

### Operation: Upper Newport Bay

The earliest human inhabitants of the Bay lands lived here nearly 9,000 years ago. Indians known as Gabrieliño dwelled here over 2,000 years ago and they lived on the fish and plants of the Bay. Since that time, cattle and sheep have grazed the hills above the bay, called Bolsa de Gengara (bay with high banks) by the Spanish and then Bolsa de San Joaquin by the Mexicans.

In 1864, James Irvine and partners acquired the Bay for 37 cents an acre. In 1989, the area was officially recognized as the Upper Newport Bay Nature Reserve by the county.



Clue: Follow the trail to the right of the Interpretive Center toward the water (a little less than a half a mile) to lookout point one. There you will find the key.

Upper Newport Bay is one of the best places in Orange County for recreation and wildlife viewing. Some of the on-site activities include: bird-watching, jogging, bicycling, hiking, horseback riding, and kayaking. Locate the Muth Interpretive Center and find the start of the trail. Jog the trail and make sure to keep a record of your time. How long did it take you to jog the entire trail?

Regular running or jogging offers many health benefits: Running/Jogging can help to build strong bones, strengthen muscles, improve cardiovascular fitness, and help maintain a healthy weight.



Upper Newport Bay is a stop for birds migrating along the Pacific Flyway. Birds move north in the summer and south in the winter. They use this stop as a nesting ground in late winter and early spring, as well as a place to get food and shelter. See if you can find the following birds that call Upper Newport Bay home.



Pelican



Curlew



Red Tailed  
Hawk