

2023 Heron Watch – A Free Program

Six Saturdays during the Spring Nesting Season in April and May

April 15, 22, 29 and May 6, 13, 20 – From 10AM to 1PM



Helene Sobol

Enjoy the Free Program in Golden Gate Park

Volunteers and interns will direct attention to the herons and chicks, explain their behavior, and answer questions.

Please bring binoculars if you have them. We will set up spotting scopes. Please wear a mask and practice social distancing among our volunteers and the public.

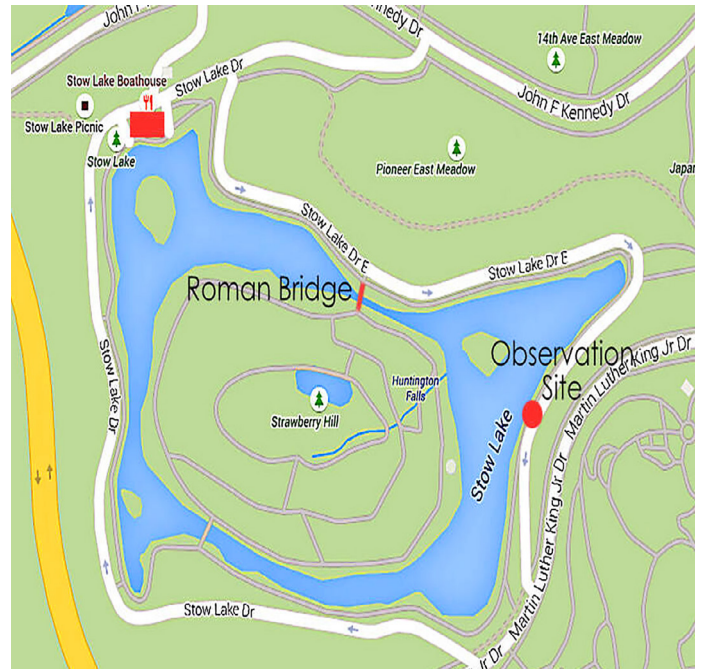
Our observation site on the eastern edge of Stow Lake will be open from 10 AM to 1 PM. Our site will be marked by large signs.

See map below. **Donations welcome!**

Join us for Family Field Trips at Stow Lake!

Every Saturday during Heron Watch, San Francisco Nature Education will lead parent/guardian with children ages 7-12 around Stow Lake and Strawberry Island. Our volunteers will carry spotting scopes and lead groups to see other Great Blue Heron nests nearby, and about twenty local birds.

- **Meet at Stow Lake Observation site at 10:15 until 12:00 Noon.**
- **Bring snack/water/pencils and binoculars if you have them.**
- **SFNE provides journals for each child.**
- **Adults \$15, children free.**



San Francisco Nature Education

For more information about the programs:

SFNature.org/heron-watch, email **info@sfnature.org**, phone **415-205-0776**.

San Francisco Nature Education is a 501(c)3 non profit organization. Please support our environmental education programs!