

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## JANUARY 1 – MARCH 31, 2020 **Version: 10**

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**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.  
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For most agencies, call 511 & state agency for which you need information.  
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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.  
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This symbol ☺ indicates a short hike is offered with the longer hike.  
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This Schedule is posted on our website: [www.contracostahills.org](http://www.contracostahills.org)  
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### Thursday, January 2 OHLONE GREENWAY IN BERKELEY AND ALBANY

10:30 Meet at North Berkeley BART (use restroom there). Walk under the BART tracks and on the Ohlone Greenway to El Cerrito Plaza, then turn around and go to Albany's Memorial Park for lunch. Return to North Berkeley BART. Approx. 4.7 flat miles on pavement. Rain cancels.

LEADERS: Lois Switzer home: 510-526-4376, cell: 510-542-7183 (day of hike only); and Alan Falkowitz 510-232-0074

### Sunday, January 5 ANNUAL NEW YEAR'S TOP OF TAM

9:15 Meet @ Del Norte BART, east parking lot, **where cars are needed** to drive to Pan Toll Ranger Station. Hike 8–9 miles with 1,200' elevation gain to Mountain Theater to West Point Inn to East Peak and return on Old Stage Road or ☺ do the shorter hike to West Point Inn & return. Parking fee \$8, Senior \$7, or CA State Parks parking permit. Sticks useful. Rain cancels. **Riders and drivers MUST call** by 5 p.m., Sat., Jan 4.

LEADER: Darlene Choy 510-483-6011 (cell a.m. of hike only 510-371-3694)

### Thursday, January 9 1920S HIKE: ALAMEDA BEACH

Arrive Fruitvale BART at 9:45 to catch the #21 bus at 9:56. We will start our walk at Park and Otis. We will walk along the beach, see the sea wall, stop at the fish house, and have lunch at Crab Cove. This is a level 4-mile walk. After lunch, anyone who wants can walk an extra 2 miles to see the seals. RAIN DOES NOT CANCEL. Bring your umbrella.

LEADERS: Fred Mock 510-803-9922; Beryl Vonderheid 510-532-8340 (day of hike only 510-207-4042); Roberta O'Grady 510-769-8423  
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### Sunday, January 12, BIG BREAK REGIONAL SHORELINE - OAKLEY

9:30 Meet at Antioch BART where **cars are needed** to drive to Big Break. Or 10:00 at Big Break Visitor's Center. Restrooms at start/middle of hike. Enjoy views of California's 2 great rivers as they converge and head west to the ocean, creating the largest estuary on the Pacific Coast. Lunch at Cypress Park. On the return trip, we'll visit Oakley Center for yogurt/ice cream. 9 level miles on pavement. Rain shortens hike. **Drivers/riders please call Diane.**

LEADERS: Diane Cannon 406-465-9873 & Sylvia Kwan 925-852-9561 (day of hike only)

### Thursday, January 16 BENNY BUFANO SCULPTOR AND ACTIVIST, SF

**CANCELED heavy rain and High winds**

### Sunday, January 19 CAYUGA PLAYGROUND

9:30 Meet at Balboa Park BART. Take Muni KT (toward Ingleside/Church - Off board. Board Jules and Ocean). Hike 6 miles with 470 ft gain on mostly city streets, some stairs and some unpaved trails. Explore Ingleside Terrace (giant sundial), Brooks Park, Cayuga Playground (wood carvings, garden and lunch stop) through Excelsior neighborhood (murals) to Glen Park BART. Heavy rain cancels.

LEADERS: Althea Wong 925-487-6469 and Pat McDonald 510-364-4788

### Thursday, January 23 MISSION BAY/POTRERO HILL WITH BREWERY TOUR

10:00 Meet in front of Ferry Building. Walk along the waterfront then towards Potrero Hill. Approx. 4 flat miles. After lunch, optional tour of Anchor Steam Brewery. After tour, return to 16th St. BART, 1.1 mi hike or take the bus! Heavy rain cancels walk; but brewery tour is still on!

**IMPORTANT:** If you want to go on the Brewery Tour, visit Anchor Steam Brewery's website (<https://www.anchorbrewing.com/brewery/tours?id=anchor-brewing-public-tours>) to reserve a 1.5 hour tour at 2 pm on Jan 23, cost is \$27.50. Reserve early before tour gets booked! You can cancel up to 2 days before tour.

LEADERS: Lois Switzer home 510-526-4376; cell 510-542-7183 (day of hike only), Jim Baranowski 925-577-1022

### Sunday, January 26 SAN FRANCISCO CROSSTOWN TRAIL, SECTION 2-5

9:30 Meet at Glen Park BART. Hike through Glen Canyon Park, Laguna Honda, Grandview Park, Golden Gate Park, Park Presidio, Lobos Creek Valley to Lands End. 11.4 miles and 1870'. Many stairs. Early drop outs at: 1. Golden Gate Park (6.3 miles, 1300', Muni #5 to down town or #44 to Glen Park BART). 2. Geary and Park Presidio (7.5 miles, 1300', Muni #38). 3. Baker Beach (8.6 miles, 1360', PresidioGo to Embarcadero BART). Lunch at Stow Lake Boat House. Approximately half of the route is dirt trails. The other half is paved walking trail or concrete side walk. Return by muni #38R. Rain Cancel.

Leaders: Amy Huang 510-545-3583, Cell 510-316-6481 (hike day only) and Susie Huang 415-818-7905.

**Thursday, January 30 LARKSPUR-CORTE MADERA TRAILS**

**8:45** Meet in front of SF Ferry Bldg. [Embarcadero BART] Depart on **9:10** Larkspur Ferry arriving at Larkspur Ferry Bldg. at **9:45**. (RT fares: Adult \$25; Senior \$12.50; Adult Clipper \$16.) Mostly flat 8-mile hike ☺ can be shortened to 5 miles with shortcuts – along old Larkspur-Corte Madera railroad beds. Bring or buy lunch. Return to SF on 2:15 or 2:50 ferry. Heavy rain cancels.

**LEADERS:** Liz Howell 415-584-1204 (cell day of hike only 415-425-5538), Linda Margossian (cell day of hike only 510-685-1862), and Jo Anne Schultz (cell day of hike only 510-734-9324)

**Sunday, February 2 INSPIRATION POINT TO WILDCAT PEAK**

**9:15** Meet at Orinda BART where **drivers are needed** to drive to Inspiration Point (**9:30**). We will hike out on the paved Nimitz Trail to Wildcat Peak. Loop or out and back depending on conditions. Hiking rain or shine, but winds may cancel. Restrooms at start of hike. **Riders and drivers call or email** ([mulrich@sbcglobal.net](mailto:mulrich@sbcglobal.net)) Mary by 6 p.m., Sat. 5–6 miles.

**LEADERS:** Mary Ulrich cell: 925-876-0803 and Patricia Derickson, 925-876-3278

**Thursday, February 6 FREMONT – SABRECAT TRAIL**

**9:30** Meet at Fremont BART, exit east side. Board AC Transit bus #212, exit at Washington & Fremont Blvd. View historical Irvington district. Walk the Sabrecat trail to Mission San Jose. Docent-led tour of local museum (\$2/person). Board AC bus #217 back to BART.

**LEADERS:** Jerry Ford 510-921-1739, Frank Martin 510-460-8725, Stew Perlman 510-999-1706

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**Sunday, February 9 CHABOT SPACE AND SCIENCE CENTER AND HUCKLEBERRY BOTANIC PRESERVE**

**CANCELLED Because of high Winds**

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**Thursday, February 13 THROUGH THE HILLS OF SAN FRANCISCO**

**9:30** Meet at Market & Castro. Hikers coming on BART transfer to MUNI Metro at Embarcadero, take K, L, or M to Castro Station. 5-mile loop. Lots of ups & downs with steep hills, 500' elev. gain. Bring lunch. Sticks useful. Heavy rain cancels.

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

**Sunday, February 16 BERKELEY STAIRWAY WORKOUT**

**10:00** Meet at Downtown Berkeley BART, southwest corner of Shattuck and Center. Start out gently going through the UC Berkeley campus to the Berkeley Rose Garden. Then start going up, up, up on the Tamalpais Path and continuing to Grizzly Peak. Then we come down to a park for lunch and back to BART. Approximately 5.5 miles with 1200 ft elevation gain. Rain cancels.

**LEADERS:** Lois S. home 510-526-4376, cell 510-542-7183 (day of hike only); Jo Browne cell 707-933-6757

**Thursday, February 20 ALAMEDA CREEK**

**9:30** Meet at Union City BART. Half-hour walk to Isherwood Staging Area at Alameda Creek. Drivers may meet at **10:00** at Isherwood Staging Area parking lot at the end of Isherwood Way. Flat 3 mile walk along a shady trail along Alameda Creek, passing Quarry Lakes and Shinn Pond. Return to Niles, with time to enjoy shops if interested. Return to BART by bus or walk; about two miles. Drivers return to their cars by going back on the Alameda Creek Trail. Total hike 5 to 7 miles depending on bus or walk back to BART. Heavy rain cancels, light rain OK.

**LEADERS:** Roberta O'Grady: rogrady3736@earthlink.net, 510-769-8423; Ellen Paisal: 510-522-8381; Roberta's cell morning of hike only: 510-229-7342

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**Saturday, February 22 100<sup>TH</sup> ANNIVERSARY CELEBRATION**

**Zio Fraedo's Restaurant in Vallejo.**

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**Sunday, February 23 SOUTH MT. DIABLO LOOP THRU CURRY CANYON RANCH**

**9:00** Meet Walnut Creek BART or **9:30** at the Old Finley Road entrance to the park. Parking is along Finley Road about 0.5 mile from trailhead. Oyster Pt. Trail, Black Hawk Ridge, Knobcone Pt. Rd. Return via Riggs Canyon Rd thru upper end of Curry Canyon Ranch (Save Mount Diablo Property). **13 miles, ~2700 elevation. HIKERS MUST REGISTER FOR THE HIKE AND SIGN A LIABILITY RELEASE FORM FOR SMD BY FRIDAY, FEBRUARY 14.** A SMD representative will join us. No restrooms or water on the trail. Sticks recommended. Rain, wind, muddy conditions cancel. **Riders and drivers contact Mark.** Contact Mary ([mulrich@sbcglobal.net](mailto:mulrich@sbcglobal.net)) for SMD waiver which must be mailed in to SMD.

**Shorter Option:** Oyster Point Trail to Black Hawk Ridge Road out and back. ~8 miles with ~1600 elevation. No waiver required.

**LEADERS:** Mark Petrofsky, 510-526-4944 (landline, no texting) and Mary Ulrich, C:925-876-0803

**Thursday, February 27 A DATE WITH TONY BENNETT (ALAS, NOT IN PERSON)**

**10:00** Meet at Hyatt Regency, Drumm Street exit. Climb halfway to the stars (up California). The morning fog may chill the air, we don't care. Take a selfie with Tony's 8-ft tall statue. Brief stop at Cable Car Museum. Our route takes us through Chinatown and North Beach (Tony's favorite neighborhood). Climb up Lombard Street, then down to the Wharf for lunch (bring or buy). Continue along scenic Embarcadero to return to BART. About 5+ miles. A few steep hills, up/down. Some may wish to end the hike with a chorus of Tony's signature song "I left my heart in San Francisco"... ☺ Light rain OK, heavy rain cancels.

**LEADER:** Lucy Perdichizzi, cell day of hike 510-410-1285

**Sunday, March 1 UPPER/LOWER RIM HIKES, LAFAYETTE RESERVOIR**

**10:00** Meet at Lafayette BART & walk 1 mile to reservoir. We're offering a two-level hike. Nidhi will lead hikers 4.7 miles on the upper rim (500' elev.) & Patricia will lead hikers 3.1 miles on the paved lower rim. We're hiking rain or shine. If upper trail is too muddy, upper rim hikers will hike the lower trail twice. Restrooms available on lower rim hike. Daily parking fee @ reservoir is \$6 if you want to meet us by the entrance gate.

**LEADERS:** Patricia Derickson 925-876-3278 & Nidhi Derickson 925-200-5881

**Thursday, March 5 SF COASTAL TRAIL - CLIFF HOUSE TO GOLDEN GATE BRIDGE**  
Exit Montgomery BART & walk west to Market and Montgomery. **9:09** Take #38R Geary to Pt. Lobos & 48th Ave. Ar. **9:56** to meet leader. Time to check out restrooms & gift shop. One way hike to Bridge; bus return. One steep uphill. Five miles.  
**LEADER:** MaryHarcosJohnson@gmail.com. Cell morning of hike (415) 272-6067

**Sunday, March 8 ROUND VALLEY REGIONAL PARK**  
**9:23** Meet at Walnut Creek BART, where **cars are needed** to drive to Round Valley Regional Park, 19450 Marsh Creek Road. **10:05** Circle up for 2-loop hike: Hardy Canyon and entire Round Valley. 8.5 miles, 1,000 elevation gain/loss. Sticks recommended. Restrooms at start/lunch/end. Rain or mud cancels or modifies hike. **Drivers & riders please call Diane.**  
**LEADERS:** Diane Cannon 406-465-9873 & Dorothy Bradt 925-890-7195

**Thursday, March 12 TOAST TO HAROLD FRENCH AT HIS GRAVESITE**  
**9:15** Meet at Rockridge BART for a 6-mile hike on sidewalks through Chapel of Memories Columbarium Mausoleum, St. Mary's Cemetery, Chapel of the Chimes, and Mountain View Cemetery. 200' elevation gain. Some steps, uneven ground through cemetery. We will toast our founder, Harold French, born March 11, 1878. Lunch in Mountain View Cemetery. Rain cancels.  
**LEADERS:** Dorothy Bradt 925-889-9532, cell 925-890-7195; Roberta O'Grady 510-769-8423; Noël Siver 510-923-1327

**Sunday, March 15 ANNUAL MEETING**  
**CANCELED**

**Thursday, March 19 HALF MOON BAY TO PRINCETON**  
**CANCELED**

**Sunday, March 22 MARIN MAMMAL CENTER & POINT BONITA LIGHTHOUSE**  
**CANCELED**

**Thursday, March 26 OLD ALAMEDA NAVAL AIR STATION**  
**CANCELED**

**Sunday, March 29 DEL VALLE REGIONAL PARK, EAST SIDE/WEST SIDE LOOP**  
**CANCELED**

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**APPLICATION FOR MEMBERSHIP – CONTRA COSTA HILLS CLUB**  
Effective 4/1/2020, Dues is \$25 per person for an individual membership or \$40 per household with 2 or more persons at the same address. For additional information on Membership in the Contra Costa Hills Club (CCHC), please go our website [contracostahills.org](http://contracostahills.org) and look under the Membership tab for additional information and a Membership Form.