

Botanic Garden Practice Hike with Poles

Regional Parks Botanic Garden (in Tilden Regional Park)

Gather and sign in at LEAST 15 MINUTES before start time

The East Bay Regional Park District is proud to offer this program taught by Jayah Faye Paley

About the Program

You have already attended one of Jayah's classes on how to use poles. You know the basics. You will practice skills on a gentle hike around Tilden Park's Botanic Garden. You will have the opportunity to clarify any questions you have about using poles as well as to refine your skills.

Prerequisite

Any East Bay Regional Parks' POLES class is required.

If you have not attended a prior poles field seminar, you will need to do this BEFORE taking a practice Pole Hike.

Medical/Physical considerations

This is an easy hike on uneven terrain which includes rocky steps, bridges, gentle hills and narrow trails.

Instructor Provides

- A Variety of Top Quality Poles

What to Wear

- Comfortable, layered clothing
- Appropriate hiking shoes/boots (required).
Note: shoes with worn out tread, sneakers or flip flops will preclude you from participating.

What to Bring

- **Participant waiver enclosed – filled out and signed - IMPORTANT**
- Water bottle
- Layered clothing
- Hat & Sun Protection
- Camera (optional)

WEATHER CANCELLATION: If this program is cancelled due to weather, you will be notified as soon as possible and a refund will be issued.



Directions

From Hwy 80: Take University Ave exit in Berkeley. Follow University up (east) to Oxford. Left on Oxford to Rose. Right on Rose to Spruce. Left on Spruce on the top of the hill, cross the intersection, and Spruce becomes Wildcat Canyon Rd. Continue for two miles - the Botanic Garden is just beyond the Brazilian Room on your left.

From Hwy 24: At east end of Caldecott Tunnel, exit Fish Ranch Road uphill to Grizzly Peak Blvd. Turn right and follow to Southpark Dr. Turn right into Tilden on South Park and drive to Wildcat Canyon Rd. The garden is ahead of you on Wildcat Canyon. Turn left on Wildcat, parking immediately on left or first right onto side road of garden.

MEET in the small parking lot directly across from the Botanic Garden entrance.

Questions?

(415) 699-3333 or email

Seminar@AdventureBuddies.NET

7/2013