







Shadow Cliffs Regional Recreational Area

Multicultural Wellness Walk

tart 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

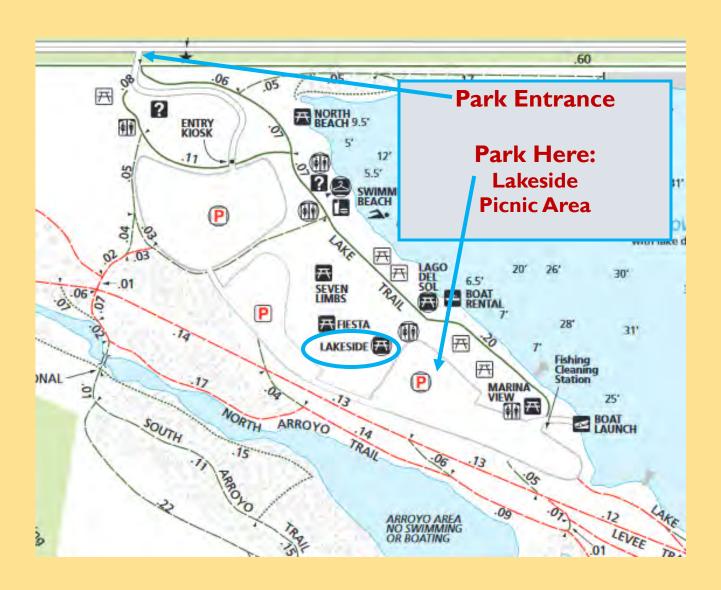








Shadow Cliffs Regional Recreation Area 2500 Stanley Blvd. Pleasanton, CA 94566



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

