

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

## Let's Go Outdoors! Spring-Summer 2024

Dear Friends,

As we look forward to warmer and longer days, let's share a moment of gratitude for the open spaces and parks throughout the Monterey Peninsula Regional Park District (MPRPD). It is an honor to preserve this land that you and those before us have protected. Not only do these spaces provide us with countless educational and recreational opportunities, they are invaluable for the rich cultural history, diverse habitats, and essential ecosystems that they offer. We extend a heartfelt invitation to you, your families, and friends to discover and explore your parks and open spaces.

MPRPD has several important projects on the horizon, and we are eager to share them with you. We are preparing to break ground on a significant floodplain restoration project at Palo Corona Regional Park to restore 80 acres of riparian and upland habitat. In an effort to reduce barriers to open spaces, the MPRPD Transportation Grant paves the way for improved accessibility to your parks. The innovative ParkIT! initiative will improve the safety and sustainability of visitation to the Monterey region's natural treasures. We are excited to be a part of these endeavors!

Our current educational efforts highlight local endangered and threatened animals and their habitats, through our "Species on the Edge" campaign. Learn more at our events and activities including California Wildlife Day, Wildflower Show, Earth Day, and Let's Go Outdoors! (LGO!) programming. There is something for everyone. To stay informed, hang on to this LGO! catalog and tap into our social media @mprpd\_lgo.

Thank you for your continued support! We encourage you to connect with us to learn more on how you can contribute to the preservation and protection of our region's cultural treasures and the natural spaces we all love. It is with deep appreciation that we thank our valued volunteers, instructors, partners, and you for making these events, projects, and opportunities possible.



Dr. Rafael Payan  
MPRPD General Manager



Cover photo: Smith's Blue Butterfly - USFWS



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BACK COVER	OUT OF THIS WORLD STAR GAZING!

## ICON KEY



Physical Activity



Seated Activity



Binoculars Advised



Flashlight Advised



Pack Additional Materials

Registration required  
for all programs

Scan here to register



ALL  
PROGRAMS  
**FREE**

## How to Register

**Online** | Go to our website at [mprpd.org](http://mprpd.org) or scan the **MPRPD QR code**.

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

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

**Email** | [lgo@mprpd.org](mailto:lgo@mprpd.org)

**Registration** | Opens 1 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 receipt 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 your registration, please let MPRPD staff know by email or telephone at least one calendar day prior to the class. **Registration cannot be canceled online; contact us directly to cancel.**

**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.

## CA Wildlife Day

**March 24**  
**11 am to 3 pm**

Palo Corona Regional Park  
Carmel Valley

**FREE event, all are welcome**  
**WWW.CAWILDLIFEDAY.NET**

**Speakers**  
**Live Music**  
**Food**  
**Activities**  
**And More!**

**WALK-INS  
WELCOME**



Art by Emily Underwood

# Changes Coming to the Carmel River Floodplain

What do floods, transportation, and the outdoors all have in common? Change.

MPRPD is working to change the landscape and how we access open space by restoring native floodplains and working with partners to increase public safety through a proposed shuttle system.

## Floodplains and Restoration

The Monterey Peninsula Regional Park District (MPRPD) is preparing to start the largest restoration project in our 50-year history and one of the largest coastal floodplain restoration projects in the state.

As early as summer 2025, we will start restoring over 80 acres of the Rancho Cañada Unit in Palo Corona Regional Park, transforming a former golf course into a vibrant, natural space.

The Rancho Cañada Floodplain Restoration Project aims to realize our vision from the 2018 *General Development Plan* for Palo Corona Regional Park. We aim to restore and reconnect vast areas of the park with its historic river floodplain, creating a diverse and resilient ecosystem that benefits our community.

Working with the California State Coastal Conservancy and Trout Unlimited, we'll focus on restoring wetland and riparian habitats, enhancing wildlife corridors and upland areas, and developing an improved trail network. These efforts will boost biodiversity, reduce flooding risks, protect water resources, improve climate resilience, and provide new opportunities for environmental education and recreation.

We invite you to join us on this exciting journey. Participate in our programs, follow the project's progress, and share your experiences. Stay updated by signing up for our newsletter and following us on social media.

We look forward to sharing this historic project with you!

FOR PROJECT UPDATES VISIT: [scc.ca.gov/projects/central-coast/rcf](https://scc.ca.gov/projects/central-coast/rcf)

## Watershed Geology

Learn the basics of what a watershed is, how it's formed, and how humans and natural earth processes can change rivers, streams, and wetlands. Take a walk to observe the Carmel River watershed in action.

Instructor: Dr. Jimmy Guilinger, CSU Monterey Bay.

**Ages 12-Adult**

**Friday | 5:30 pm-7:30 pm**

**Jul. 12**

**Palo Corona Discovery Center, Carmel**

*Elevation change: 100 ft.*

*Distance: Approx. 3 miles.*

*Registration required.*



**Registration  
Required**

Scan here  
to register



## Floodplain Ecology

What do floodplains do? Learn about how living and non-living parts of an ecosystem interact and how restoration efforts can help prevent flooding, increase climate resilience, and improve conditions for many species. Walk through the Carmel River floodplain ecosystem at Palo Corona. Instructor: Dr. John Olson, CSU Monterey Bay.

**Ages 12-Adult**

**Saturday | 4 pm-6 pm**

**Jul. 20**

**Palo Corona Discovery Center, Carmel**

*Elevation change: 100 ft.*

*Distance: Approx. 3 miles.*

*Registration required.*





# Expanding Transportation



## MPRPD Transportation Grant

The MPRPD Transportation Grant is a special purpose grant of the Community Foundation for Monterey County that paves the way for improved accessibility to your parks.

Established in 2023, its purpose is to increase access to the Park District's natural areas, open spaces, museums, working landscapes, and cultural sites. Organized groups are encouraged to apply for grants between \$500 to \$10,000 to visit our parks.

## ALL ABOARD FOR MPRPD PARKS

Grants are available to help with travel to MPRPD parks!

Non-profit clubs, groups, and schools

**Apply today!**



APPLY AT:

[cfmco.org/nonprofits/grants/special-purpose-grants](https://cfmco.org/nonprofits/grants/special-purpose-grants)



ParkIT! is a community-based approach to improve public safety and protect natural resources while optimizing access and visitor experience to Highway 1 parklands, Carmel to Big Sur.

ParkIT! is developing a reservation and shuttle system, creating safer, off-highway parking solutions, reducing visitor impacts and supporting parkland access.

*LEARN MORE: [parkitforparks.com/solutions](https://parkitforparks.com/solutions)*



*Point Lobos Reserve Shuttle Van  
Proposed Route & Stops*

## ParkIT! Point Lobos Shuttle Demo

Discover the answer to Highway 1 congestion at Point Lobos State Natural Reserve with a guided tour on the proposed shuttle route. Learn about ParkIT!, the flexible reservation system, and how it enhances public safety, visitor experience, and Reserve conservation. Instructors: Point Lobos Foundation Staff and Steve Dennis, Organizational Consultant.

**Ages 18+**

**Saturday | Jul. 27**

**9 am-10:30 am**

**4 pm-5:30 pm**

**Palo Corona Plaza Entry, Carmel**

*Registration required.*



# Get to Know Your MPRPD Parks

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



## Nature Walks at Palo Corona

Designed for those who enjoy the outdoors at a slower pace, these walks explore lower-elevation trails that avoid steep hills. We'll make brief stops to point out any interesting plants or wildlife that we encounter along the Carmel River, Talus, and Oak Grove trails. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

**Ages 12-Adult**  
**Sunday | 9:30 am-12 pm**  
**Jun. 2; Sep. 15**

**Palo Corona Park Plaza Entry, Carmel**

*Elevation change: 20-80 ft.  
 Distance: Approx. 4 miles.*



## Bird Walks

Discover our feathered residents anytime of the year. Each season features different species and behaviors. Learn binocular tips to view some of the 400+ species of birds that inhabit our wonderful region. Instructor: Patrick Furtado, MPRPD Volunteer Naturalist.

**Ages 12-Adult**  
**Saturday | 8:30 am-10:30 am**  
**Jun. 29**

**Laguna Grande Park, Monterey**

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



## 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-1 pm**  
**Saturday, Jun. 15**  
**Thursday, Jul. 18**  
**Garland Park Visitor Center, Carmel Valley**

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



## Garland's Best Wildflowers

To see the best wildflowers Garland has to offer, you'll have to scale steep ridges on this strenuous hike. The pace will be leisurely to enjoy the beautiful blooms. Instructors: Stanley Dudek and Andrea Eisler, MPRPD Volunteer Naturalists.

**Ages 12 - Adult**  
**Tuesday | 9:30 am-3:30 pm**  
**Apr. 30**

**East Garzas Trailhead-West, Garland Park, Carmel Valley**

*Elevation change: 1800 ft.  
 Distance: 6-7 miles.  
 Hiking poles strongly recommended.*



## 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: Stanley Dudek and Andrea Eisler, MPRPD Volunteer Naturalists.

**Ages 12 - Adult**  
**9:30 am-2:30 pm**  
**Tuesday, Jun. 25 |**  
**Snively's Ridge Loop**  
**Wednesday, Sep. 11 |**  
**East Garzas to Visitor Center**  
**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 through an out-and-back hike only accessible through LGO! A shuttle will take you to and from the trailhead 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**  
**Friday | 9:30 am-1 pm**  
**May 3; Aug. 9**  
**Palo Corona Park Plaza Entry, Carmel**  
*Elevation change: 600 ft.  
 Distance: 4-5 miles.*



**Registration  
 Required**

Scan here  
 to register







## Whisler Overlook to the Redwoods

Get a breathtaking view of the Carmel Bay from the Whisler Overlook, then hike down to the redwood trees of the San Jose Creek and back up to Animas Pond before returning. This heart-pumping and strenuous trek to the Whisler Overlook is sure to inspire. Instructor: Stanley Dudek and Andrea Eisler, MPRPD Volunteer Naturalists.

**Ages 18+**

**9 am-2:30 pm**

**Monday, May 20**

**Thursday, Jul. 25**

**Palo Corona Park Plaza Entry,  
Carmel**

*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**

**Jul. 20**

**Frog Pond, Del Rey Oaks**

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



## Nature Walks at Garland

Designed for those who enjoy the outdoors at a slower pace. Explore lower elevation trails that avoid steep hills. We'll make brief stops to point out any interesting plants or wildlife that we encounter along the Cottonwood, Lupine, and Rancho trails. Instructors: Mary Dainton and Cath Farrant, MPRPD Volunteer Naturalists.

**Ages 12-Adult**

**Sunday | 9:30 am-12 pm**

**Apr. 14; Jul. 7**

**Garland Park Visitor Center,  
Carmel Valley**

*Elevation change: 20-80 ft.  
Distance: Approx. 3 miles*



## Palo Corona Backcountry

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: Stanley Dudek and Andrea Eisler, MPRPD Volunteer Naturalists.

**Ages 18+**

**Saturday | 9 am-5 pm**

**May 18; Jun. 22; Jul. 13; Sep. 21**

**Palo Corona Park Plaza Entry,  
Carmel**

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



## Discover Kahn Ranch

Enjoy a strenuous 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 up a steep, one-mile ascent on Hitchcock loop, down to Manzanita trails, and up to Fern Falls. Instructor: Sharon Osgood, MPRPD Volunteer Naturalist.

**Ages 12-Adult**

**Sunday | 10 am-2 pm**

**Apr. 7**

**Kahn Ranch, Carmel Valley**

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



## Cachagua Country Fair

**Saturday | July 13, 2024**

**12 pm to 6 pm**

**Cachagua Community Park**

**37210 Nason Rd.**

**Carmel Valley**

**WALK-INS  
WELCOME**



# Get Out, Get Healthy

## Hot on the Trail: Summertime 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 San Jose Creek Trail and back for a total of 9 miles. Instructor: WNLR Representative.

**Ages 12-Adult**  
**Saturday | 8:30 am**  
**Apr. 20; Jul. 6; Aug. 24**  
**Palo Corona Park Plaza Entry, Carmel**  
*Elevation change: 180 ft-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, Apr. 27**  
**Sunday, Aug. 11**  
**Garland Park Cooper Barn,**  
**Carmel Valley**  
*Elevation change: 0-10 ft.*  
*Distance: 1-3 miles.*  
*Must bring a helmet and mountain bike in good working order.*



## New Mom Movement

New moms unite! Enjoy brief exercise sessions tailored for postpartum recovery, gain insights into your changing body, and connect with fellow moms. This community-focused initiative promotes holistic well-being, providing a supportive space for sharing experiences and building lasting connections. Play session after. All age babies/kids welcome. Instructor: Season Hathaway, Certified Personal Trainer.

**Thursday | 10 am-10:45 am**  
**May 9, May 16, May 23, May 30**  
**Tuesday | 12 pm-12:45 pm**  
**Jun. 18, Jun. 25, Jul. 2, Jul. 9**  
**Laguna Grande Park, Seaside**



## 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 and increase strength and flexibility. Tai chi principles will be introduced with each session. Tai chi and the 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: Jun. 26; Jul. 3, Jul. 10, Jul. 17, Jul. 24, Jul. 31**  
**Series II: Aug. 7, Aug. 14, Aug. 21, Aug. 28, Sep. 11, Sep. 18**  
**Marina Library, Marina**



## 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 Polkabla.

**All Ages**  
**Thursdays | 10 am-10:45 am**  
**May 2, May 9, May 16, May 23, May 30; Jun. 6, Jun. 13, Jun. 20, Jun. 27; Aug. 1, Aug. 8, Aug. 22, Aug. 29**  
**Palo Corona Multi-Purpose Pad, Carmel**  
*Indoor location available for inclement weather.*



## Sunset Yoga in Nature

Gather before sunset and enjoy an evening of rejuvenating and strengthening yoga flow practice in nature. 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 18+**  
**Wednesday | 7 pm-8 pm**  
**May 1, May 8, May 15, May 22, May 29**  
**Palo Corona Multi Purpose Pad, Carmel**  
*Indoor location available for inclement weather.*





## SPECIES ON THE EDGE

Learn all about an endangered or threatened animal species in your local park or open space.

Featured animals include the Smith's blue butterfly, steelhead trout, California red-legged frog, and tricolored blackbird. Instructor: MPRPD Staff.

All Ages  
2 pm-3 pm | every 15 minutes  
Saturdays & Sundays in July  
Garland Park Visitor Center,  
Carmel Valley

WALK-INS  
WELCOME



## Donate to make a difference.



Our **LET'S GO OUTDOORS!** fund is an easy way to help support maintenance, environmental protection, and better access to the outdoors.



## Call for Instructors

Do you have a passion for the outdoors?  
Do you enjoy sharing your knowledge and skills about nature with others?  
Join MPRPD as an LGO! Instructor to become an outdoor educator.

**CONTACT US TODAY!**  
VISIT: [mprpd.org/let-s-go-outdoors](http://mprpd.org/let-s-go-outdoors)  
EMAIL: [pena@mprpd.org](mailto:pena@mprpd.org)  
CALL: 831-372-3196 x114



## Registration Required

Scan here to register



# Family Discoveries

## Beginner's Birding & Journaling

Join the Bird School Project (BSP) for this beginner-friendly nature journaling session and bird walk. No prior experience is necessary – just bring your notebook and pencil, and we will provide binoculars for the outing. Instructor: BSP Staff.

**All Ages**

**Saturday | 10 am-12 pm**

**May 25; Aug. 24**

**Palo Corona Plaza Entry, Carmel**

*Elevation: Approx. 50 ft.*

*Distance: 2-3 miles.*



## Moon Movement & Mysteries

Enjoy family-oriented activities with a local astronomer that bring light to how we see and understand the moon. Explore the moon and its motion across the sky through stories, drawings, and movement. See the daytime moon through a telescope. Instructor: Dr. Jean Perkins, Astronomer.

**All Ages**

**Sunday | 3 pm-4 pm**

**Jul. 14**

**Garland Park Visitor Center,  
Carmel Valley**



## Solar System Stroll

Start with a simple paper model of the Solar System and then scale it up as we walk out the space between planets along the trails at Palo Corona Park. Get some astronomical perspective and learn about the different bodies in our Solar System. Instructor: Dr. Jean Perkins, Astronomer.

**All Ages**

**Sunday | 3 pm-4:30 pm**

**May 12; Jun. 9; Sep. 8**

**Palo Corona Park Plaza Entry,  
Carmel**

*Elevation: 20-30 ft.*

*Distance: Approx. 1.5 miles.*



## Art in Nature

Encourage your children to unplug, slow down, and connect with nature through art and play. Children will hike through the park, play, and create temporary nature art with the materials mother nature provides. Instructor: Beccy Breeze.

**Ages 5-10**

**Saturday**

**May 18 | 2 pm-4 pm**

**Aug. 10 | 10 am-12 pm**

**Palo Corona Plaza Entry, Carmel**

*Elevation change: 40-80 ft.*

*Distance: Approx. 2 miles.*

*This is for children only. Adults need to register their children and sign in.*



## 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**

**May 5; Aug. 25**

**Palo Corona Park Plaza Entry,  
Carmel**



## 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**

**Jun. 16**

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

*Elevation: 200-300 ft.*

*Distance: Approx. 3 miles.*





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

## Steinbeck Views

Follow in the footsteps of the famous author John Steinbeck. Tap into your natural need to be outdoors. Learn basic trail etiquette, safe practices, and the simple joys of being outdoors while looking out over the beautiful Salinas Valley. Instructor: Sharon Osgood, MPRPD Volunteer Naturalist.

**Ages 12 - Adult**

**Sunday | 9 am-12:30 pm**

**May 19**

**Creekside Terrace Trailhead**

**Ft. Ord National Monument, Salinas**

*Elevation: 600-800 ft.*

*Distance: Approx. 4 miles.*



## Beginning Birding at Laguna Grande

Curious about a bird you saw? Learn how to use binoculars (provided), resources to learn more about birds, and go on a bird watching trip around this special urban park, home to 263 different species of birds! No prior experience necessary. Instructor: Monterey Audubon Representative.

**Ages 12 – Adult**

**Thursday, May 16 | 3:30 pm-5:30 pm**

**Wednesday, Jul. 24 | 9 am-12 pm**

**Sunday, Sep. 15 | 9 am-12 pm**

**Laguna Grande Park, Monterey**

*Elevation change: Approx. 10 ft.*

*Distance: Approx. 1 mile.*

*Binoculars provided.*



## 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 with nature and our food system and incorporate environmental stewardship and nutrition. Instructor: Farm Discovery Staff.

**All Ages**

**Saturday | 10 am-12 pm**

**Apr. 27 | Spring Harvest**

**Aug. 17 | Native Plants**

**Farm Discovery at Live Earth, Watsonville**

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



## 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 natural and cultural significance of this truly unique California ecosystem. Instructor: CA State Parks Staff.

**Ages 12 – Adult**

**Saturday | 9:30 am-12:30 pm**

**Apr. 20; May 18; Jun. 22; Jul. 20;**

**Aug. 17; Sep. 21**

**Palo Corona Plaza Entry, Carmel**

*Elevation: Approx. 80 ft.*

*Distance: Approx. 3 miles.*



## San Jose Creek with Car Seats

Coastal streams, beautiful wildflowers, and iconic coast redwoods are now accessible to the little ones. Bring your car seat and enjoy a short shuttle ride and nature walk along the San Jose Creek. Instructor: MPRPD Staff.

**All Ages**

**Saturday | 9:30 am-12:30 pm**

**Apr. 27; Jun. 29; Sep. 7**

**Palo Corona Plaza Entry, Carmel**

*Elevation: Approx. 80 ft.*

*Distance: Approx. 3 miles.*

*Car seat space is limited to 3. One car seat per family. Each family member must be registered. 8 years or younger requires car seat or booster.*



**Registration  
Required**

Scan here  
to register



# Workshops, Seminars, & Explorations

## Field Naturalist Training

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

### Ages 13-Adult

**Saturday | 10 am-2:30 pm**

**Jun. 1 | Plants**

**Jun. 15 | Birds**

**Palo Corona Discovery Center, Carmel**

*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 years 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

**Saturday | 2 pm-3 pm**

**Sep. 14**

**Garland Park Visitor Center, Carmel Valley**



## How to Use Binoculars for Birding

Introductory class to use binoculars. Learn binocular tips to view some of the 400+ species of birds that inhabit our wonderful region. Instructor: Patrick Furtado, MPRPD Volunteer Naturalist.

### Ages 8-Adult

**Saturday | 9 am-11 am**

**Jul. 13**

**Laguna Grande Park, Monterey**

*Elevation change: Approx. 20 ft.*

*Distance: Approx. 1.5 miles.*



## Rumsen Storytelling

The Ohlone sisters will highlight their culture from the past to the current revitalization efforts. Share songs, stories, regalia, and Rumsen language with an interactive land acknowledgement and short question and answer session. Instructors: Carla Marie & Desiree Muñoz, tribal members of the Costanoan-Rumsen Carmel Tribe.

### All Ages

**Sunday | 2 pm-3 pm**

**May 5**

**Palo Corona Multi-purpose Pad, Carmel**



## 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+

**Monday | 4 pm-5:30 pm**

**Apr. 22; May 6, May 20**

**Marina Library, Marina**

*Elevation change: 20-40 ft.*

*Distance: Approx. 1 mile.*



## Registration Required

Scan here to register



## ParkRx is coming to Monterey County!

**Did you know that just going outside can help improve your overall health and well-being?**

**Learn about opportunities in nature that will get you physically active, lower the risk of chronic disease, and provide you with other health benefits. ParkRx Monterey County is here to help connect you with the open spaces on the central coast.**



**ParkRx**  
Monterey County

**MORE INFORMATION:**

[www.ParkRxMontereyCounty.org](http://www.ParkRxMontereyCounty.org)





## City Nature Challenge

Monterey Bay Area

The City Nature Challenge is a 4-day urban bioblitz run locally by the Pacific Grove (PG) Museum of Natural History. Communities across the globe participate in a friendly competition to gather observations of nature using iNaturalist. Participation provides scientists with data on biodiversity and connects neighbors to nature. Instructor: PG Museum Staff & California Naturalists.

**Ages 16 – Adult**

**Sunday | 10 am-1 pm**

**Apr. 28**

**PICK YOUR PARK**

**Locke-Paddon Wetland Community Park, Marina**

**Laguna Grande Regional Park, Seaside**

**George Washington Park, Pacific Grove**

**WALK-INS  
WELCOME**



## Call for Volunteers

Do you have a passion for sharing your knowledge of natural history and the trails with others? Join our volunteer team to help preserve, protect, educate, and inspire!

**Volunteer Positions available:**  
Visitor Center Greeter

**CONTACT US TODAY!**

**VISIT:** [mprpd.org/volunteer-naturalists](http://mprpd.org/volunteer-naturalists)

**EMAIL:** [wyatt@mprpd.org](mailto:wyatt@mprpd.org)

**CALL:** 831-372-3196 x113



Icon key on back cover.



**FREE!!!**



“Celebrate our Planet  
and our City by  
Working together  
on fun environmental  
service projects.”  
—Grover The Plover

**18<sup>TH</sup> ANNUAL**

**EARTH DAY MARINA  
LOCKE-PADDON PARK**

**SATURDAY, APRIL 13<sup>TH</sup> 2024 - 9 AM TO 1 PM**  
At 190 Seaside Circle near the Marina Library

**WALK-INS  
WELCOME**





# Paid Camps, Programs, & Events



VENTANA WILDLIFE SOCIETY

## Summer Programs

Meaningful experiences in nature inspire passion for stewardship of the planet. Whether it's journaling in the shade of a giant redwood, exploring tide pools, or having a condor soar so close overhead the rustle of its feathers can be heard, Ventana Wildlife Society programs generate memories that will last a lifetime.

**Cost: \$40-\$365/child.**  
**Scholarships available.**

## Wee Ones in the Woods

**Ages 4-7**

**Weekdays | 8:30 am-11:30 am;  
12:30 pm-3:30 pm**  
**Jun. 10-14; Jul. 1-3; Jul. 15-19**

## Natural Science Discovery Camp

**Ages 8-12**

**Weekdays | 8 am-4 pm\***  
**Jun. 10-14; Jul. 15-19**

**\*Thursday overnight campout,  
pick up Friday 12pm**

## Single Day Adventures

**Ages 8-12**

**Weekdays | 8:30 am-4:30 pm**  
**Jul. 1**

## Outdoor Leadership Training

**Ages 13-16**

**Weekdays | 8 am-4 pm\***  
**Jun. 10-14; Jul. 15-19**

**\*Thursday overnight campout,  
pick up Friday 12 pm**

**FOR MORE INFORMATION &  
REGISTRATION**

**VISIT: [ventanaws.org/education](http://ventanaws.org/education)**

**EMAIL: [marilym@ventanaws.org](mailto:marilym@ventanaws.org)**

**CALL: 831-215-6010**

PACIFIC GROVE  
MUSEUM  
of NATURAL  
HISTORY

## Summer Camps 2024

Adventure, Explore, Discover!

### ACORN CAMPS: Grades K-2

Be A Scientist: June 10-14

Field Science: June 17-21

Ocean Exploration: June 24-28

Digging Dinos: July 8-12

Animal Adventures: July 15-19

Space Exploration: July 22-26

### PINECONE CAMPS: Grades 3-5

All the Ologies: June 10-14

Ocean Ecology: June 24-28

Discover Paleontology: July 8-12

Space Technology: July 22-26



**K-2 Members: \$275, General: \$295**

**K-2 Lunch Bunch: \$50**

**3-5 Members: \$365, General: \$400**

Register at:  
[PGMuseum.org/ Summer-Camp](http://PGMuseum.org/Summer-Camp)

Contact:  
[Education@PGMuseum.org](mailto:Education@PGMuseum.org)



**All camp times: 9:00am-3:00pm**

**MICROGREENS  
COOKING CAMP  
AGES 6-8  
JUNE 17-21**

**GREEN TWEENS  
COOKING CAMP  
AGES 9-11  
JUNE 24-28**

**GREEN TEENS  
COOKING CAMP  
AGES 11-13  
JULY 8-12**

**Cooking Camps \$450  
Early Bird: \$400**

Join us for MEarth's next master chef class! Kids will learn how to chop, cook, and bake using fresh produce from the garden.

**MICROGREENS  
ECOEXPLORER  
CAMP  
AGES 6-8  
JULY 15-19**

**GREEN TWEENS  
ECOEXPLORER  
CAMP  
AGES 9-11  
JULY 22-26**



**Eco Explorers Camp  
\$425, Early Bird: \$375**

Campers will discover and connect with the plants and animals that call MEarth home. Camp includes fresh and healthy snacks.

**GREEN TEENS  
ECO EXPLORER  
CAMP  
AGES 11-13  
JULY 29-AUG 2**

**Green Teens Camp  
\$425, Early Bird: \$375**  
Campers will be immersed in a unique fusion of culinary and natural science activities! Camp includes snacks!

**Early Bird Ends on April 1st!**





# Paid Camps, Programs, & Events

THE CITY OF MONTEREY

# BEST SUMMER EVER!

★  
★  
★  
★  
★  
★  
★

CAMP QUIEN SABE OVERNIGHT CAMP  
WHISPERING PINES DAY CAMP  
TINY TOTS SUMMER CAMP  
SPORTS CAMPS  
SPECIALTY CAMPS  
LEGO, GYMNASTICS, WOODWORKING  
AND MUCH MORE!





## REGISTER NOW



SCAN ME!

FOR MORE INFO + REGISTRATION  
[MONTEREY.ORG/REC](https://monterey.org/rec)  
(831) 646-3866



**MONTEREY RECREATION**

### For the Lands You Love

Big Sur Land Trust is a nonprofit organization with a mission to inspire love of land across generations, conservation of our unique Monterey County landscapes, and access to outdoor experiences for all.

Since 1978, our generous donors and partners have conserved over 45,000 acres throughout Monterey County!





Please visit [bigsurlandtrust.org](https://bigsurlandtrust.org) or scan this QR code to learn more!



FIND YOUR wonder

BIG SUR LAND TRUST | RACE FOR OPEN SPACE

## May 11, 2024

### Experience conserved backcountry not usually open to the public!

Join us on **May 11** to support Big Sur Land Trust for our Race for Open Space.

- 12K Whisler Wilson Overlook
- 25K Williams Canyon
- 35K+ The Lunch Bench Lollipop
- and a 1-mile Fun Run for all ages!



Please visit [bit.ly/ROS\\_2024](https://bit.ly/ROS_2024) or scan this QR code to learn more, register, and check out our event sponsors!

# Community Happenings

## ANNUAL & SPECIAL EVENTS

### BLUE ZONES PROJECT MONTEREY COUNTY

Blue Zones Project® is a community-led, well-being improvement initiative designed to make healthy choices easier. We work to create healthier environments by offering free resources, volunteer opportunities, as well as educational and fun activities!

LEARN MORE: [montereycounty.bluezonesproject.com](http://montereycounty.bluezonesproject.com)

### CALIFORNIA MARINE SANCTUARY FOUNDATION/ MONTEREY BAY NATIONAL MARINE SANCTUARY

#### Snapshot Day

Find out what is in your watershed! Become a community scientist for a day and collect water quality data about the health of streams in your area. Required training in April.

Saturday, May 4 | 8:30 am-12:30 pm

VISIT: [montereybay.noaa.gov/getinvolved/volunteer/snapshotday.html](http://montereybay.noaa.gov/getinvolved/volunteer/snapshotday.html)  
EMAIL: [lindsay@californiamsf.org](mailto:lindsay@californiamsf.org)

### CITY OF SEASIDE

#### 37th Annual Sunday Blues in the Park Concert Series

Sundays | 1 pm-4:30 pm

Jul. 14-Aug. 11

Laguna Grande Park, Seaside

#### Seaside's Certified Farmers' Market

Thursdays | 3 pm-7 pm

Laguna Grande Park, Seaside

VISIT: [www.everyonesharvest.org](http://www.everyonesharvest.org)  
EMAIL: [info@everyonesharvest.org](mailto:info@everyonesharvest.org)

### MEARTH

#### MEarth Day Festival

Celebrate Earth Day! This festival-style event will include food, music, eco-vendors, eco-exhibitors, a kid zone, and a robust silent auction – all in support of MEarth's mission to inspire environmental stewardship!

Saturday, Apr. 6 | 10 am-4 pm

VISIT: [MEarthcarmel.org](http://MEarthcarmel.org)  
FOLLOW: @mearthcarmel  
EMAIL: [info@mearthcarmel.org](mailto:info@mearthcarmel.org)  
CALL: 831-624-1032

### MONTEREY RECREATION

Join us at Montecito Park on Saturday, May 11 and Sept. 7 for FUN! in the Park. Come and participate in free, fun games and hands on S.T.E.A.M. activities with Monterey Recreation and the Monterey Public Library. For updates follow Monterey Recreation on Instagram.

VISIT: [monterey.org/rec](http://monterey.org/rec)  
EMAIL: [montereyrecreation@monterey.org](mailto:montereyrecreation@monterey.org)

### COASTANOAN RUMSEN OHLONE DANCE

#### Dancing Our Ancestors Home

All Ages

Sunday | 11 am-1 pm

Jul. 14

Village of Tucatnut (Garland Ranch Regional Park, Carmel Valley)

VISIT: [costanoanrumsen.org](http://costanoanrumsen.org)  
FOLLOW: @coastanoanrumsencarmeltribe

### WEDNESDAY NIGHT LAUNDRY RUNNERS

Join our community of runners on Wednesdays and Saturdays, across the greater Monterey area. Runs are open to everyone even if you are not a member and all locations are walk friendly. Locations change weekly. All runs start on time, be sure to arrive a few minutes early. Ages 12+

VISIT: [wnlr.org/weeklyruns](http://wnlr.org/weeklyruns)  
EMAIL: [montereywnlr@gmail.com](mailto:montereywnlr@gmail.com)

## STEWARDSHIP & VOLUNTEER OPPORTUNITIES

### CALIFORNIA STATE PARKS

#### Natural Resources Volunteer Program

Join us at one of our 10 monthly volunteer projects spread out among eight local state parks! Activities include planting native plants, removing weeds, picking up trash, and more. All volunteer events are from 9am to 12 pm.

Visit: [parks.ca.gov/mdnrvp](http://parks.ca.gov/mdnrvp)  
Email: [volunteer.monterey@parks.ca.gov](mailto:volunteer.monterey@parks.ca.gov)

### CITIZENS FOR SUSTAINABLE MARINA

#### Oak Woodland and Community Garden

Saturdays | 9 am-1 pm

EMAIL: [bdelgado62@gmail.com](mailto:bdelgado62@gmail.com)

#### Community Clean-up

Every 2nd Sunday | 10 am-12:30 pm

#### Hilltop Park Native Planting

Sunday, Apr. 21 & May 5

EMAIL: [steve@sl615.com](mailto:steve@sl615.com)

#### Broom Bash

Bi-monthly | Times vary

EMAIL: [sustainableeastgarrison@gmail.com](mailto:sustainableeastgarrison@gmail.com)

### FRIENDS OF SEASIDE PARKS

Join us each Saturday from 10 am-12 pm as we beautify and create habitat in Seaside parks! All ages can help plant natives, remove weeds, prune, and water while learning about how drought-resistant and pollinator-friendly gardening benefits all.

VISIT: [friendsofseasideparks.org](http://friendsofseasideparks.org)  
EMAIL: [pkennedy1950@gmail.com](mailto:pkennedy1950@gmail.com)



## Free Events &amp; Programs Offered by Community Organizations

## TOURS &amp; LEARNING OPPORTUNITIES

## HABITAT STEWARDSHIP PROJECT

## Stewardship Events

The Habitat Stewardship Project invites community members to community service events! Stewards plant native plants and clean-up degraded sites in Salinas, Carmel, Marina, and other locations.

VISIT: [csumb.edu/hspmb](http://csumb.edu/hspmb)  
EMAIL: [llienk@csumb.edu](mailto:llienk@csumb.edu)

## SANTA LUCIA CONSERVANCY

## French Broom Bonanza and Star-Thistle Smackdown

Pull weeds and help native species thrive! Join us in April to remove French broom; come out in August to pull star-thistle. Bring a bag lunch; we'll provide drinks and beautiful coastland views. Ages 10+

Thursday | 9 am-1 pm  
Apr. 11, 25 and Aug. 1, 15, 29

RSVP: [outreach@slconservancy.org](mailto:outreach@slconservancy.org)

## SAVE OUR SHORES

Get involved in coastal conservation! Join a beach, river, or inland cleanup to participate in community action and community science data collection. Cleanup events are hosted year-round at a variety of locations. All are welcome!

Visit: [saveourshores.org/events/](http://saveourshores.org/events/)  
Email: [volunteer@saveourshores.org](mailto:volunteer@saveourshores.org)

## BIG SUR LAND TRUST

Join Big Sur Land Trust on the conserved lands you love! Choose from docent-led hikes, project tours, and annual events.

## Palo Corona Regional Park Earth Day Guided Hike

Apr. 22 | 8 am

## Race for Open Space 2024

May 11

## Carmel River FREE Tours

Sep. 20 | 9 am & 10 am

## San Jose Creek Trail Walk

Sep. 21 | 9 am

REGISTRATION: [bigsurlandtrust.org/event/](http://bigsurlandtrust.org/event/)  
EMAIL: [info@bigsurlandtrust.org](mailto:info@bigsurlandtrust.org)

## CARMEL RIVER WATERSHED CONSERVANCY

## Watershed Educational Tour

This spring the Carmel River Watershed Conservancy will lead a small group on a five hour driving tour of key sites within the watershed, such as the Los Padres Reservoir and the former San Clemente Dam site, while explaining the rich history and ecology of the area.

EMAIL: [carmelriverorg@gmail.com](mailto:carmelriverorg@gmail.com)  
to join the spring tour.

## ELKHORN SLOUGH RESERVE

Visit the Reserve to hike and explore the habitats around Elkhorn Slough! Open Wed-Sun, 9 am-5 pm for self-guided hikes on trails and Visitor Center exploration. Family friendly activities, guided hikes every weekend, and special events are on our online calendar.

VISIT: [elkhornslough.org/visit/calendar](http://elkhornslough.org/visit/calendar)  
CALL: 831-728-2822

## MONTEREY AUDUBON SOCIETY

Join free monthly birding field trips around 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 a Birdability tour.

RSVP: [montereyaudubon.org/outings](http://montereyaudubon.org/outings)

## PACIFIC GROVE MUSEUM OF NATURAL HISTORY

Adventures, discoveries, and fun at family days, science talks, camps and more! Themes: sustainability, dinosaurs, community science, and native plants!

## Science Saturdays

Last Saturday of each month  
10 am-3 pm

VISIT: [pgmuseum.org](http://pgmuseum.org)  
EMAIL: [education@pgmuseum.org](mailto:education@pgmuseum.org)  
CALL: 831-648-5716

## VENTANA WILDLIFE SOCIETY

## Discovery Center

Home to the condor exhibit-Bringing the Condors Home-learn about condors and the efforts to recover the birds to the wild. We offer free presentations upon request during normal operating hours.

Saturdays & Sundays | 10 am-4 pm  
May 27 - Sep. 3

VISIT: [ventanaws.org](http://ventanaws.org)



# 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  
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 (President)  
kraskoff@mprpd.org  
Monterey, southwest Seaside,  
southern Sand City, Del Rey Oaks

**WARD 4** Kathleen Lee  
klee@mprpd.org  
Pacific Grove, New 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 first Wednesday of each month. Check mprpd.org for more information.

ENVIRONMENTAL EDUCATION AND COMMUNITY OUTREACH (EECO) TEAM

Jackie Nelson | Supervisor  
nelson@mprpd.org

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wyatt@mprpd.org

Savannah Peña | Coordinator-Programs  
pena@mprpd.org

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ackland@mprpd.org

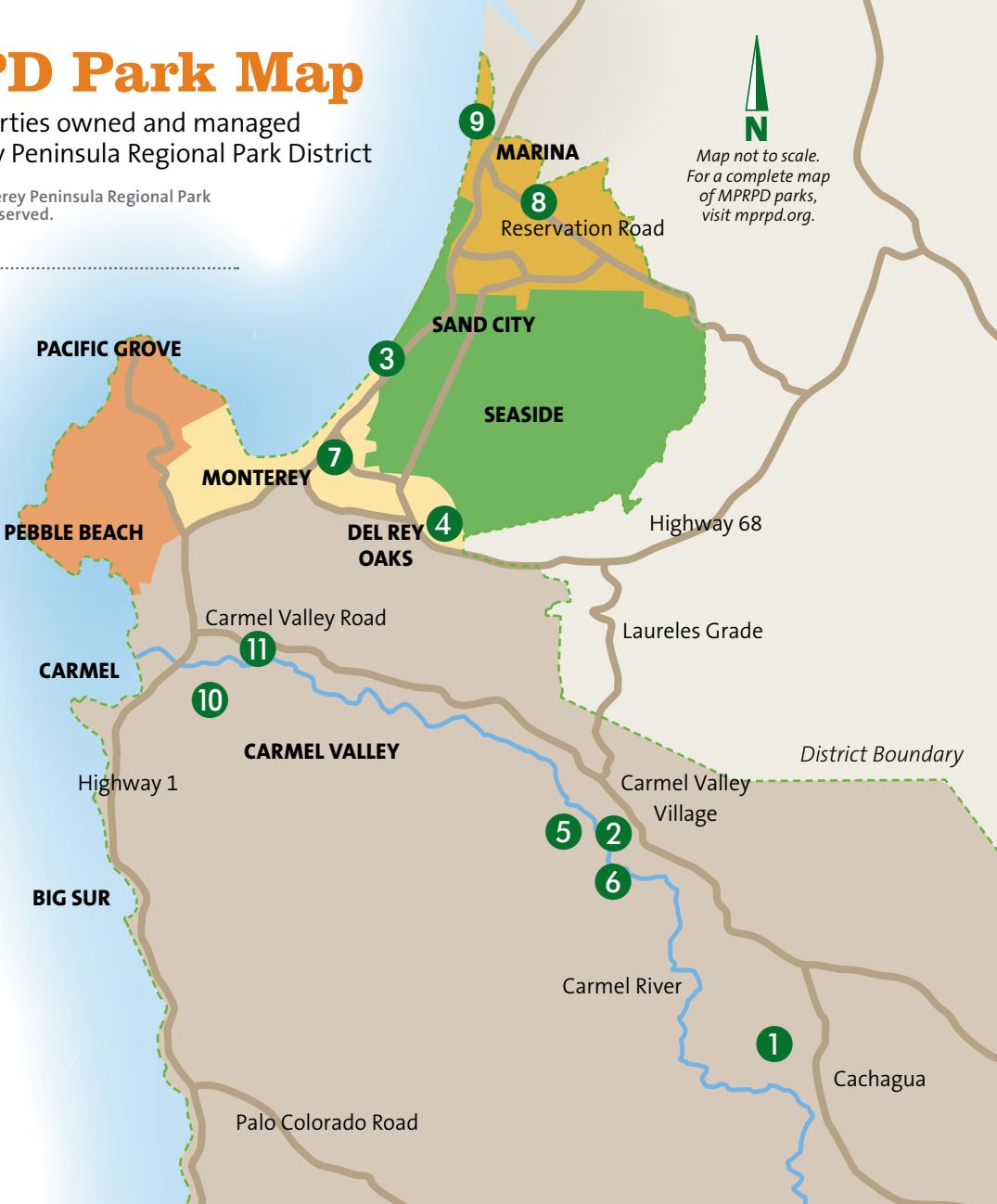
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tschumi@mprpd.org

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

A special thanks to the MPRPD Volunteers.



\* Management Partnership  
\*\* Access Permit Required

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 Laguna Grande Regional Park*	✓		✓		✓	✓	✓	✓	✓	✓	✓				
8 Locke-Paddon Wetland Community Park*	✓					✓	✓	✓	✓	✓	✓				
9 Marina Dunes Preserve	✓			✓			✓		✓		✓				
10 Palo Corona Regional Park (Front Ranch)	✓						✓	✓		✓	✓	✓			✓
11 Rancho Cañada (unit of Palo Corona Regional Park)	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓



# Adventure Planner

MARCH			
<b>24</b>	<b>Sun</b>	<b>California Wildlife Day</b>	<b>3</b>
APRIL			
<b>7</b>	<b>Sun</b>	Discover Kahn Ranch	<b>7</b>
<b>13</b>	<b>Sat</b>	<b>Earth Day Locke-Paddon</b>	<b>13</b>
<b>14</b>	<b>Sun</b>	Nature Walks at Garland	<b>7</b>
<b>20</b>	<b>Sat</b>	Discover San Jose Creek, Ishxenta State Park	<b>11</b>
<b>20</b>	<b>Sat</b>	Hot on the Trail: Summertime Trail Running	<b>8</b>
<b>20</b>	<b>Sat</b>	Star Party	<b>20</b>
<b>22</b>	<b>Mon</b>	Meditative Painting in Nature	<b>12</b>
<b>27</b>	<b>Sat</b>	Farm Discovery: Family Farm Field Trips	<b>11</b>
<b>27</b>	<b>Sat</b>	Improve Your Bike Skills on the Trails	<b>8</b>
<b>27</b>	<b>Sat</b>	San Jose Creek with Car Seats	<b>11</b>
<b>28</b>	<b>Sun</b>	<b>City Nature Challenge</b>	<b>13</b>
<b>30</b>	<b>Tue</b>	Garland's Best Wildflowers	<b>6</b>
MAY			
<b>1</b>	<b>Wed</b>	Sunset Yoga in Nature	<b>8</b>
<b>2</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>3</b>	<b>Fri</b>	San Jose Creek Loop	<b>6</b>
<b>5</b>	<b>Sun</b>	Exploring Nature with Children	<b>10</b>
<b>5</b>	<b>Sun</b>	Rumsen Storytelling	<b>12</b>
<b>6</b>	<b>Mon</b>	Meditative Painting in Nature	<b>12</b>
<b>8</b>	<b>Wed</b>	Sunset Yoga in Nature	<b>8</b>
<b>9</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>9</b>	<b>Thu</b>	New Mom Movement	<b>8</b>
<b>12</b>	<b>Sun</b>	Solar System Stroll	<b>10</b>
<b>15</b>	<b>Wed</b>	Sunset Yoga in Nature	<b>8</b>
<b>16</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>16</b>	<b>Thu</b>	Beginning Birding at Laguna Grande	<b>11</b>
<b>16</b>	<b>Thu</b>	New Mom Movement	<b>8</b>
<b>18</b>	<b>Sat</b>	Art in Nature	<b>10</b>
<b>18</b>	<b>Sat</b>	Discover San Jose Creek, Ishxenta State Park	<b>11</b>
<b>18</b>	<b>Sat</b>	Palo Corona Backcountry	<b>7</b>
<b>19</b>	<b>Sun</b>	Steinbeck Views	<b>11</b>
<b>20</b>	<b>Mon</b>	Meditative Painting in Nature	<b>12</b>
<b>20</b>	<b>Mon</b>	Whisler Overlook to the Redwoods	<b>7</b>
<b>22</b>	<b>Wed</b>	Sunset Yoga in Nature	<b>8</b>
<b>23</b>	<b>Thu</b>	New Mom Movement	<b>8</b>
<b>23</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>25</b>	<b>Sat</b>	Beginner's Birding & Journaling	<b>10</b>
<b>29</b>	<b>Wed</b>	Sunset Yoga in Nature	<b>8</b>
<b>30</b>	<b>Thu</b>	New Mom Movement	<b>8</b>
<b>30</b>	<b>Thu</b>	Qi Gong	<b>8</b>
JUNE			
<b>1</b>	<b>Sat</b>	Field Naturalist Training	<b>12</b>
<b>2</b>	<b>Sun</b>	Nature Walks at Palo Corona	<b>6</b>
<b>6</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>7</b>	<b>Fri</b>	Star Party	<b>20</b>
<b>8-9</b>	<b>Sat-Sun</b>	<b>25th Annual Summer Wildflower Show</b>	<b>20</b>
<b>9</b>	<b>Sun</b>	Solar System Stroll	<b>10</b>
<b>13</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>15</b>	<b>Sat</b>	Field Naturalist Training	<b>12</b>
<b>15</b>	<b>Sat</b>	Snively's Ridge from Holt Road	<b>6</b>
<b>16</b>	<b>Sun</b>	Herps of Fort Ord	<b>10</b>
<b>18</b>	<b>Tue</b>	New Mom Movement	<b>8</b>
<b>20</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>22</b>	<b>Sat</b>	Discover San Jose Creek, Ishxenta State Park	<b>11</b>
<b>22</b>	<b>Sat</b>	Palo Corona Backcountry	<b>7</b>
<b>25</b>	<b>Tue</b>	New Mom Movement	<b>8</b>
<b>25</b>	<b>Tue</b>	Garland's Canyons and Ridges	<b>6</b>
<b>26</b>	<b>Wed</b>	Tai Chi for Energy I	<b>8</b>

<b>27</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>29</b>	<b>Sat</b>	Bird Walks	<b>6</b>
<b>29</b>	<b>Sat</b>	San Jose Creek with Car Seats	<b>11</b>
JULY			
<b>2</b>	<b>Tue</b>	New Mom Movement	<b>8</b>
<b>3</b>	<b>Wed</b>	Tai Chi for Energy I	<b>8</b>
<b>6</b>	<b>Sat</b>	Hot on the Trail: Summertime Trail Running	<b>8</b>
<b>6-7</b>	<b>Sat-Sun</b>	<b>Species on the Edge</b>	<b>9</b>
<b>7</b>	<b>Sun</b>	Nature Walks at Garland	<b>7</b>
<b>9</b>	<b>Tue</b>	New Mom Movement	<b>8</b>
<b>10</b>	<b>Wed</b>	Tai Chi for Energy I	<b>8</b>
<b>12</b>	<b>Fri</b>	Watershed Geology	<b>4</b>
<b>13</b>	<b>Sat</b>	How to Use Binoculars for Birding	<b>12</b>
<b>13</b>	<b>Sat</b>	Palo Corona Backcountry	<b>7</b>
<b>13</b>	<b>Sat</b>	<b>Cachagua Country Fair</b>	<b>7</b>
<b>13-14</b>	<b>Sat-Sun</b>	<b>Species on the Edge</b>	<b>9</b>
<b>14</b>	<b>Sun</b>	Moon Movement & Mysteries	<b>10</b>
<b>17</b>	<b>Wed</b>	Tai Chi for Energy I	<b>8</b>
<b>18</b>	<b>Thu</b>	Snively's Ridge from Holt Road	<b>6</b>
<b>20</b>	<b>Sat</b>	Discover San Jose Creek, Ishxenta State Park	<b>11</b>
<b>20</b>	<b>Sat</b>	Floodplain Ecology	<b>4</b>
<b>20</b>	<b>Sat</b>	Medicinal Plant Tour	<b>7</b>
<b>20-21</b>	<b>Sat-Sun</b>	<b>Species on the Edge</b>	<b>9</b>
<b>24</b>	<b>Wed</b>	Tai Chi for Energy I	<b>8</b>
<b>24</b>	<b>Wed</b>	Beginning Birding at Laguna Grande	<b>11</b>
<b>25</b>	<b>Thu</b>	Whisler Overlook to the Redwoods	<b>7</b>
<b>27</b>	<b>Sat</b>	ParkIT! Point Lobos Shuttle Demo	<b>5</b>
<b>27-28</b>	<b>Sat-Sun</b>	<b>Species on the Edge</b>	<b>9</b>
<b>31</b>	<b>Wed</b>	Tai Chi for Energy I	<b>8</b>
AUGUST			
<b>1</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>7</b>	<b>Wed</b>	Tai Chi for Energy II	<b>8</b>
<b>8</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>9</b>	<b>Fri</b>	San Jose Creek Loop	<b>6</b>
<b>10</b>	<b>Sat</b>	Art in Nature	<b>10</b>
<b>11</b>	<b>Sun</b>	Improve Your Bike Skills on the Trails	<b>8</b>
<b>14</b>	<b>Wed</b>	Tai Chi for Energy II	<b>8</b>
<b>17</b>	<b>Sat</b>	Discover San Jose Creek, Ishxenta State Park	<b>11</b>
<b>17</b>	<b>Sat</b>	Farm Discovery: Family Farm Field Trips	<b>11</b>
<b>21</b>	<b>Wed</b>	Tai Chi for Energy II	<b>8</b>
<b>22</b>	<b>Thu</b>	Qi Gong	<b>8</b>
<b>24</b>	<b>Sat</b>	Beginner's Birding & Journaling	<b>10</b>
<b>24</b>	<b>Sat</b>	Hot on the Trail: Summertime Trail Running	<b>8</b>
<b>25</b>	<b>Sun</b>	Exploring Nature with Children	<b>10</b>
<b>28</b>	<b>Wed</b>	Tai Chi for Energy II	<b>8</b>
<b>29</b>	<b>Thu</b>	Qi Gong	<b>8</b>
SEPTEMBER			
<b>7</b>	<b>Sat</b>	San Jose Creek with Car Seats	<b>11</b>
<b>8</b>	<b>Sun</b>	Solar System Stroll	<b>10</b>
<b>11</b>	<b>Wed</b>	Tai Chi for Energy II	<b>8</b>
<b>11</b>	<b>Wed</b>	Garland's Canyons and Ridges	<b>6</b>
<b>14</b>	<b>Sat</b>	Flint Knapping: Making Stone Tools	<b>12</b>
<b>15</b>	<b>Sun</b>	Beginning Birding at Laguna Grande	<b>11</b>
<b>15</b>	<b>Sun</b>	Nature Walks at Palo Corona	<b>6</b>
<b>18</b>	<b>Wed</b>	Tai Chi for Energy II	<b>8</b>
<b>21</b>	<b>Sat</b>	Discover San Jose Creek, Ishxenta State Park	<b>11</b>
<b>21</b>	<b>Sat</b>	Palo Corona Backcountry	<b>7</b>

Registration required for most programs. Events with bold font indicate special events where walk-ins are welcome.



**Monterey Peninsula Regional Park District**  
 4860 Carmel Valley Road, Carmel, CA 93923  
 Post Office Box 223340, Carmel, CA 93922  
 Tel: 831-372-3196



[www.mprpd.org](http://www.mprpd.org)

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## RESIDENTIAL CUSTOMER

**ICON KEY**

	Physical Activity		Seated Activity		Flashlight Advised
	Binoculars 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.*

# 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 during this two-hour program.

### All Ages

**15 minutes prior to sunset**

**Apr. 20 | Moon viewing and deep sky objects**

**Jun. 7 | Deep sky objects**

**Garland Park Visitor Center,  
Carmel Valley**

*Registration helps us plan, but walk-ins are welcome.*



- 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.



**WALK-INS  
WELCOME**

**25<sup>TH</sup> ANNUAL**

# Summer Wildflower Show

*Celebrate the silver anniversary of summer wildflowers in the Monterey Bay region!*

**Saturday & Sunday**

**June 8 - June 9**

**10 am - 4 pm**

**Garland Ranch Park Visitor Center  
Carmel Valley**

**FREE admission | [mprpd.org](http://mprpd.org)**



Please recycle, be green! A paper version is sent to district residents via bulk mail, and listings of our classes are available online.