

## Trail Trekkers Cub Scout Progressive Hike Award

# Sycamore Grove

Sycamore Grove Regional Park, Livermore

Sycamore Grove Regional Park provides the ideal place to relax and enjoy nature. With 364 acres of parkland, Sycamore Grove is a great place to hike or bike along Arroyo Del Valle, or have a picnic. Sycamore Grove Park is an open space, preserved for nature study and passive recreation. The park is open year round. Nature programs are offered on weekdays (year round) and weekday evenings (summer only). Environmental education programs are available for a fee.

### Hike Statistics

**Distance:** main trail 4.8 miles, Nature Loop 1 mile

**Time:** allow 3-4 hours

**Suggested age:** Tigers to Webelos

Livermore Area Parks: Sycamore Grove Regional Park, Livermore, CA

### Hike Description

Every inch of this park is alive with life - in the air, in the grass, even in puddles. Begin your search for signs of wildlife at the Wetmore Road entrance. Follow the paved path until you come to the first sign designating the Nature Area. Turn left onto the broad trail that crosses the usually dry Arroyo. Follow this nature trail through the sycamore grove until you reach the park boundary. While you are here, be sure to pause often and listen for the sounds of reptiles and rodents in the grass. If you are lucky and very patient you might even see an animal. Near the wet areas be sure to look for great blue herons. Don't forget to look up.

Cross the bridge and return to the park entrance via the paved path. Insects are very visible as they cross the road. Be sure to take your time and appreciate beetles, grasshoppers and ants up close. Don't forget: no collecting.

### Alternate Routes

Wheelchair users can stay on the paved area.

A shorter hike starts at the park entrance and hugs the park boundary. Make a left at the first footpath which loops back to the parking lot.

If your group includes wheelchair users, the paved path would make a fine alternative route. Just stay on the pavement until you come to the bridge at the far end of the park, and then return the same way.

### Historical and Natural Features

With many different habitats providing food and shelter, Sycamore Grove is home to many kinds of animals. Wandering among the Park's sycamores, you may be fortunate enough to see a fox, a bobcat, or perhaps a Red-tailed Hawk soaring overhead. Magpies and Bushtits chatter as you stroll along quiet trails. A quiet hiker can sometimes find deer, rabbits and hares, ground squirrels, mice, lizards, snakes, turtles, frogs, and a variety of birds and insects in the park.

### Administration

Livermore Area Park and Recreation District

71 Trevarno Rd.

Livermore, CA 94550

(510)373-5700

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### Suggested season:

Year round