

FAMILY RESOURCES FOR OUTDOOR ACTIVITIES



Sacramento Audubon Society

Offers more than 100 field trips a year including family field trips, beginning birder trips, seasonal Ducks in Scopes at Cosumnes River Preserve, Kids and Teen Christmas Bird Counts, and other nature-related events in the Sacramento area. www.sacramentoaudubon.org

Bohart Museum of Entomology

This museum has the seventh largest insect collection in North America with many California insects on view. Check website for hours and directions. www.bohart.ucdavis.edu

California Raptor Center

This educational and research center is an affiliate of UC Davis School of veterinary medicine, and authorized by The Department of fish and Wildlife, and the US Fish and Wildlife Services to rehabilitate injured and orphaned birds of prey (raptors). Its museum, open to the public weekdays and Saturday, houses a permanent collection of living and non-releasable raptors. Visit the website for more information and directions. <https://crc.vetmed.ucdavis.edu/>

Cosumnes River Preserve

Located just south of Elk Grove, this is a great place for family walks along accessible trails and boardwalks. Once a month "Nature Walks," the popular seasonal Ducks in Scopes, fall and winter Sandhill Crane viewing trips, and a very informative Visitor Center provide great nature-related experiences for all ages. www.cosumnes.org

Effie Yeaw Nature Center

This environmental education center on the American River offers a large variety of nature-related activities for children and families including guided walks in oak preserve, nature museum, birds and reptiles on display, summer camps for kids, and other interactive activities. www.sacnaturecenter.net

Friends of the River Banks

Participate in regular events where families can experience various aspects of the American River at Sutter's Landing Park near downtown Sacramento during casual events with local expert leaders talking about birds, insects, mammals and other creatures. www.friendsoftheriverbanks.org

Great Backyard Bird Count

People from all over North America during 4 days in February each year enter the birds they see. For all ages and skills, this is a great chance to be a citizen science and collect important information. www.birdsource.org

Koobs Nature Area

This nearly 4.7-acre parcel of native trees and other plants forms a diverse ecosystem, with a creek and three ponds, a bird sanctuary, butterfly gardens and hiking trails. Located at 5325 Engle Road in Carmichael, it's open to the public on one Saturday each month, with a featured learning theme and activities. Check out open dates, programs and directions at www.carmichaelkiwanis.org/Page/28894

Project FeederWatch

Conducted by the Cornell Lab of Ornithology and Bird Studies Canada, families can count different birds visiting their backyard feeders from November-April. Helps scientists track winter birds. Also, many wonderful educational materials about birds for parents and children. Costs \$15. www.Feederwatch.org

Sacramento SPLASH

Sac SPLASH teaches local children about the natural world through science programs in local habitats. Excellent for parents and teachers looking for outdoor activities for children and families. www.sacsplash.org

The Yolo Basin Foundation

Provides varied family events in the Yolo Bypass area between Sacramento and Davis including school programs, bat tours, public nature walks and Duck Days. www.yolobasin.org

Stone Lakes National Wildlife Refuge

Located between Elk Grove and Cosumnes River Preserve, this area is suitable for families with children as well as those with disabilities as it offers wide, level cement trails which loop through the public area. Due to a large marshy area and surrounding farmed and fallow fields, a good variety of bird species may be found including Sandhill Cranes in winter. Included are many interpretative kiosks featuring birds and other creatures plus a native plant garden. www.fws.gov/refuge/stone_lakes/

Other Helpful Resource Links

<https://ebird.org>

<http://merlin.allaboutbirds.org/>