Fort Ord. Instructor: Bruce Delgado, Naturalist.

Ages 8-Adult

Sunday | 9 am-12 pm

Feb. 4

**Creekside Terrace Trailhead,
Ft. Ord National Monument,
Salinas**

*Elevation change: 200-300 ft.
Distance: Approx. 3 miles.*



Farm Discovery: Family Farm Field Trip

Come explore Live Earth's 150-acre organic farm! Learn farming and gardening skills, play with farm animals, and taste some of our seasonal harvests. With each tour, we cultivate relationships to nature and our food system and incorporate environmental stewardship and nutrition. Instructor: Farm Discovery Staff.

All Ages

Saturday | 10 am-12 pm

Oct. 28; Dec. 9; Jan. 27; Feb. 24;

Mar. 16

**Farm Discovery at Live Earth,
Watsonville**

*Optional picnic lunch opportunity
from 12 pm-1 pm*



Finding Frogs

Search for frogs in the wetlands at Palo Corona Regional Park. Learn about which species share their home with you, their importance in our community, how you can help them, and more. Instructor: Rachel Anderson, Biologist.

Ages 8-Adult

Saturday | 5:30 pm-7 pm

Feb. 10

Palo Corona Park Plaza Entry



Discover San Jose Creek: Ishxenta State Park

Crisscross this vibrant coastal stream over a series of wooden bridges on this out-and-back interpretive adventure. Immerse yourself in diverse plant life, including iconic coast redwoods; wonder at the curious clues of animal life; experience the remarkable geology within this truly unique California ecosystem. Instructor: CA State Parks Staff.

Ages 10 – Adult

Saturday | 9:30 am-12:30 pm

Oct 21; Nov 18; Feb 17; Mar. 16

Palo Corona Park Plaza Entry

*Elevation change: Approx. 80 ft.
Distance: Approx. 3 miles.*



**Registration
Required**

Scan here
to register



Workshops, Seminars, & Explorations

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, Naturalist.

Ages 13-Adult

10 am-1 pm

Saturday, Dec. 9; Jan. 27; Feb. 3

Sunday, Dec. 17

Garland Park Meeting Room

Elevation change: 80-100 ft.

Distance: 2-3 miles.

Program is weather (rain) dependent



Owl Encounter

Who, who? Who are you? Meet several of our local owl species up close. This live presentation focuses on their ecology, biology, and conservation. Instructor: Antonio Balestreri, Master Falconer & Bruce Elliott, Ecologist.

Ages 12-Adult

Sunday | 2 pm-4 pm

Feb. 25

Marina Library, Marina



Climate Change and Weather in California

Atmospheric rivers and drought are affected by the changing atmosphere. This lecture will provide an introduction to the causes and effects of global warming and climate change with a focus on California's weather and climate for the future. Instructor: Mike Clancy.

Ages 16-Adult

Saturday | 4 pm-5:30 pm

Jan. 6

Palo Corona Discovery Center



Field Naturalist Training

Take your plant and bird observations to the next level (or two!). These mini-workshops provide an introduction to botany and ornithology with both in-class and in-field training. Gain a deeper understanding of the ecosystems and biodiversity of the Central Coast and become an active environmental steward. Instructor: Patrick Furtado, Naturalist.

Ages 13-Adult

Saturday | 10 am-2:30 pm

Feb. 17 | Plants

Apr. 6 | Birds

Palo Corona Discovery Center

Elevation change: 50-80 ft.

Distance: 1-2 miles.

30-minute lunch break included in program time.



Flint Knapping-Making Stone Tools

Come and watch a demonstration of basic stone-tool creation from the earliest 3.7-million-year-old tools of the Paleolithic to the more refined tools of the Neolithic. We will also be comparing ancient stone tools and their modern equivalents. Instructor: Blake Bufford, MPRPD Volunteer.

All Ages

Sunday | 2 pm-3 pm

Mar. 10

Garland Park Visitor Center



Wildflower Wonder: Journaling Nature

Find the unseen wonder in nature! Nature journaling is a perfect medium to explore and get to know wildflowers. Learn to sketch and describe them in a journal, recording your experience and continued learning of local flora. Open to all levels. Instructor: Melinda Nakagawa.

Ages 13-Adult

Saturday | 10 am-12 pm

Mar. 16

Garland Park Visitor Center

Elevation change: 20-80 ft. Distance 1-2 miles.



Toxicities, Outdoor Poisons, and Your Pet

Calling all Monterey Peninsula pet parents! Learn how to protect your pets from toxins. We will identify the most common toxicities and talk about ways to help avoid visits to the emergency room. Instructor: Dr. Sullenberger, BluePearl Veterinarian.

Ages 10 - Adult

Saturday, 10 am-12 pm

Oct. 21 |

Garland Park Visitor Center



My Dog Is Limping. What Could It Be?

Participate in this seminar to learn about common sources of lameness in dogs. Identify urgent care needs and when to visit the emergency vet. Instructor: Dr. Paskoff, BluePearl Veterinarian.

Ages 10 - Adult

Saturday | 10 am-12 pm

Feb. 3

Garland Park Visitor Center



Meditative Painting in Nature

Meditative Painting Practice: this approach begins with a short meditation and is designed to be minimalist and abstract. Focus on minimal brushstrokes that cannot be changed once placed on the canvas. Bring a meditation cushion. Instructor: Suzy Adra.

Ages 18+

Friday | 4 pm-5 pm

Nov. 3, Nov. 10, Nov. 17

Marina Library, Marina



**Registration
Required**

Scan here
to register



Out of this World! Stargazing

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

Star Party

Look up at the night sky and revel in its vast and seemingly endless 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 for this two-hour program.

All Ages

15 minutes prior to sunset

Saturday, Oct. 14

Saturday, Dec. 9

Friday, Feb. 9

Garland Park Visitor Center



Portable chair, 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 red light flashlight.

Minors must be accompanied by an adult.

Only service dogs permitted.

Community Happenings

BIG SUR LAND TRUST

Get Out on the Lands You Love!

Join Big Sur Land Trust out on conserved lands throughout Monterey County! Choose from docent-led hikes, project tours, and self-guided hikes through a variety of beautiful ecosystems. There's something for every age and fitness level.

Age ranges vary by activity Palo Corona Regional Park

San Jose Creek Trail
Thursday | 9 am-1 pm
Oct. 19
Friday | 9 am-1 pm
Mar. 22

Carmel River F.R.E.E. Project Tours
Friday | 9 am and 10 am
Mar. 29
Check website for details

FOR MORE INFORMATION & REGISTRATION
VISIT: bigsurlandtrust.org/event/
EMAIL: info@bigsurlandtrust.org

BIRD SCHOOL PROJECT

Festival of Birds

Join the Bird School Project as we host the Monterey Bay Festival of Birds. In addition to field trips and workshops, we'll have free family-friendly events celebrating birds, nature, and conservation in the community. Enjoy live performances, vendor and food booths, and environmental non-profit organizations from the Monterey Bay area sharing resources and fun activities.

Nature Extravaganza
Saturday | 12 pm-4 pm
Oct. 14
Romo Park, 335 Main St,
Watsonville

Keynote Speaker
Game Hawker Shawn Hayes
Saturday | 6 - 8 pm
Oct. 14
Watsonville

Live Raptor Presentation
Sunday | 2 pm-4 pm
Oct. 15
Palo Corona Regional Park

FOR MORE INFORMATION & REGISTRATION
VISIT: birdschoolproject.org/festival

BLUE ZONES PROJECT MONTEREY COUNTY

Get Involved!

The Blue Zones Project is a geographically-based, community-by-community approach to well-being that drives measurable improvement in key metrics. Our goal is to help people improve their overall well-being by providing the tools to create sustainable lifestyles through participating in interactive, educational, and fun activities for everyone!

All Ages
Times vary
Monterey County

FOR MORE INFORMATION & REGISTRATION
VISIT: montereycounty.bluezonesproject.com/get-involved/
CALL: 831-800-7355



Free Events & Programs Offered by Community Organizations

BUREAU OF LAND MANAGEMENT

Fort Ord National Monument 21st Annual Public Lands Day

Volunteer at the extraORDinary Fort Ord National Monument, nestled between Monterey Peninsula and the bountiful Salinas Valley. Meet at the work site(s) and enjoy complimentary lunch and entertainment hosted by Monument partners at noon. There will be several projects to choose from including native seed collection, landscaping, trail maintenance and weed abatement. To get on the mailing list, please email Monument Manager, Eric Morgan (listed below).

All Ages

Saturday, Oct. 28 | 9 am-1 pm

FOR MORE INFORMATION

FOLLOW: [facebook.com/fortordnationalmonument/](https://www.facebook.com/fortordnationalmonument/)
EMAIL: emorgan@blm.gov

CARMEL RIVER WATERSHED CONSERVANCY

Watershed Educational Tour

The Conservancy will lead small groups on a driving tour of key sites within the watershed, such as Los Padres Reservoir and the former San Clemente Dam, explaining the rich history and ecology of the area. This program is approximately four hours and available upon request throughout the year.

FOR MORE INFORMATION

& TO REQUEST A TOUR
VISIT: carmelriverwatershed.org
EMAIL: carmelriverorg@gmail.com

CITIZENS FOR SUSTAINABLE MARINA

Oak Woodland and Community Garden

Plant and tend to native species in community garden beds by spreading mulch, watering, and removing European grasses from the Oak Woodland and Community Garden.

All Ages

Saturday | 9 am-1 pm
**Marina Library-Oak Woodland
Community Garden, Marina**

EMAIL: barrydawn311@gmail.com
Registration not required.

CITIZENS FOR SUSTAINABLE MARINA

Community Cleanup

Keeping your community clean since January 2017! Volunteer monthly to clean your roadsides, bike path, restrooms, and fences for all to enjoy.

2nd Sunday | 10 am-12:30 pm
**Lapis Rd. and Del Monte Blvd.,
Marina**

EMAIL: steve@sl615.com
Registration not required.

Broom Bash*

Help Preserve Fort Ord's biodiversity and habitat! Join other weed warriors to uproot French broom, a noxious invasive weed. A brief on-line Munitions Safety Training must be taken at least 5 days before each event.

Ages 13-Adult
Bi-monthly | Times vary
13630 Sherman Blvd., East Garrison

EMAIL: sustainableeastgarrison@gmail.com
*Registration required. Email to register.

FRIENDS OF SEASIDE PARKS

Pollinator Garden Park Clean-up

Join us each Saturday as we beautify and create habitat in Seaside parks! Help plant native plants and trees, remove weeds, prune, and water while learning about how drought-resistant and pollinator-friendly gardening benefits bees, birds, butterflies, and people. Workdays rotate each week through eleven different parks.

All Ages
Saturday | 10 am-12 pm
Locations vary, Seaside

FOR MORE INFORMATION
VISIT: fospa.org
EMAIL: pkennedy1950@gmail.com

HABITAT STEWARDSHIP PROJECT Formerly Return of the Natives (RON)

Community Stewardship Events

The Habitat Stewardship Project invites community members to community service events! Stewards plant native plants and cleanup degraded sites. For more information about specific activities, check our website or contact Jeni Schmedding (contact information below).

All Ages

Marina Dunes Preserve, Marina
Saturday | 10 am-1 pm
**Nov. 11; Dec. 16; Jan. 27; Feb. 10;
Mar. 9**

CSUMB Campus, Marina-Seaside
Saturday | 10 am-1 pm
Dec. 2; Feb 17; Mar. 2, Mar. 16
Thursday | 2:30 pm-4:30 pm
Nov. 16; Dec. 9; Jan. 11; Feb. 15

**Fort Ord National Monument-
Veterans Cemetery, Seaside**
Saturday | 10 am-1 pm
Feb. 3, Feb. 24

Banff Mountain Film Festival
Golden State Theatre, Monterey
Saturday | 7 pm-10:30 pm
Feb. 24

Big Sur Half Marathon, Monterey
Sunday | 11 am-4 pm
Nov. 12

Various Locations, Salinas
Saturday | 10 am-1 pm
**Oct. 21; Nov. 11, Nov. 18; Dec. 2,
Dec. 9; Jan. 13, Jan. 20; Feb. 3, Feb.
10, Feb. 17; Mar. 2, Mar. 9, Mar. 16,
Mar. 23, Mar. 30**

Winter Bird Count, Creeks of Salinas
Saturday | 7 am-10 am
Jan. 20

FOR MORE INFORMATION & REGISTRATION
VISIT: csumb.edu/hspmb
EMAIL: jschmedding@csumb.edu

Community Happenings

MEARTH

Get Involved! Learn More!

Support MEarth's mission to educate and inspire through environmental stewardship by volunteering. Participate in the FREE MEarth Hilton Bialek Habitat Tours during the CA Native Plant Society's (CNPS) Annual Plant Sale – Monterey Bay Chapter. Families welcome (no pets, please) - we hope to see you there!

4380 Carmel Valley Rd. (adjacent to Carmel Middle School)

Oodles of Volunteer Opportunities! Various days and times

California Native Plant Sale
Saturday | 10 am-2 pm
Oct. 7

FOR MORE INFORMATION
VISIT: mearthcarmel.org/volunteer/ and
chapters.cnps.org/montereybay/
FOLLOW: @mearthcarmel
EMAIL: info@mearthcarmel.org
CALL: 831-624-1032

FARM DISCOVERY AT LIVE EARTH

Volunteer Opportunities

Farm Discovery hosts a variety of volunteer opportunities, like assisting with field trips, caring for the garden or animals, and working on the farm. Visitors can expect to be educated through farm immersions, field trips, farm walks, and animal care. We cultivate relationships with nature and our food system and incorporate environmental stewardship and nutrition.

FOR MORE INFORMATION & REGISTRATION
VISIT: farmdiscovery.org
EMAIL: education@farmdiscovery.org
CALL: 831-728-2032

MONTEREY AUDUBON SOCIETY

Monthly Bird Watching Field Trips

Join free monthly birding trips at various locations in the Monterey region. Learn how to use binoculars (provided) and spot birds on a Beginning Birding tour at Asilomar. Explore various ADA accessible parks and trails while observing bird behavior and song with fellow birders on an Birdability tour.

All Ages
Dates, times, and locations vary

FOR MORE INFORMATION & REGISTRATION
VISIT: montereyaudubon.org/outings
CALL: 208-520-8794

NATIONAL OCEANIC ATMOSPHERIC ADMINISTRATION

First Flush

Join us during the first major rain storm of the season to collect water quality samples from storm drain outfalls that flow into the ocean! Become a community scientist and learn more about what pollutants may be entering your local water bodies.

All Ages
Monterey County
Training in September
Monterey Bay
National Marine Sanctuary office

FOR MORE INFORMATION & REGISTRATION
VISIT: montereybay.noaa.gov/getinvolved/volunteer/firstflush.html
EMAIL: lindsay@californiamsf.org

PACIFIC GROVE MUSEUM OF NATURAL HISTORY

Inspiring Discovery, Wonder, and Stewardship

The Museum is spending Fall and Winter celebrating 140 years of discovery and all the wonders of the natural world! Join us for all sorts of amazing community events for families and individuals including science talks, day camps, First Fridays, Night Owl, and more!

All Ages
Pacific Grove Museum
of Natural History

First Fridays: Museum Exploration
1st Friday of month | 6 pm-9 pm

Garden Work Bee: Gardening
1st Saturday of month | 10 am-12 pm

**Science Saturdays:
Educational Activities**
Last Saturday of month | 10 am-3 pm
Sep. 30 | Pollinator Palooza
Oct. 28 | Spooky Science Saturday
Nov. 25 | Monarch Madness
Jan. 27 | Sandy's Birthday
Feb. 24 | Renewable Energy

Nature Exchange
Fridays - Sundays | 10 am-12 pm;
1 pm-3 pm

Experience the Eclipse
Oct. 14 | 9 am-12 pm

Monterey Audubon Society
Meetings
2nd Tuesday of month | 7:30 pm-9 pm

Carmel Valley Gem and Mineral
Society Meetings
2nd Friday of month | 7 pm-9 pm

FOR MORE INFORMATION & REGISTRATION
VISIT: pgmuseum.org
EMAIL: education@pgmuseum.org
CALL: 831-648-5716

Free Events & Programs Offered by Community Organizations

SIERRA CLUB

Using POLES for Hiking, Walking, Exercise

Special training session offered free to veterans and their families. Learn strategies for enhancing mobility and confidence on the trail. Uphill: improve power, endurance, posture, upper-body strength, spine function. Downhill: develop skills for feeling safer and preserving joints – save your knees! Short, lovely practice hike. Quality POLES provided.

Ages 18+**Saturday | 9:30 am-2 pm****Mar. 2****Garland Ranch Regional Park****FOR MORE INFORMATION & REGISTRATION****VISIT:** <https://www.SierraClub.org/Loma-Prieta/Military-Outdoors>**Registration required.**

VENTANA WILDLIFE SOCIETY

Condor Zoom Chats

Tune in for real-time answers to your burning condor questions as Sr. Wildlife Biologist, Joe Burnett, and the Ventana Wildlife Society Condor Crew take you through the latest updates on the central California condor flock.

All Ages**Last Thursday of month | 4 pm****Online****FOR MORE INFORMATION & REGISTRATION****VISIT:** ventanaws.orgWEDNESDAY NIGHT
LAUNDRY RUNNERS**Weekly Runs**

Join our community of runners located across the greater Monterey area. Runs are open to everyone even if you are not a member, and all locations are walk friendly. We change locations each week to help show our runners the countless options for getting outdoors. All runs start on time so be sure to arrive a few minutes early.

Ages 12-Adult**Wednesdays | 5:30 pm****Saturdays | 8:30 am****Locations vary****FOR MORE INFORMATION & REGISTRATION****VISIT:** wnlr.org/weeklyruns**EMAIL:** montereywnlr@gmail.com

SPARK IN NATURE

Nature Journaling with Melinda Nakagawa

Nature journaling is about exploring nature and then capturing your experience in a journal with sketches and words. Each month, Melinda will teach strategies to help you to see more in nature, simplify the process of drawing, deepen your ability to observe, and find wonder and joy in the world around you. Sponsored by The Friends of the Marina Library.

Ages 10-Adult**Marina Library****1st Saturday of month | 10:30 am-12 pm****October-May****FOR MORE INFORMATION & REGISTRATION****CALL:** 831-883-7507**VISIT:** SparkinNature.com/events

SAVE THE DATE

California Wildlife Day | Sunday, March 24

Palo Corona Regional Park

FUN FOR ALL AGES

**Interactive Booths • Special Presentations
Nature and Discovery Walks • Arts and Crafts**



California celebrates its wildlife every spring equinox! Celebrate with us!

FOR MORE INFORMATION**VISIT:** cawildlifeday.net**FOLLOW:** @californiawildlifeday



MPRPD 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
Marina, northern Ft. Ord

WARD 2 Shane Anderson
Seaside, northern Sand City,
southern Ft. Ord

WARD 3 Kevin Raskoff
Monterey, southwest Seaside,
southern Sand City, Del Rey Oaks

WARD 4 Kathleen Lee (President)
Pacific Grove, New Monterey,
northern Pebble Beach

WARD 5 Monta Potter
Carmel, Carmel Valley, Big Sur,
southern Pebble Beach

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

ENVIRONMENTAL EDUCATION AND COMMUNITY OUTREACH (EECO) TEAM

Jackie Nelson | Environmental Education Supervisor
nelson@mprpd.org

Debbie Wyatt | Environmental Education Coordinator-Volunteers
wyatt@mprpd.org

Savannah Peña | Environmental Education Coordinator-Programs
eeccordinator@mprpd.org

Claire Ackland | Environmental Education Specialist
eesgarland@mprpd.org

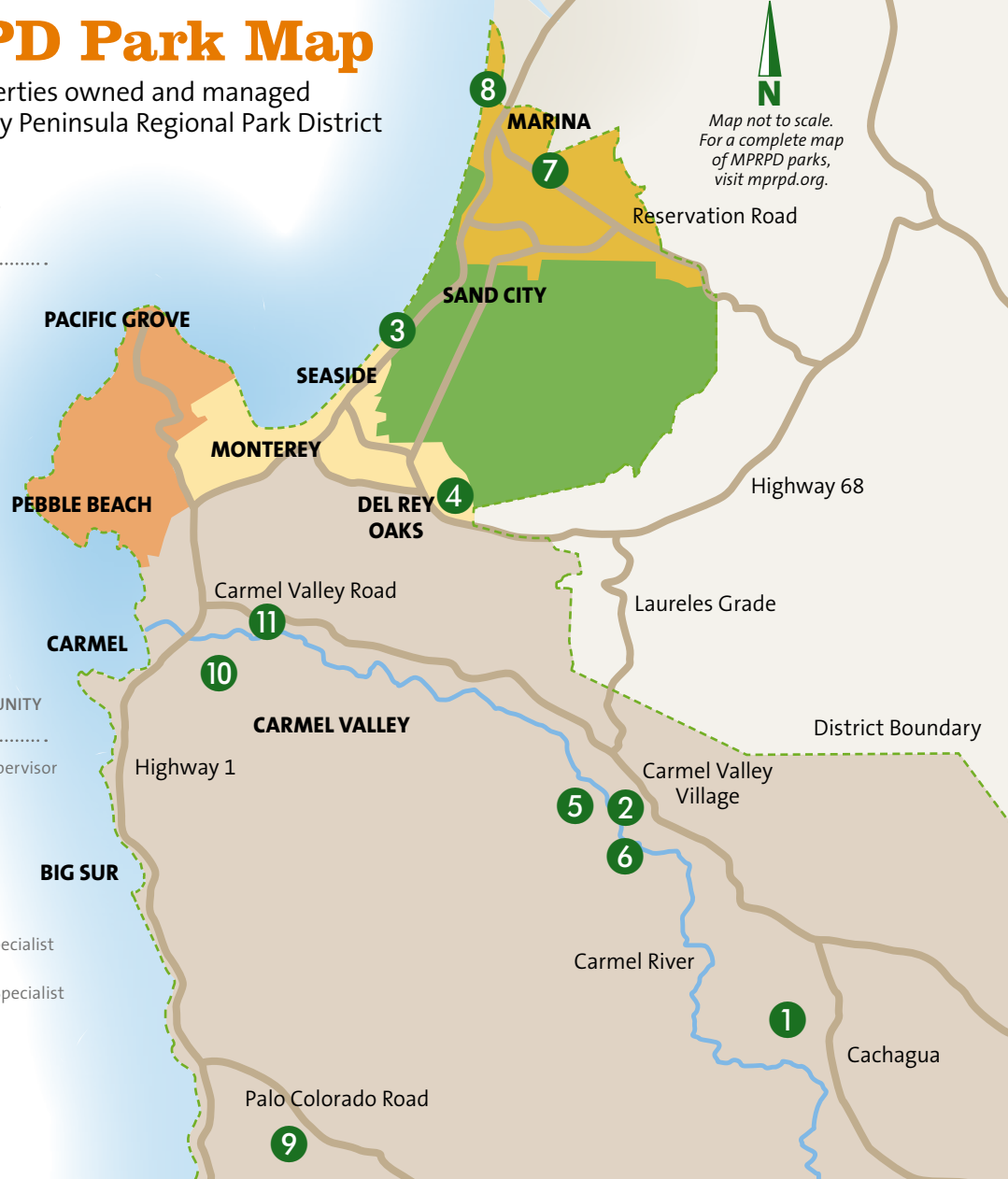
Jonathan David | Environmental Education Specialist
eespalo@mprpd.org

Rafael Payan, PhD | General Manager
payan@mprpd.org

A special thanks to the MPRPD Volunteers.



Map not to scale.
For a complete map of MPRPD parks, visit mprpd.org.



* Management Partnership

** Access Permit Required

† Temporarily Closed

MPRPD Parks and Preserves

	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
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 †	TEMPORARILY CLOSED														
10 Palo Corona Regional Park (Front Ranch)	✓						✓	✓		✓	✓	✓			✓
11 Rancho Cañada (unit of Palo Corona Regional Park)	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓

Adventure Planner

OCTOBER 2023			PAGE
5	Thu	Qi Gong	7
8	Sun	Awe Walk	6
10	Tue	Mindful Walking & Meditation	6
11	Wed	Tai Chi for Energy I & II	6
12	Thu	Qi Gong	7
14	Sat	Palo Corona Cabin and Orchard	4
14	Sat	Star Party	11
15	Sun	Festival of Birds: Live Raptor Encounter	9
18	Wed	Tai Chi for Energy I & II	6
19	Thu	Qi Gong	7
20	Fri	San Jose Creek Loop	4
21	Sat	Discover San Jose Creek, Ishxenta State Park	8
21	Sat	Toxicities, Outdoor Poisons, and Your Pet	9
22	Sun	Awe Walk	6
25	Wed	Tai Chi for Energy I & II	6
26	Thu	Qi Gong	7
28	Sat	Farm Discovery: Family Farm Field Trips	8
28	Sat	Snively's Ridge from Holt Road	4
29	Sun	Palo Corona Cabin and Orchard	4
NOVEMBER 2023			PAGE
1	Wed	Tai Chi for Energy I & II	6
2	Thu	Qi Gong	7
3	Fri	Meditative Painting in Nature	9
4	Sat	Improve Your Bike Skills on the Trails	6
4	Sat	Monarch Sanctuary Stroll	8
4	Sat	Slow Flow Yoga in Nature	7
5	Sun	Awe Walk	6
5	Sun	Exploring Nature with Children	8
5	Sun	Monarch Sanctuary Stroll	8
8	Wed	Tai Chi for Energy I & II	6
9	Thu	Qi Gong	7
10	Fri	Meditative Painting in Nature	9
11	Sat	San Jose Creek Hike	5
11	Sat	Slow Flow Yoga in Nature	7
12	Sun	Garland's Changing Seasons	4
13	Mon	Mindful Walking & Meditation	6
15	Wed	Tai Chi for Energy I & II	6
16	Thu	Qi Gong	7
17	Fri	Meditative Painting in Nature	9
18	Sat	Discover San Jose Creek, Ishxenta State Park	8
18	Sat	Slow Flow Yoga in Nature	7
18	Sat	Whisler Overlook to the Redwoods	5
19	Sun	Awe Walk	6
25	Sat	Cool Runnings: Wintertime Trail Running	6
25	Sat	Slow Flow Yoga in Nature	7
DECEMBER 2023			PAGE
2	Sat	Bird Walks	5
2	Sat	Nature Night Hike	5
3	Sun	Awe Walk	6
9	Sat	Farm Discovery: Family Farm Field Trips	8
9	Sat	Garland's Canyons and Ridges	4
9	Sat	Star Party	11
9	Sat	Mushroom Mania	9
16	Sat	Garland's Canyons and Ridges	4
17	Sun	Awe Walk	6
17	Sun	Mushroom Mania	9
17	Sun	Discover Kahn Ranch	5

JANUARY 2024			PAGE
3	Wed	Slow Flow Yoga in Nature	7
6	Sat	Bird Walks	5
6	Sat	Climate Change and Weather in California	9
6	Sat	Cool Runnings: Wintertime Trail Running	6
6	Sat	Nature Night Hike	5
10	Wed	Slow Flow Yoga in Nature	7
10	Wed	Tai Chi for Energy I & II	6
13	Sat	Garland's Canyons and Ridges	4
17	Wed	Slow Flow Yoga in Nature	7
17	Wed	Tai Chi for Energy I & II	6
20	Sat	Garland's Canyons and Ridges	4
24	Wed	Slow Flow Yoga in Nature	7
24	Wed	Tai Chi for Energy I & II	6
27	Sat	Farm Discovery: Family Farm Field Trips	8
27	Sat	Mushroom Mania	9
28	Sun	Garland's Changing Seasons	4
31	Wed	Slow Flow Yoga in Nature	7
31	Wed	Tai Chi for Energy I & II	6
FEBRUARY 2024			PAGE
3	Sat	Mushroom Mania	9
3	Sat	My Dog Is Limping. What Could It Be?	9
3	Sat	Bird Walks	5
3	Sat	Nature Night Hike	5
4	Sun	Herps of Fort Ord	8
7	Wed	Tai Chi for Energy I & II	6
9	Fri	Star Party	11
10	Sat	Finding Frogs	8
11	Sun	Superb Owl Sunday	4
14	Wed	Tai Chi for Energy I & II	6
17	Sat	Field Naturalist Training	9
17	Sat	Cool Runnings: Wintertime Trail Running	6
17	Sat	Discover San Jose Creek, Ishxenta State Park	8
17	Sat	Medicinal Plant Tour	5
24	Sat	Farm Discovery: Family Farm Field Trips	8
24	Sat	Singing in Nature	8
25	Sun	Discover Kahn Ranch	5
25	Sun	Owl Encounter	9
MARCH 2024			PAGE
3	Sun	Exploring Nature with Children	8
7	Thu	Qi Gong	7
7	Thu	Snively's Ridge from Holt Road	4
9	Sat	Discover Kahn Ranch	5
9	Sat	Rooted Presence: Connecting with Our Land	6
10	Sun	Flint Knapping-Making Stone Tools	9
14	Thu	Qi Gong	7
16	Sat	Discover San Jose Creek, Ishxenta State Park	8
16	Sat	Farm Discovery: Family Farm Field Trips	8
16	Sat	Medicinal Plant Tour	5
16	Sat	Wildflower Wonder: Journaling Nature	9
21	Thu	Qi Gong	7
23	Sat	Garland's Canyons and Ridges	4
24	Sun	California Wildlife Day	13
28	Thu	Qi Gong	7
28	Thu	San Jose Creek Loop	4
APRIL 2024			PAGE
6	Sat	Field Naturalist Training	9



**CALLING ALL VOLUNTEERS
& EDUCATORS!**

Check our website
for more information
on how you can join the fun!
www.mprpd.org



Monterey Peninsula Regional Park District
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ECRWSS

RESIDENTIAL CUSTOMER

Children must be registered and accompanied by a registered adult.

ICON KEY



Physical
Activity



Seated
Activity



Binoculars
Advised



Flashlight
Advised



Pack Additional
Materials

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.

ALL ABOARD FOR MPRPD PARKS

Grants are available to help with travel to a MPRPD park!

Clubs, groups, schools, or nonprofits

Apply today!



DONATE TO MAKE A DIFFERENCE.

MPRPD has a number of capital improvement projects, educational programs, and other projects for public enjoyment in the works.

Our Let's Go Outdoors! Fund is an easy way to help support maintenance, environmental protection, and better access to the outdoors.

