

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

APRIL 2 – JUNE 29, 2017 **Version:12**

Selected Guidelines: Leaders: Appoint a rear leader; wait at intersections for all to catch up. **Hikers:** Let the leader lead. **Report to leader if dropping out before end of hike. Everyone:** Bring water & drink it. Bring lunch unless stated otherwise. Sticks & boots advised on hilly trails. **Carpooling:** When cars are needed, call leader before the hike with offer to drive. Hikers needing rides **must** also call. Riders are to share expenses with drivers. Suggested rate is 15-cents per mile plus share of bridge tolls & entrance fees.

For most agencies, call 511 & state agency for which you need information.

Please carefully note the starting times. If transferring from BART to a bus or other public transit, the time given is the departure of the bus, etc. Please allow at least 15 minutes to get from the BART train to the other transportation.

This symbol ☉ indicates a short hike is offered with the longer hike.

*This schedule is posted on our website: www.contracostahills.org

SUNDAY, APRIL 2 MOUNT DIABLO FALLS FROM REGENCY GATE

9:00 meet at Walnut Creek BART where **cars are needed**. Park at end of Regency Dr in Clayton. **9:30** meet @ Regency Trail Gate in Clayton. Waterfalls loop, 6.5 mi, 600,' sticks required. Bring a lunch & snacks. Rain/mud cancels. **All drivers & riders must call** by Saturday April 1st. Rich Ahlf 925-550-4967 or email rahlf@sbcglobal.net.

LEADERS: Rich Ahlf 925-550-4967 & Sue Elliott 925-672-0533

THURSDAY, APRIL 6 LAS TRAMPAS TO DANVILLE, EUGENE O'NEILL HOUSE

10:00 meet @ Walnut Creek BART where **cars are needed** to drive to Hap Magee Ranch off Danville Blvd. Hike to Eugene O'Neill National Historic Site. Some steep hills, sticks useful. **12:30** free tour of house for about 15 people. Eat lunch on the grounds, walk. Return via paved Iron Horse Trail. ~5 miles with 450 ft elev. Restrooms @ start & @ lunch. Riders & drivers call or email (preferred) Mary_mulrich@sbcglobal.net. Light rain okay.

The tour of the O'Neill house is limited to 12 people. Please email or call Mary Ulrich if you would like to be included in the tour.

LEADERS: Mary Ulrich C: 925-876-0803 & Karen Long

SUN., APRIL 9 RAMAGE PEAK-EBMUD TR., SAN RAMON & CASTRO VALLEY

9:00 Meet at ~~Castro Valley BART~~ *BART change due to bus bridge between 19th St. and Fruitvale BART or **9:20** a.m. at Chabot Staging Area on Redwood Rd. Car shuttle to Las Trampas entrance @ end of Bollinger Canyon Rd. Hike is 11 miles & ~ 2800' elev. gain. Enjoy remote watershed land trails w/oak forests & meadows, circling base of Ramage Peak. **No water on trail.** Hike ends at Chabot Staging Area. Any rain cancels. Drivers will be taken back to Las Trampas. **ALL hikers must email smellio@sbcglobal.net or call by 6PM Saturday, 4/8, to make arrangements for BART riders and shuttle.** Sue's cell a.m. of hike only: 925-451-3307.

LEADERS: Sue Elliott 925-672-0533

THURSDAY, APRIL 13 LAKE MERCED & SF STATE UNIVERSITY

9:30 meet @ Embarcadero MUNI underground station. Board M trolley (outbound). Exit @ 19th & Holloway; **10:00** meet in front of SFSU coffee bar on corner. Walk thru SFSU & around Lake Merced approx. 6 miles. Lunch at boathouse. Walk back & board M trolley @ 19th Ave & Holloway (inbound) back to downtown BART. Restrooms at SFSU out & back. Heavy rain cancels.

LEADERS: Rose Susoeff 925-315-1670 (day of hike only) & Pat McDonald

SUNDAY, APRIL 16 STINSON BEACH PANTOLL LOOP

9:15 leave Del Norte BART where **cars needed**. Drive to Stinson Beach parking lot. Hike 8 mi lollipop loop Dipsea & Steep Ravine trs to Pantoll. Back on Dipsea trail. 1500' w/lots of steps, sticks useful. **Riders & drivers please call.** 510-758-2789

LEADERS: Mike Branning 510-734-5041 (cell day of hike) & Patricia Derickson 925-876-3278

THURSDAY, APRIL 20 RND VALLEY REG PARK - HARDY CANYON LOOP

I WAS OUT AT THE TRAIL HEAD YESTERDAY, AND DUE TO THE SHOWERS OVER THE LAST WEEK THE TRAIN IS "DAMP" IN SOME AREAS, THERE WILL BE MUD. STICK

9:25 riders & drivers meet at Concord BART, where **cars are needed** to drive to Round Valley Reg Park. **10:00** all others meet at Round Valley Reg Park, 19450 Marsh Creek Rd, between Clayton & Brentwood. Restrooms at start/finish of hike only. 4.6 mi loop, with 800' elevation gain in first 2.4mi. Sticks useful, dirt trails. **Riders and drivers must call/email** Rob Deutschman@ 925-818-2491 or rjdeutsc@icloud.com. Rain cancels.

LEADER: Rob Deutschman 925-818-2491 (cell) Lynne Vogensen (H-[925-672-1096](tel:925-672-1096))

SUNDAY, APRIL 23 MARE ISL SHORELINE HERITAGE PRESERVE, Vallejo

9:00 meet @ Del Norte BART where cars are needed for 20 mi. drive to Mare Island. **9:40** meet at Visitor Ctr parking lot, 1595 Railroad Av, south end of Mare Island. Hike ~3 mi., 384.' Scenic Vista Tr. After lunch tour USS "Mighty Midget" WWII living history museum, free but donations accepted, then drive to San Pablo Bay Tr (4 mi level paved). Option to shorten hike after lunch. Sticks useful. Riders & drivers must call or email Cameron at CMitch9778@aol.com or 510-232-3780 by 6pm, April 22

LEADERS: Cameron Mitchell 510-725-9598 (morning of hike) & Silvia Akinaga 510-237-0851

THURSDAY, APRIL 27 FREMONT BART TO NEW WARM SPRINGS BART

10:00 meet at Fremont BART, west side. Third time's a charm? Apparently not, this is our 4th try but we're going to do it this time, maybe. Bathrooms at start, at lunch stop & end. Not a loop, from Warm Springs station return to Fremont BART or your home station. 7 miles with slight elev. change, mostly on sidewalks. Bus stops along route to shorten hike. Bring lunch, eat at a park along the way. Heavy rain cancels, light rain ok.

LEADERS: Frank Martin 510-657-5810, Jerry Ford 510-795-0667, Stew Perlman 510- 490-3256, 510-921-1739 (cell day of hike)

SUNDAY, APRIL 30 SUNOL REGIONAL PARK

9:00 MEET AT MACARTHUR BART where **cars are needed** to drive to Sunol Park entrance at end of Geary Road or **10:00** meet at park entrance. Hike ~5 mi, 1000 ft. along Indian Joe Creek, Cave Rocks, Cerro Este, McCorkle and Canyon View Trails. Sticks recommended. Any rain cancels. **Riders and drivers call or email** rogrady3736@earthlink.net.

LEADERS: Roberta O'Grady 510-769-8423 & Sue Lai

THURSDAY, MAY 4 CROCKETT/VALLEJO CA STATE MARITIME ACAD.

9:30 meet @ Del Norte BART pickup area **where cars are needed** to drive to Crockett. **10:00** direct drivers meet in lot across street from Dead Fish Restaurant, 20050 San Pablo Ave, Crockett. Walk across Carquinez Bridge to Vallejo & down to & around California Maritime Academy & return to Crockett, abt. 5, mostly level miles. Bring lunch to eat on campus (cafe probably closed). **Riders & drivers must call.**

LEADERS: Mike Branning 510-758-2789, cell day of hike 510-734-5041 & Fran Leighty 925-944-9068

SUNDAY, MAY 7 LAFAYETTE RESERVOIR-RIM TRAIL, LAFAYETTE

9:30 meet in front of Lafayette BART **where care needed.** Drive to reservoir. Let Chris know if you have pass. Start **10:00**, ~5.3 mi. 1000' hike on rim trail. Mud/light rain will move hike to paved 2.7 mi. lower trl. **Drivers and riders call or email by 5pm on 5/6/17**

LEADERS: Chris Smith 925-550-0589, email mellexmom@aol.com or Tosh Kuritsubo h-925-943-2024 cell 925-914-2020.

THURSDAY, MAY 11 TWIN PONDS, WALNUT CREEK OPEN SPACE

9:30 meet @Walnut Creek BART. **Cars are needed** to drive to end of Whitecliff Way, Walnut Creek. Restrooms at Rudgear Park (Steward Ave X Dapplegray Ln) prior to arriving at trailhead. **10:00** start time. 5 mi moderate with 800' el gain. Single track & fire rds. Lunch & restrooms at Borges Ranch. **Riders & drivers must call Ed by noon 5/10.**

LEADERS: Ed Osada 925-980-2641 & Lorena Kai

SUNDAY, MAY 14 TENNESSEE VALLEY – ZEN CENTER LOOP

9:00 meet @ Del Norte BART where **cars are needed.** Reconvene at Tennessee Valley parking lot: ~9 mi., ~1,100 elev. gain loop via Miwok, Gulch, and Coastal trails with late lunch at Zen Center. Sticks recommended. Rain cancels. **Riders and drivers must call Bill no later than 6 pm. Sat 5/13 @ 925-247-0811.** No e-mails.

LEADERS: Anne Herrick & Bill Motzer (cell morning of hike only 925-337-1710)

THURSDAY, MAY 18 ROCKRIDGE STEP-A-PALOOZA

10:00 meet at Rockridge BART, for a 4.4mi loop, with a 375' elevation gain, through the Oakland hills above Rockridge. Lots & lots of steps, for step lovers, utilizing paths through the Rockridge neighborhood. Lunch at Lake Temescal. Restrooms at BART & lunch.

LEADERS: Rob Deutschman 925-818-2491

SUNDAY, MAY 21 VISITACION VAL GREENWAY TO CANDLESTICK PT

9:45 meet at Balboa Park BART. Board Muni bus #29 to Visitacion Valley Greenway. Hike to scenic Candlestick Point State Recreation Area on Bay Trail. Dirt & paved trails; boots advised. Return to BART via T-Third Muni. 6.5 miles, heavy rain cancels.

LEADERS: Karen Arntzen 925-357-0409 & Patricia Derickson 925-876-3278

THURSDAY, MAY 25 MT. DAVIDSON TO SIGMUND STERN GROVE

9:45 meet @ Embarcadero BART, downstairs @ Muni Metro platform level (Restrooms in Hyatt Regency). Take Muni train (outbound) K, L or M. **10:00** exit West Portal Station. One steep hill, pavement & dirt trails, 4-5 miles. Sticks suggested. Beautiful city views!

LEADERS: Jon & Suzy Mark cell 415-577-1869 & Amy Huang 510-545-3583

SUNDAY, MAY 28 TIBURON/BELVEDERE PATHWAYS

9:15 meet at Del Norte BART where cars are needed. **10:00** meet at Blackie's Pasture parking lot on Tiburon Blvd. in Tiburon. Hike Old Rail Historic Trail to streets, steps, & hills of Belvedere, to Tiburon Ferry Landing, and back. Sticks helpful. 7 miles. Lovely views of Sausalito and San Francisco. **Riders and drivers must call Diane.**

LEADERS: Diane Cannon 406-465-9873, Amy Huang 510-545-3583

THURSDAY, JUNE 1 BERKELEY STRAWBERRY CYN & ART MUSEUM

9:30 meet @ Downtown Berkeley BART, hike through UC campus and the lower part of Strawberry Canyon. 7 miles, ~850' elevation gain. Bring or buy lunch in downtown Berkeley. After lunch, optional walk to the Berkeley Art Museum (free admission day).

LEADERS: Lily Ho 510-898-1438 (cell 734-649-8250, day of hike only), Mary Huang 510-236-8258 & Jo Lee 510-237-6304

Sunday, June 4 Pacifica Loop Hike

9:00 drivers needed at MacArthur BART or 9:25 at Daly City BART

Take Paloma exit from Hwy 1 to beach. Park south of Pier. 10:00 meet at Pacifica Pier (bathrooms and coffee shop). Approximately 8 miles, 1000 ft. climbing and long descent. Great views of ocean and bay, WWII battery and orchid nursery. Hiking poles a must.

Leaders: Roberta O'Grady and Sophia Garcia

Drivers and riders must call or email Roberta (510-769-8423) (rogrady3736@earthlink.net) (cell: 510-229-7342 day of hike only)

THURSDAY, JUNE 8 REDWOOD BOWL AND JOAQUIN MILLER PARK

9:45 meet @ Rockridge BART where cars are needed to drive to Redwood Regional Park. Free parking. Hike through Redwood Bowl (restrooms available) to CA32 Big Trees Trail & Sequoia Bayview Trail (Joaquin Miller Park). Lunch @ Sequoia Horse Arena. Mostly level terrain, sticks may be useful in the woods. About 4½ mi hike. Riders & drivers must email or call Judy casey62@sbcglobal.net, 510-482-6323.

LEADER: Judy Casey 510-390-3011 (cell on day of hike)

SUNDAY, JUNE 11 PURISIMA CREEK REDWOOD OPEN SPACE

Contact Richard if you are planning on doing this hike . There have been changes. Restrooms at trailhead. Circle up 9:30 AM. Hike from lower end of on Harkins Ridge, Craig Brittin and Purisima Creek Trails ~8 miles, ~1000', sticks advised. ALL hikers call Richard before day of hike to arrange transportation.

LEADERS: Richard Ainsley 925-752-2007 & Anne Herrick

THURSDAY, JUNE 15 LAKE ELIZABETH HIKE & BBQ

10:00 meet @ Fremont BART (East side) & hike 1.0 mile to picnic area, then 3.5 miles around Lake Elizabeth to BBQ, fun and games. 1.0 mile walk back to BART. RSVP to Jerry 510-795-0667 by June 12th with choice of hamburger, hot dog, tilapia, or vegetarian.

LEADERS: Jerry Ford (cell) 510-921-1739, Steve Goodeill 510-673-0666, Frank Martin 510-657-5810 & Stew Perlman 510-490-3256

Cancelled due to heat

SUNDAY, JUNE 18 Briones Peak

9:00 am leave Orinda BART, WHERE CARS ARE NEEDED to drive to Bear Creek Staging area. Hike Bear Creek, Seaborg and Briones Crest Trails to Briones Peak. Return by way of Old Briones Road Trail. 6 miles, 700' elev gain.

LEADERS: Ellen Paisal (Elarsonpaisal@hotmail.com) cell/text:510-846-1543, Roberta O'Grady (rogrady3736@earthlink.net) home: 510-769-8423, morning of hike only cell: 510-229-7342.

THURSDAY, JUNE 22 BAY TRAIL FROM EL CERRITO TO ALBANY

10:00 meet @ El Cerrito Plaza BART. Cerritos Creek to Bay Trail. Follow Bay Trail, walk to Point Isabel Dog Park for lunch – bring or buy. Return to El Cerrito Plaza BART via city streets. Cool bay breezes. About 6 mostly level miles with a few small hills.

LEADERS: Fred & Jean Mock 510-233-4841 Fred's cell 510-803-9922 (day of hike only)

SUNDAY, JUNE 25 JOAQUIN MILLER PARK

9:00 meet @ Fruitvale BART where cars are needed. Drive to Palos Colorados Trailhead at end of Joaquin Miller Court. (No restrooms 1st hour). Sinawick Loop to Lookout Point and monuments, Meadow, Sunset Trail, Sequoia Bayview. Lunch at the Horse Arena. Return via Ravine and Big Trees Trails to Sequoia Bayview to Sunset; back on the Palos Colorados Trail. 7 mi. Riders & drivers call leader.

LEADERS: Roberta O'Grady 510-769-8423; rogrady3736@earthlink.net, 510-229-7342 (cell morning of hike only) & Celeste Burrows 510-601-1211

THURSDAY, JUNE 29 GOLDEN GATES STAIRWAYS WALK

9:30 meet @ Forest Hill Muni Station. (Take Muni K, L, or M from Embarcadero BART.) Forest Hill & Golden Gate Hts. stairways. Interesting homes & fantastic views. Lunch in Golden Gate Park. After lunch hike Forest Knolls stairways back to the Muni Station. 4-5 miles; 2,000+ steps. Sticks optional.

LEADERS: Liz Howell 415-584-1204, cell 415-425-5538 (morning of hike only); Suzy & Jon Mark 415-681-5453, cell 415 577-1869 (morning of hike only)

***APPLICATION FOR MEMBERSHIP – CONTRA COSTA HILLS CLUB**

Dues are \$15 per person or \$10 per person for 2 or more people living at the same address. Dues are payable upon joining and on each April 1 thereafter. Complete this form, enclose with a check payable to CCHC, and mail to the Membership Secretary:

Connie Gee – 1121 Brighton Avenue, Albany, CA 94706 ((cbgee2014@yahoo.com)

NAME(S) _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____ e-mail _____

Cell # _____ Check here for day of hike only _____