

Shadow Cliffs Regional Recreational Area

Multicultural Wellness Walk

Start the spring healthy in the great outdoors! Enjoy a relaxing walk around the 80-acre lake at Shadow Cliffs. Formerly a gravel quarry, this park is now a haven for swimming, fishing, picnicking and bird watching. Spring is a great time to see herons, cormorants, and ducks in the lake

Walking with community is a great way to meet new people. Walking helps improve your mood, prevents heart disease, diabetes and high blood pressure. There will be stops along the walk for discovery and for physical movements to increase flexibility and muscle tone. After walking, join in fun family games!

A healthy lunch is provided

When: Saturday, March 23, 2019
9:00 am to 12:30 pm

Where: Shadow Cliffs Regional Recreation Area
2500 Stanley Boulevard, Pleasanton
Meet: Lakeside Picnic Area

Bring: Layered clothing, jacket, hat, sunscreen
sturdy walking shoes and full water bottle

RSVP to: Ali Haynes by March 18
ahaynes@ebparks.org, 510-544-2200



East Bay 
Regional Park District
www.ebparks.org



Shadow Cliffs Regional Recreation Area

2500 Stanley Blvd.
Pleasanton, CA 94566



From I-580 in Pleasanton

- Exit at Santa Rita/Tassajara Road and turn south, towards Pleasanton
- Continue southward on Santa Rita Road
- Turn Left onto Valley Avenue.
- Turn left onto Stanley Boulevard.
- Continue on Stanley Boulevard
- Turn right into the park entrance at the first stop light