

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE
OCTOBER 1 – DECEMBER 31, 2017 Version:9

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, OCTOBER 1 OLOMPALI STATE HISTORIC PARK, NOVATO

8:40 SHARP! Leave El Cerrito Del Norte BART East Parking Lot where **cars are needed** to drive across Richmond/San Rafael Bridge taking 101 North to Exit 463 to Olompali SHP. Parking fee \$8. Hike 9.76 miles thru oaks, manzanita & madrone ascending 1070' over long switchbacks. The elevation is gradual w/gorgeous views. **Riders & drivers MUST email or call Patricia @ cchchikergal@sbcglobal.net or [925-685-1614](tel:925-685-1614) by 6:00 p.m. Sat., Sept. 30.**
LEADERS: Patricia Derickson 925-876-3278 (cell); Mike Branning 510-734-5041; & Rich Sandvick

THURSDAY, OCTOBER 5 TWIN PEAKS LOOP, SAN FRANCISCO

9:30 exit Embarcadero BART & take Muni K, L, or M & arrive at Forest Hill Muni Stn at 10:00. Walk city streets & trails, 1.8-mile incline to top of Twin Peaks. Enjoy lunch w/view of entire Bay Area! Loop back down S side of Twin Peaks to Forest Hill Stn. 4~4.5 miles.
LEADERS: Suzy & Jon Mark 415-681-5453 & Liz Howell 415-584-1204. Cells day of hike: Suzy 415-577-1869; Jon 415-225-5628; & Liz 415-425-5538

SUNDAY, OCTOBER 8 FT CRONKHITE to GG BRIDGE (BLUE ANGELS)

9:30 board #76 Muni bus @ Sutter & Sansome (Montgomery BART) to Fort Cronkhite (Clipper). Hike up exposed Miwok & Rodeo Valley trails. Lunch at top. Then SCA, Coastal Trail, & GG Bridge during Blue Angels air show at 3 pm to Toll Gate for #28, or #76 bus. Mod. strenuous 8-mile hike, ~ 1000 ft elev. gain. Not a loop. Sticks optional.
LEADERS: Jo Anne Schultz 510-234-1919, cell 510-734-9324 (morning of hike only); and Liz Howell 415-584-1204

Cancelled Because air quality

THURSDAY, OCTOBER 12

BISHOP RANCH REG. PRESERVE, SAN RAMON

9:00 Meet @ West Dublin/Pleasanton BART station where **cars are needed** to drive to trailhead at 2755 Morgan Drive, San Ramon. Hike on Grey Fox trail, join Redtail Hawk Trail out and back, continue the loop by following Stream View Trail back to trailhead. 4.5 miles with total elev. gain of about 675', with sweeping views of the area. No bathrooms on trail. Stop at Memorial Park at intersection of Bollinger Canyon Rd and San Ramon Valley Blvd before driving to trailhead. **All drivers and riders must contact Ellen Chen** 925-389-1845 or ellenchen@gmail.com by 6 pm, Wed, 10/11.

LEADERS: Ellen Chen 925-389-1845, Suresh Gadad 925-785-4481

Cancelled Because of Fires and air quality

SUNDAY, OCTOBER 15

SKYLINE PARK, NAPA 8:30 meet at Del Norte BART or **10 am** at

Skyline Park parking lot nearest the Park entrance and restrooms. Parking fee, \$5. Hilly hike of approximately 8 miles along Skyline Trail to Lake Marie, returning via Marie Creek Trail, Buckeye and Bayleaf to lower Skyline Trail. Hiking poles recommended. Hot weather shortens hike. **All drivers and riders must call Roberta** by Friday, Oct 13. Directions from Del Norte BART will be provided.

LEADERS: Roberta O'Grady 510-769-8423, rogrady3736@earthlink.net; and Sue Lai.

THURSDAY, OCTOBER 19

PLEASANT HILL HIKE & CATERED LUNCH

10:00 meet @ Pleasant Hill BART & walk 5 mostly flat miles on city streets & trails to Karen's home @ 544 Boyd Road for lemonade, then proceed to Patricia's home @ 242 Ilene Drive for a catered lunch. We're walking rain or shine. Return via a half mile walk to bus stop. The lunch is free. Any donations will be given to the CCHC 100th Anniversary Celebration Fund. **HIKERS MUST RSVP BY OCTOBER 12** to cchchikergal@sbcglobal.net or 925-876-3278.

LEADERS: Patricia & Nidhi Derickson & Karen Arntzen

Sunday, October 22, 2017

Marsh Creek Regional Trail (Oakley to Brentwood)

9:15 meet @ Pittsburg/Bay Point BART where cars are needed, or **9:45** @ Marsh Creek Regional Trailhead on Concord Ave. in Brentwood. 20 minute shuttle to junction of Cypress Road and Main Street in Oakley. Hike 7 ½ miles on flat, paved trails to Diane's house for hot fudge sundaes. Bathrooms all along the way. Heavy rain cancels. **Riders and drivers must call Diane.**

Leaders: Diane Cannon (406-465-9873) and Fran Leighty (925-944-9068)

THURSDAY, OCTOBER 26

CASTRO VALLEY/HAYWARD WALK

10:00 meet at Castro Valley BART. Walk to Carlos Bee Park, visit and tour beautiful Japanese Tea Garden, water and snack break, walk to Hayward Historical Museum, docent tour of museum and art display. Entry cost \$6.00 gen. \$3.00 seniors. Visit 9/11 Memorial at the old City Hall, lunch at memorial lawns and benches. Continue walk by new City Hall, view art display at City Hall, continue to Hayward BART station. Bathrooms at C.V. BART, Senior Center near Japanese Tea Garden, Museum, and Hayward BART. Approx. 5 miles, slight elev. change.

LEADERS: Frank Martin 510-657-5810 & J.J. Libbon 510-366-4270, cell day of hike 510-298-7565

SUNDAY, OCTOBER 29 KRIEGER PEAK, BLACK DIAMOND MINES PRESERVE, ANTIOCH

9:30 Depart from Pittsburg/Bay Point BART where **drivers are needed**. Meet at **10:00** in the picnic area at the end of Somerville Road. Hike: River View, Saddle, Carbondale, Ridge, Diamond and Cumberland Trails to the radio towers on peak for lunch. Return via Cumberland, Coal Canyon and Nortonville Trails. About 8 miles and 1700' elev. gain. Sticks advised. Rain cancels. **Drivers and riders** call Diane

LEADER: Leaders: Diane Cannon 406-465-9873 and Pam Littlejohn 510-329-0896

THURSDAY, NOVEMBER 2**HAYWARD SULPHUR CREEK NATURE CENTER**

9:45 meet at Hayward City Hall (use restrooms) across the street from Hayward BART. Drivers park @ garage, Watkins St between B & C St. 5.8 miles paved and unpaved roads, some single track, hilly. 500' elev gain. No poles needed. Moderate. Lunch at Don Castro Park. Heavy rain cancels.
LEADERS: Wanda Fong 510-303-4454; Gino Bossetto 510-385-4154; Fran Leighty 925-944-9068

SUNDAY, NOVEMBER 5**OAKLAND REDWOODS**

9:30 meet @ Rockridge BART where **cars are needed** to carpool to Skyline Gate. 6.5 miles on mostly redwood-shaded trails, lots of ups and downs before lunch and bathrooms in Redwood Bowl. 1400 ft elev gain/loss. Sticks recommended. Rain cancels. **Drivers and riders must contact by noon Sat**, Sue Lai 510-524-1781 or Dorothy Kaplan (tel) 510-524-8365. Email laipet736@gmail.com
Sue's cell on day of hike 510-646-2727
LEADERS: Sue Lai and Dorothy Kaplan

THURSDAY, NOVEMBER 9**CLIFF HOUSE TO GOLDEN GATE BRIDGE**

9:54 board MUNI bus 38R at Market and Montgomery. Off board on Point Lobos Avenue at 48th Avenue/El Camino Del Mar (above Cliff House) at 10:33. Meet leader at Land's End Lookout Visitor Center. Bathrooms & coffee. Hike Coastal Trail to enjoy sweeping views and scramble over bunkers to Golden Gate Bridge. Hike enhanced by historic commentary. Five miles, one steep climb.
LEADER: Mary Johnson 415-272-6067 or freespiritstours@sbcglobal.net

SUNDAY, NOVEMBER 12**LIME RIDGE LOOP, WALNUT CREEK**

10:00 meet at Walnut Creek BART. **Cars are needed** to drive to Lime Ridge Staging Area on Valley Vista Rd near Boundary Oak Golf Course. 5.6 miles, 1207 ft elev. gain on mostly dirt trails. Lunch along trail, only restrooms @ start and end of hike. Sticks useful. Rain or mud changes route to canal paved trails in W.C. **Riders & drivers must call or email Mary.**
LEADERS: Mary Ulrich 925-876-0803, mulrich@sbcglobal.net; and Fran Leighty 925-944-9068

THURSDAY, NOVEMBER 16**INSPIRATION POINT TO WILDCAT PEAK**

10:00 meet at Orinda BART where **cars are needed** to drive to Inspiration Point. Out and back on fairly level paved trail (Nimitz) about 4-5 miles. Final climb to Wildcat Peak is a short moderately steep dirt trail with lunch at the top. Great views. Bathrooms at start of hike only. Heavy rain cancels.
Riders and drivers call or email (preferred) Mary.
LEADERS: Mary Ulrich C: 925-876-0803; mulrich@sbcglobal.net & Jim Baranowski

SUNDAY, NOVEMBER 19**Iron Horse Trail from Walnut Creek to Danville**

9:30 Meet at Walnut Creek BART for carpooling to Rudgear Road Staging Area. Hike will begin there at 10 AM. Hike about 7.5 fairly level miles on pavement to Hap Magee Ranch Park in Danville for lunch (bring your own.) Hike back same way.
Drivers and riders call by 7 PM Sat. 11/18. Kathy's cell day of hike only: 925-348-1151.
LEADERS: Kathy O'Toole and Herb Yonge 925-672-6173 or kdotoole@att.net.

THURSDAY, NOVEMBER 23 Thanksgiving by the Bay

9:00 am meet @ Orinda BART & North Berkeley BART where cars are needed to drive to the parking lot on University Ave. next to the Adventure Playground, 160 University Ave. Berkeley. Berkeley Marina, César Chávez Park, Mclaughlin Eastshore State Park. Lunch around Shorebird Park Nature Center, 160 University Ave., Berkeley. ~ 5 mile-Beautiful Bay walk with finger foods potluck. **All riders & drivers, please call Sophia at 510-549-2413 before 6:00 pm on Wed.** Rain cancels. If you'd like to join only our potluck, please do so providing your own carpool.
LEADERS: Sophia Garcia 510-326-7584, Susie Huang 510-367-8623, Bill Motzer 925-247-081; cell day of hike only

SUNDAY, NOVEMBER 26**BRIONES PEAK**

9:00 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, NOVEMBER 30**GOLDEN GATE BRIDGE**

9:45 meet at bus stop in front of Hyatt Regency Hotel (Drumm Street/Embarcadero BART) to board PresidiGo shuttle bus to Presidio Transit Center. Restrooms. Hike to Golden Gate Bridge and cross it. Lunch at Vista Point then hike back across bridge and return to Transit Center. Bus back to BART. Bring lunch. 7-mile loop hike, paved, mostly level. Great views from bridge. Rain shortens.

LEADERS: Judy Matthew 925-918-1195 and Rose Susoeff 925-462-7854

SUNDAY, DECEMBER 3**MT DIABLO GRAND LOOP**

9:00 meet @ Walnut Creek BART where **cars are needed** to drive to Lower Parking Lot, Summit. Strenuous hike with some steep portions. 6.8 mi. & 1820' elev. gain. Terrific views. Sticks strongly recommended. Rain cancels. **Riders and drivers please email Sue @ smellio@sbcglobal.net** or call 925-672-0533. Cell day of hike only 925-451-3307.

LEADERS: Sue Elliott 925-672-0533 and Ed Osada 925-980-2641

THURSDAY, DECEMBER 7**ALAMEDA CREEK/UNION CITY**

10:00 meet at Union City BART fare gates. Hike to Alameda Creek, east to Quarry Lakes and sack lunch in Niles park. Then a short walk to Niles Ice Cream Shoppe. Carpool back to UC BART from Niles. Five miles/2 hours on sidewalks and unpaved mostly level trails. Heavy rain cancels; light rain okay. **All riders and drivers must call or email JJ by Wednesday noon.**

LEADERS: J.J. Libbon 510-366-4270, TripleJ22003@yahoo.com; and Frank Martin 510-298-7565

SUNDAY, DECEMBER 10**OLD MORAGA RANCH TRAIL – LAMORINDA TRAIL**

9:15 meet at Orinda BART. Carpool to Rancho Laguna Park in Moraga. Oldest Regional Park trail since 1972. About 9 miles with 1570 ft elevation through back of St. Mary's College hills. Return on Lamorinda Trail. Bring sticks. Rain cancels. Shorter 6 mile option available with car shuttling. All hikers to call Bill Chen or [wm t chen@yahoo.com](mailto:wm_t_chen@yahoo.com) with your preference and needs.

LEADERS: Yvonne 925-437-8472 & Bill Chen 707-319-1283 or [wm t chen@yahoo.com](mailto:wm_t_chen@yahoo.com)

THURSDAY, DECEMBER 14**OAKLAND SECRET STAIRWAYS**

9:40 meet outside 19th St BART station in Oakland. 6.5-mile urban loop hike, starts and ends at BART station. City streets and paved pathways, 700 foot elev. gain. Route includes Lakeshore Park and 7 staircases and passageways through Oakland neighborhoods. Snack break at Morcom Rose Garden.

LEADERS: Judy Matthew 925-918-1195, Pat McDonald 925-443-2917

SUNDAY, DECEMBER 17**WINTER SOLSTICE HIKE**

9:00 meet @ Del Norte BART (east side) where **cars are needed** to drive to Rock Spring trailhead on Mt. Tam. Take Benstein, Kent, Helen Markt, Cataract trails to parking lot. Winter riparian beauty. Cataract Falls & Alpine Lake view. Moderately strenuous 7.8-mile hike, 1589 ft. elev. gain. Sticks necessary. Rain cancels. **Drivers and riders MUST call Sophia @ [510-549-2413](tel:510-549-2413)** bef 6:00 pm Sat.

LEADERS: Sophia Garcia, Amy Huang

THURSDAY, DECEMBER 21

LAFAYETTE RESERVOIR WALK

10:00 meet @ Lafayette BART & walk 6 miles on pavement to and around reservoir. Hiking rain or shine and bringing seed bell for the birds' tree! Hot cider, cocoa & gingerbread men for lunch at Ranger Station.

LEADERS: Patricia Derickson 925-685-1614 (cell 925-876-3278) & Nidhi Derickson

SUNDAY, DECEMBER 24

SEASON OF LIGHT AT REDWOOD BOWL

9:00 meet @ North Berkeley BART & @ Rockridge BART where **cars are needed** to drive to Redwood Bowl parking lot. In the 1920s CCHC hikers celebrated the Season of Light at Redwood Bowl. Let's revive that tradition to celebrate winter at Redwood Bowl in Redwood Regional Park. Graham, Dunn, Baccharis, Westridge. Lunch with finger foods potluck. ~ 5 miles & ~500 elev gain. **Please call Sophia @ 510-549-2413 before 6:00 pm on Sat.** Rain cancels. If you'd like to join only for potluck lunch, please do so providing your own carpooling.

LEADERS: Sophia Garcia, Bill Motzer

THURSDAY, DECEMBER 28

COYOTE HILLS REGIONAL PARK

Let's do it again, celebrate the new year with a leisurely hike with a bay view, good caring friends, and who knows we may again be watched by a rare bird or two. Let's not forget the bubbly and chocolate. Bathrooms BART and park. **Meet at Union City BART 10 am where drivers are needed.** \$5.00 fee per auto or park pass. Lite rain OK, heavy rain cancels. **Drivers and riders call by Dec. 27 noon.**

LEADERS: Frank Martin 510-657-5810, Jerry Ford 510-795-0667, Stew Perlman 510-490-3256, cell phones day of hike 510-298-7565, 510-921-1739

SUNDAY, DECEMBER 31

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 Horse Arena. Return via Ravine and Big Trees Trails to Sequoia Bayview to Sunset; back on the Palos Colorados Trail. 5.5 miles. Riders and Drivers must call Fran Leighty as Roberta will be out of town until December 30

. Any rain cancels.

LEADERS: Fran Leighty 925-944-9068 and Roberta O'Grady 510-769-8423 (Roberta's cell day of hike only 510-229-7342)

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 _____