

# *EcoAdventures*

*From the Redwoods to the Coast  
Enjoy Adventures in  
Russian River State Parks*



*Armstrong Redwoods State Natural Reserve  
Austin Creek State Recreation Area*



*Sonoma Coast State Park*



*Stewards of the Coast and Redwoods*

(707) 869-9177, [stewards@mcn.org](mailto:stewards@mcn.org)

Easy Registration Online

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

*Stewards* offers some *EcoAdventures* free of charge. Donations fund free school programs and are requested for adventures that require rentals and pre-planning.



### Paddling the Russian River

A variety of paddles are offered along the Russian River and in the Jenner Estuary. Learn about the natural and cultural history of the area. View river otters, nesting osprey and blue heron, marine mammals, and numerous bird species. Full Moon paddles are especially popular. Adventures are offered spring, summer, and fall. Kayak rentals available upon request.



### Hiking in Russian River Area State Parks

A variety of hiking adventures are offered at Armstrong Redwoods, Austin Creek, and Sonoma Coast State Parks. Enjoy old growth redwoods, oak woodlands, and magnificent views of the Russian River and coastal areas. Learn about local wildflowers and plants. Adventures are offered year-round.



### Whale Watching

Witness nature's grand events. Join docents at Bodega Head for an interpretive talk and viewing of the Pacific gray whale migration. Docents are available on the weekends from January through May for whale watching. Special docent-led viewings upon request.



### Seal Watching

Sonoma County's largest harbor seal rookery can be viewed at Goat Rock State Beach. Pups are born in March and April and reared through the summer months. Docents are available on the weekends March through September for seal watching. Special docent-led viewings upon request.



### Horseback Riding

Ride gentle horses through the giant, old growth forest of Armstrong Redwoods and oak woodlands of Austin Creek with a naturalist. Age and weight limitations apply. Adventures offered spring, summer, fall. Rental fees and special limitations apply.



### Tidepooling on the Sonoma Coast

Roving Naturalists are available on low-tide weekends to share tidepool etiquette with visitors. The tidepools are teeming with intriguing, yet fragile intertidal life. Tidepool adventures are offered spring, summer, and fall on low-tide weekends.



### "Voluntourism"

Volunteer for a project in one of our state parks. "Voluntourism" packages are being developed with local resorts. Spend half a day removing invasive plants, working on a trail, or cleaning up our beaches. Packages offered during the late fall, winter, and early spring.