

JAN 2019

Science Saturdays

HANDS-ON, NATURE-BASED FUN

Looking for a fun way to spend time with your family? Head to the EcoCenter! Each Saturday our trained naturalists and partners offer a hands-on, nature based, fun event that is perfect for young kids to adults.

New Year's Resolution Walk

Jan 5 / 10:00am – 12:00pm

Was your New Year's resolution to be more active, spend more time outdoors, or to learn more about San Francisco parks? The EcoCenter staff will lead an interpretive walk into Heron's Head Park to start 2019 right. Learn about the history of Heron's Head Park, the importance of tidal wetlands, and observe the birds and wildlife that call this area home.

Get Down and Dirty with our Native Plant Garden

Jan 12 / 10:00am – 12:00pm

Join staff from the EcoCenter and SF Recreation and Parks for this hands-on Science Saturday caring for the native plants that call Heron's Head Park home. Come dressed in comfortable clothes and get ready to get dirty as we learn to identify local plants and help to remove invasive species.

For more information, please email: recparkvolunteer@sfgov.org.

The Birds of Heron's Head Park

Jan 19 / 10:00am – 12:00pm

Join a field trip led by San Francisco Nature Education naturalists and observe the variety of wild birds that call Heron's Head Park home in winter. Free nature walk. Bring binoculars if you have them. Volunteers will carry spotting scopes. Perfect for adults and families. No reservations. Free checklists for participants.

Heron's Head Park Trail Walk

Jan 26 / 10:00am – 12:00pm

In collaboration with SF Recreation and Parks and the Healthy Parks, Healthy People initiative, join professional guides on an interpretive walk to admire the San Francisco waterfront as we follow a short section of the Bay Trail. This low impact walk is great for socializing and bird watching. The walk will begin in the mini-park next to the Heron's Head Park parking lot at 10:00 am. Don't forget to bring water, hats, and sunscreen!



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