

2026 Heron Watch in Golden Gate Park

Six Saturdays during the Spring Nesting Season in April and May
April 18, 25 and May 2, 9, 16 & 30 – From 10:00 AM to 1:00 PM



HERON Photo credit © Raphael Brandsma

Observe and Learn About the Great Blue Herons

Since 1993, 320 chicks have learned to fly at the Lake. Volunteers will use spotting scopes and direct attention to the Great Blue Herons and chicks, explain their behavior, and answer questions during this free program at the Observation Site in front of the Blue Heron Lake Boathouse. Donations welcome.

Field trips for adults and families leave from Blue Heron Lake (formerly Stow Lake) Observation Site every Saturday for adults and families at 10:00 AM sharp and return at noon. The trail up to top of Strawberry Hill is fairly steep, otherwise participants can climb stairs to top of waterfall.

Field Trip Details

Naturalists (carrying spotting scopes) lead field walks on gently sloping trails around Blue Heron Lake and Strawberry Island.

- Adults \$20, teenagers \$10, children 5-12 \$5.
- Must preregister by Thursday evening before field trip at www.sfnature.org
- Please enter date of field trip with payment and if binoculars are needed for any adults and children.
- Bring water/snack/pencils/binoculars. Binoculars loaned as available
- Field journals are free for children 5-12.



Meet at Blue Heron Lake (formerly Stow Lake) Boathouse for Observation of herons and Field trips. Our large sign will be at our location.



San Francisco Nature Education

For more information about our programs:

SfNature.org/Heron-Watch email info@sfnature.org phone 415-205-0776

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