

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## OCTOBER-NOVEMBER-DECEMBER 2019 V 15

\*\*\*\*\*  
**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 Schedule is posted on our website: [www.contracostahills.org](http://www.contracostahills.org)**  
\*\*\*\*\*

### **Thursday, October 3 FERRY BLDG. TO DOGPATCH, MISSION BAY & MORE, SF**

**9:30** Meet in front of Ferry Bldg. (restrooms) (Embarcadero BART). Board T trolley southbound, exit 23rd St. Explore Dogpatch & other neighborhoods, lunch at Mission Creek Park. Return on Bay Trail to historic Rincon Center, end at Ferry Bldg. on this level ~6 mi hike on pavement.

**LEADERS:** Fran Leighty 925-944-9068, Pat McDonald cell 510-364-4788, and Yvonne Moss

### **Sunday, Oct. 6 HAYWARD GREENBELT TRAIL**

**9:50** Meet @ Hayward BART where cars are needed to drive to Memorial Park 24176 Mission Blvd, Hayward, or meet at trailhead parking lot next to tennis court around 10 am. Greenbelt is a zoned area with underdeveloped land surrounding neighboring urban areas. Approx. 7 mi w/1026' elevation gain on a strenuous balloon trail on mostly shaded trails. Trails are hard packed dirt road with very little loose pebble sections, and a choice of 48 steps or a short uphill climb. We will cross the creeks eight times with shallow water. Poles are recommended for both inclines and downhills as the gain and loss are done in short distances. Restrooms at trailhead only. Riders and drivers must call Sharon by Friday Oct 4 before 6 pm.

**Leaders:** Wanda Fong 510-303-4454 & Sharon Wang 510-468-1945

#####  
**Thursday, October 10 1920s HIKE: PRESIDIO TO SUTRO BATHS REDUX**

**9:32** Board PresidiGo shuttle in front of Hyatt Regency Hotel (Drumm St – Embarcadero BART). Exit at Presidio Transit Ctr. Walk via batteries to Baker Beach for lunch. Bring lunch. Hike ends at Sutro Baths. Six miles on paved & dirt trails; 200' elev. gain. Sticks helpful.

**LEADERS:** Liz Howell 415-584-1204, cell day of hike only 415-425-5538; Suzy Mark 415-577-1869; Jon Mark 415-225-5628

### **1921 version: 10/30/1921 PRESIDIO TO SUTRO BATHS**

*Leave Oakland on 8:20 AM trains. Take Union Street car from Ferry Building at 9:00 AM and ride to Presidio terminus. Walk via batteries to Baker's Beach and lunch in Lincoln Park. Arrive at Sutro Baths at 3:00 PM, where swimming will be enjoyed. Party must keep together and BRING NO CAMERAS. Distance, 7 miles.*

#####  
**Sunday, October 13 DIABLO FOOTHILLS, WALNUT CREEK**

**9:00** Meet at Walnut Creek BART. Reconvene at Castle Rock. Meet by restrooms at **9:30** (¼ mile past parking area). Stage Road to BBQ Terrace, return Wall Point, Yosemite, and Stage Road. Approximately 9 miles, ~1400 elev. gain. **Before the day of the hike call** Mark 510-526-4944 (landline, no texting).

**LEADERS:** Mark Petrofsky mpetrof@hotmail.com and Mary Ulrich 925-876-0803

**Thursday, October 17 PLEASANT HILL HIKE & CATERED LUNCH**

**10:00** Meet at Pleasant Hill BART & walk 2.5 mostly flat miles on city streets & trails to Karen's home at 544 Boyd Road for lemonade, then proceed 1.6 miles to Patricia's home at 242 Ilene Drive for a catered lunch. We're walking rain or shine. Return via a half-mile hike to bus stop. This is truly a free lunch! **HIKERS ABSOLUTELY MUST RSVP BY OCTOBER 10** to Patricia at cchchikergal@sbcglobal.net (preferred) or 925-685-1614.

**LEADERS:** Patricia & Nidhi Derickson, Karen Arntzen 925-357-0409, Diane Barde

**Sunday, October 20 BENICIA TO GLEN COVE, VALLEJO**

**9:16** Meet at Pleasant Hill BART, where **cars are needed** to drive to Alvarez 9th St. Park in Benicia. **9:45** begin out and back hike along paved and dirt paths, following the SF Bay and Ridge Trails, passing through Benicia State Recreation Area. Lunch at Glen Cove. 11 miles, 697' elevation gain/loss. Bathrooms along the way. Shorter hike option. Riders and drivers call Diane.

**LEADERS:** Diane Cannon 406-465-9873 & Fran Leighty 925-944-9068

**Thursday, October 24 HARRY STEPS AND MORE, SF**

**10:00** Meet at 24th and Mission BART at top of escalator SW exit under the mural. Hike 5.4 mi, 778' gain. Restrooms at nearby City College. Explore thriving neighborhoods, Juri Commons Park, and views from Billy Goat Hill, as we negotiate steep grades and 661 steps including Harry and Amatista Stairways. Lunch at George Christopher Playground (restroom). Descend Glen Canyon Park Stairs to Recreation Center (restrooms). End hike at Glen Park BART. Light rain OK. Poles recommended.

**LEADERS:** Rose Susoeff, cell 925-315-1670, Kathy Cummings cell 925-767-6807



**Sunday, October 27 Hike Cancelled**

**EPRP has issued for Sunday:  
Red Alert - Very Extreme Chance of Fire Danger  
High Winds  
Poor Air Quality**



**Thursday, October 31 UC BERKELEY BEAR TOUR**

**9:30** Meet at SW corner of Shattuck and Center (Downtown Berkeley BART). Come on a Bear tour (and more) of the UC Berkeley Campus. About 4 miles, 400' elevation gain. Bathroom break approx. 1 hour into hike. Uphill through campus with ~100 steps with additional 100 steps on an optional loop. Great views on clear days. Binoculars will come in handy for a few of the bears. Rain cancels.

**LEADERS:** Lois S 510-526-4376 (home), 510-542-7183 (cell, day of hike only); and Sylvia Kwan 925-691-5168

**Sunday, November 3 SHELL RIDGE OPEN SPACE, WALNUT CREEK**

**9:30** Meet at Walnut Creek BART where **cars are needed** to drive to Heather Farm Community Center (restrooms), 301 San Carlos Dr. or **9:45** meet at Center. Hike ~8.7mi, 785 elev. gain, sticks useful. Lunch at Borges Ranch (restrooms). Light rain ok, heavy rain cancels. Alternate paved trail if dirt trails are muddy. **Riders and drivers must call Fran by 6 p.m., Sat., 11/2.**

**LEADERS:** Fran Leighty 925-944-9068 & Jo & Chuck Browne cell 707-933-6757

**Thursday, November 7 HISTORIC COLMA CEMETERIES**

**10:00** Meet at Colma BART near agent's booth. This is a historic walk through some of the cemeteries in Colma, the City of Souls. Under 6 miles, on level ground & lawn. Bring lunch & liquids. Any rain cancels hike. We need a head count so let Fran know by Oct. 31st if you are coming.

**LEADERS:** Gloria Navarra 415-731-6144, cell day of hike only 415-966-8242 & Fran Leighty 925-944-9068

**Sunday, November 10 PORT COSTA TO CROCKETT ON BULL VALLEY TRAIL**

9:30 Meet at Pleasant Hill BART where cars are needed to drive to Port Costa. 10:10 meet in parking lot near the Warehouse Café in Port Costa. Hike to Crockett via the Bull Valley and Carquinez Loop Trails. Bring or buy lunch in Crockett. Hike back to Port Costa. ~ 6 mi. out/back, 240' climb. Drivers/riders please call Karen at 925-357-0409. Heavy rain cancels.

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

**Thursday, November 14 DIABLO FOOTHILLS**

Arrive West Dublin BART by 8:39 where cars are needed OR arrive Walnut Creek BART by 9:02 where cars are needed. Meet at Livorna Road Staging area at 9:30. (From 680, take Livorna Road exit, head east 3 miles to the Livorna Road staging area located just west of Stonegate Drive in Alamo.) Moderate 5 mi, 850' climb. Hike through oak-studded grasslands on the gently rolling foothills of Mt. Diablo (sticks if you like). No restrooms or water at trailhead or on hike, use facilities at Livorna Park, 801 Livorna Rd. prior to and after the hike. Riders and drivers must call by Tuesday.

LEADERS: Gino Bossetto 510-385-4154 for West Dublin carpool OR Ed Osada 925-980-2641 for Walnut Creek carpool.

**Sunday, November 17 HANNS MEMORIAL PARK TO BLUE ROCK SPRINGS, VALLEJO**

9:45 Pleasant Hill BART where cars are needed. Or 10:15 Hanns Memorial Park, 198 Skyline Dr. Vallejo. Restrooms 1 mile from start and at lunch. This hike features a connector trail to the Bay Area Ridge Trail, through lovely parkland beside Blue Rock Springs Creek. Then we head north on the Ridge Trail to Blue Rock Springs Park for our picnic stop. A side trail up the Northeast Extension brings us to panoramic views of the Bay. 6-7 miles. 300' gain/loss. Asphalt & narrow steep trails. Sticks helpful. Rain modifies route. Drivers/riders please call Diane.

LEADERS: Diane Cannon 406-465-9873 & Patricia Derickson 925-876-3278

**Thursday, November 21 BERNAL HEIGHTS, SF**

10:00 Meet at 24th St. BART SW corner under Aztec mural (restrooms nearby) for ~6 mile hike on paved streets and a few stairways, ~200' elev. gain. Hike along Mission murals, Precita Park, up to Gardens and Bernal Heights Park for great views (360 deg). Lunch at Holly Park (restrooms). Optional stop at Mitchell's ice cream shop on San Jose Ave. End at 24th St. BART. Bus available for shorter hike. Light rain OK, heavy rain cancels.

LEADERS: Kathleen Clarkson 415-647-1113 or cell 415-438-0571 (day of hike) & Fran Leighty 925-944-9068

**Sunday, November 24 CONTRA LOMA REGIONAL PARK**

9:30 Meet at Antioch BART where cars are needed. 9:45 Reconvene at Contra Loma Regional Park on Frederickson Lane. 8.5 miles, 2200' elevation gain/loss. Hike Stewartville Trail, Star Mine, Ridge Trail. Steep sections, sticks recommended. Rain cancels. Drivers/hikers must call Diane.

LEADERS: Diane Cannon 406-465-9873 and Sylvia Kwan 925-852-9561

#####

**Thursday, November 28 1920s HIKE: THANKSGIVING POTLUCK AT BORGES RANCH**

9:30 Meet at Walnut Creek BART, where cars are needed. 10:00 reconvene or meet at Borges Ranch parking area. If driving from I-680 take Ygnacio Valley Blvd. east; turn right on Walnut Avenue (NOT Walnut BLVD). Go ~2 mi. until traffic circle, exit right onto Castle Rock Rd; continue past Northgate High School to Borges Ranch turnoff on right. Hike 2.5-3 mi. loop with 350-400' elevation gain. Sticks useful. Hike followed by a Thanksgiving potluck. Please bring your favorite finger foods and joyous spirits to share! Shorter hike available. Water, restroom, covered picnic tables (close to parking lot). We'll finish by 2:00 p.m. All hikers must call Sophia by 6:00 p.m., Wed., Nov. 27. Light rain ok, heavy rain cancels.

LEADERS: Sophia Garcia 510-549-2413 and Bill Motzer 925-247-0811; cell day of hike 925-337-1710

#####

#####

**Sunday, December 1 1920s HIKE: POINT BONITA, MARIN HEADLANDS**

**Hike CANCELLED Due to rain & high wind warnings.**

**LEADERS:** Sue Elliott (day of hike only) 925-451-3307, Chris Smith and Valarie Smith

#####

**Thursday, December 5 ANOTHER UC BERKELEY TOUR**

**10:00** Meet by the globe sculpture at Downtown Berkeley BART plaza (corner of Shattuck and Center). The UC tour on Oct. 31 is about figures of bears and other sculptures. This tour is about campus trees, rocks, maps, politics, landscape, architecture, construction, demolition, reading, paleontology, insects, Uncle Zeb, and lumber. Lunch afterwards at Brown's California Café, for those interested. Alumni are welcome to contribute. Heavier rain cancels, less rain OK.

**LEADER:** Peter Nurkse, call or text 831-331-3671

**Sunday, December 8 ROSE GARDEN TO TILDEN LOOP, BERKELEY HILLS**

**Hike is CANCELLED due to mud**

**Thursday, December 12 ALBANY BEACH/BULB**

**9:38** Catch AC Transit Bus 18 with Stew at Shattuck and Allston Way (Downtown Berkeley BART) to 1101 Jackson St (at Monroe St) at UC Village, Albany, to meet Lois. Restrooms available. Walk to new EBRPD Albany Beach trail and thru Albany Bulb. Beautiful water views. Return to Downtown Berkeley BART by bus, or walk 1.6 miles to North Berkeley BART. ~ 5 miles of flat terrain. Rain cancels.

**LEADERS:** Stew Perlman 510-999-1706 and Lois S 510-526-4376 (Lois' cell day of hike only: 510-542-7183)

**Sunday, December 15 ORINDA BART TO BERKELEY BART VIA EBMUD/PANORAMIC RIDGE**

**9:30** Meet at Orinda BART. Use restroom when possible. Go up EBMUD hillside to Tilden Train Station for lunch and restroom. Down along Panoramic Ridge to Berkeley Campus and BART. 8 miles, 1460' elev. gain. Sticks helpful. Rain cancels. **Riders/Drivers contact Bill** by 6 p.m., 12/14.

**LEADERS:** Bill Chen 707-319-1283 and Mark Petrofsky 510-526-4944 (landline, no texting)

**Thursday, December 19 LAFAYETTE RESERVOIR BIRD SEED BELL**

**10:00** Meet at Lafayette BART (south side) and walk 5 miles to and around reservoir (200' elev. gain). We're hiking rain or shine & bringing our traditional seed bell for the birds' tree! Hot cider, cocoa, quick breads & gingerbread men at lunch. RSVP to cchchikergal@sbcglobal.net or 925-685-1614 so we'll be sure to have enough refreshments.

**LEADERS:** Patricia Derickson 925-876-3278, Nidhi Derickson 925-200-5881, Karen Arntzen & Diane Barde

**Sunday, December 22 SOLSTICE HIKE / FOUR SEASONS OF FRENCH TRAIL**

**9:00** Meet at North Berkeley BART & Orinda BART. Reconvene at **9:30** at Redwood Bowl Staging Area in Redwood Regional Park. This is the last hike of our Four Seasons of French Trail. ~ 5 miles with >600' elevation gain. Members who would like to join only for the potluck to celebrate the Season of Lights, please join us! All hikers, please share your favorite finger foods & merry spirits! Sticks are useful. Heavy rain cancels.

**Drivers/riders please call** Sophia 510-549-2413 by Sat. 21st 6:00 p.m.

**LEADERS:** Sophia Garcia 510-549-2413 & Sue Elliot 925-672-0533

**Thursday, December 26 COYOTE HILLS REGIONAL PARK**

Here we go again, let's celebrate the coming new year with caring friends, a leisurely hike and of course some bubbly, chocolates, and whatever else shows up. This will be fourth or fifth year, if we're not careful it may become a tradition. Bathrooms BART and park. **Meet at Union City Bart 9:30 am. If driving to the park we will circle up near the Visitors Center 10:00 am.** Drivers and riders call by Dec. 24. Lite rain OK, heavy rain cancels. There is a \$5.00 park fee per car.

**LEADERS:** Frank Martin (**Mr. Tech**) 510-460-8725, Jerry Ford 510-921-1739, Stew Perlman 510-999-1706

Sunday, December 29

SUNOL REGIONAL PARK

Hike is CANCELLE due to RAIN

LEADERS: Roberta O'Grady 510-769-8423; rogrady3736@earthlink.net and Mary Ulrich cell: 925-876-0803

\*\*\*\*\*

**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 \_\_\_\_\_