

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## January 1 – March 31, 2022 *Version 14*

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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. Currently, **all hikes require reservation**, contact the hike leader. **Carpooling: Carpooling is back. Be prepared to wear a mask if requested.** Discuss with the hike leader when signing up. 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 Schedule is posted on our website: [www.contracostahills.org](http://www.contracostahills.org)**  
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### COVID-19 GUIDE:

- Bring a mask (N95 recommended) **and be prepared to wear it indoors and at the circle, or as a common courtesy.**
- **Carpooling is back, but be prepared to wear a mask if requested.**
- **BRING YOUR PROOF OF VACCINATION AND BE PREPARED TO SHOW IT.** Hike leaders will check at the hike or when you sign up.
- Some hikes may be size-limited. For most hikes, you have the option of taking transport/carpool, or come on your own.
- Please try to follow social distancing protocols.
- Remember that everyone **must sign up** ahead of time for all hikes.

**PLEASE MAKE SURE TO CONSULT THE WEBSITE FOR CHANGES!** Hikes may be changed, COVID rules may change. We will update as conditions evolve.

**Sunday, January 2                      No hike submitted**

**Thursday, January 6                      INSPIRATION POINT TO WILDCAT PEAK**  
**NO ORGANIZED CAR POOL FROM BART. 10:00 Meet at Inspiration Point.** Hike out on the paved Nimitz Trail to Wildcat Peak, 5-6 miles. Out and back with the dirt section up to the peak optional. Hiking rain or shine, but winds may cancel. Restrooms at start of hike. Optional lunch on the return to Inspiration Point. Hikers and drivers **call or email (preferred) Mary** between December 30 and January 5, 6 p.m.  
**LEADERS:** Mary Ulrich cell: 925-876-0803, mulrich@sbcglobal.net

**Sunday, January 9                      TOP OF TAM**  
**CANCELED DUE TO COVID CONCERNS**

**Thursday, January 13                      ROCKRIDGE BART TO LAKE TEMESCAL & BACK**  
**10:30 Meet at Rockridge BART (restrooms) at bottom of escalator.** Hike on pavement through neighborhoods to Lake Temescal (restrooms) where we will eat lunch at picnic tables. ~4 mile, ~200' elev. gain hike. **RSVP Fran** by 6 p.m. on 1/12.  
**LEADERS:** Fran Leighty 925-944-9068 & Larry Johnstone cell day of hike only 925-818-9190

**Sunday, January 16, BERKELEY CAMPUS TO STRAWBERRY CANYON**

Meet leaders David and Julia at 10:30 am at the Berkeley Express Coffee Shop, 4 blocks north of the Downtown Berkeley BART Station. Restrooms can be used, hopefully some will buy coffee. Let us celebrate Martin Luther King's Birthday by walking around the hills of the Berkeley Campus up into Strawberry Canyon. The hike at the most is only five miles, but there are one or two steep hills. Lunch will be after the hike, downtown Berkeley. Please RSVP by January 14, 2022, to [jcordell@hotmail.com](mailto:jcordell@hotmail.com). Rain cancels and the hike is limited to 25 people.

**LEADERS:** Julia at (510) 964-1467 or co-leader David Jadeson (510) 493-6721.

**Thursday, January 20 AQUATIC PARK TO GOLDEN GATE BRIDGE**

**9:30** Exit Civic Center BART, use restrooms in S.F. Main Library, 30 Grove St. Walk to the front of library (Larkin & Grove) to board the 10 a.m. #19 Muni bus, exit Beach & Polk and meet at bus shelter nearby. Enjoy 4-5 mile mostly level hike along Bay, steps to G.G. Bridge. Lunch along the way. Shorter hike possible. Return on bus and BART. Heavy rain cancels. **RSVP phone or email Fran** before 6 p.m. day before hike.

**LEADERS:** Fran Leighty 925-944-9068 [cchcleighty@gmail.com](mailto:cchcleighty@gmail.com); Celeste Burrows cell day of hike 510-388-5129

**Sunday, January 23 ROUND VALLEY REGIONAL PARK**

**10:00** Meet at Round Valley Regional Park, 19450 Marsh Creek Road. Two options. First option: Hardy Canyon Loop, 5 miles, 1,000' gain/loss. Second option: Hardy Canyon Loop and entire Round Valley, 9 miles, 1,200 gain/loss. Sticks recommended. Restrooms at staging area & Group Camp. Rain/mud cancels or modifies hike. **RSVP Diane** by 1/21.

**LEADERS:** Diane Cannon 406-465-9873; Dorothy Bradt 925-890-7195

**Thursday, January 27 MARTIN LUTHER KING JR. REGIONAL SHORELINE**

10:00 AM Meet at Damon Slough Staging Area, Oakport Street, near Zhone Way, in Oakland. Bird walk for non-birders. We will walk slower than hikers but not as slow as most birders. Binoculars will enhance experience but not necessary as ducks and shore birds are large. 4.7-mile flat loop hike on paved trails. Restrooms .25 mile from start and at midpoint of hike. Sign up starting January 21 at [compasros@comcast.net](mailto:compasros@comcast.net) (preferred) or call 510-948-8385.

**LEADER:** Rosemary Johnson (mobile day of hike) 510-619-5728

**Sunday, January 30 OPEN DATE**

**Thursday, February 3 FOLLOW THE MEDALLIONS IN SAN FRANCISCO**

**10:00** Meet at the Old Mint at 5th and Mission. (No bathrooms at start). Follow the historical medallions through Union Square, Chinatown, and North Beach. Lunch in Washington Square. Up to Coit Tower via 350 steps and down the 500 Filbert Steps to the Embarcadero and BART. 5.5 miles, 505' elev. **Sign-ups starting January 25.** Rain cancels. Hikers limited to 20.

**LEADERS:** Fran Ternus, [fran.ternus@gmail.com](mailto:fran.ternus@gmail.com), 510-914-0916; Jan Lecklikner, [jleck.2@gmail.com](mailto:jleck.2@gmail.com), 415-971-3783

**Sunday, February 6 MORGAN TERRITORY REGIONAL PRESERVE, LIVERMORE**

**10:00** Meet at Morgan Territory Staging Area, 9401 Morgan Territory Rd., Livermore. Loop hike along Volvon, Blue Oak, & Valley View trails. Rolling hills. One steep section. 8 miles, 900' elevation gain/loss. Expansive views - 2020 fire damage. Bathrooms at staging area and on trails. Sticks recommended. Rain/mud cancels. **RSVP Diane** by 2/4.

**LEADERS:** Diane Cannon 406-465-9873; Pam Littlejohn 510-329-0896

**Thursday, February 10 UC BERKELEY BEAR TOUR**

**9:45** 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 breaks will be approx. 1 hour into the hike and 1/2 hour before end; bathrooms may not be available at lunch. The walk will start going uphill once we reach the campus and will have lots of stair steps and an optional loop of the Orchard Steps where there are great views on clear days. If you have a pair of binoculars, they would come in handy for a few of the bears. Rain cancels and any COVID lockdowns on campus will cancel. **Limited** to 20 people. **Email leader** at [l\\_a\\_switzer@hotmail.com](mailto:l_a_switzer@hotmail.com) on or after 2/3.

**LEADER:** Lois Switzer: 510-526-4376 (home), 510-542-7183 (cell day of hike only)

**Sunday, February 13                    TOP OF TAM 2022**

Meet at Rock Spring parking lot by **9:30** am. Hike out & back via Mt. Theater, take Rock Spring to West Point Inn, then Old Railroad Grade to Verna Dunshee Trail. Sticks are recommended. ~ 8 miles, ~700 elevation gain. Rain cancels. Dress in layers for possible dense fog & wind. Expect sweeping view from East Peak. All hikers must be prepared to show proof of vaccination. All hikers must RSVP to Sophia by email, [atelier.sato@gmail.com](mailto:atelier.sato@gmail.com), between Feb. 6th and Feb. 12th by 6 pm.  
**LEADERS:** Sophia Garcia 510-549-2413, Dorothy Bradt 925-889-9532

**Thursday, February 17                HISTORIC DANVILLE WALKING TOUR VIA IRON HORSE TRAIL**

**10:15** Meet at Hap Magee Ranch Park, 1025 La Gonda Way, Danville (680 south to El Pintado Rd exit). Walk two miles to downtown Danville via the Iron Horse Trail. Visit Downtown Danville Historic Walking Tour sites. Choose from a variety of great restaurants for lunch. Return to Hap Magee Ranch Park. Flat, paved 5-6 mile hike. Heavy rain cancels. Hikers **MUST** show proof of vaccination at the start of the hike. Please RSVP via email Karen (Feb. 1 - 15) at [karntzen5@gmail.com](mailto:karntzen5@gmail.com).  
**LEADERS:** Karen Arntzen 925-357-0409 and Patricia Derickson 925-876-3278

**Tuesday, February 22                BRUSHY PEAK REGIONAL PRESERVE, LIVERMORE**

**9:30** Meet at Laughlin Ranch Staging Area. Hike 6.4 miles -1170' elevation gain. Wide dirt pathways, some single-track paths, marvelous views, lunch on rocks at peak, perhaps early wildflowers. Bring lunch, layered clothing (can be windy), sticks useful. Rain cancels. **Email Pat** at [patricia.mcd1960@gmail.com](mailto:patricia.mcd1960@gmail.com) by 5 p.m. on February 21st.  
**LEADERS:** Pat McDonald 510-364-4788 and Althea Wong 925-487-6469

**Thursday, February 24                PLEASANT HILL BART TO LARKEY PARK & MORE**

**10:00** Meet at Pleasant Hill BART (restrooms) to walk on paved trails to Larkey Park (restrooms), a short distance toward Acalanes Ridge, return to the park for lunch at picnic tables, and back to BART. Hike ~4 miles & ~200' elev. gain. **RSVP Fran** by 6 p.m., 2/23.  
**LEADERS:** Fran Leighty 925-944-9068; David Jadeson cell day of hike only 510-493-6721

**Sunday, February 27                MT DIABLO FOOTHILLS, WALNUT CREEK**

**9:00** Meet at Walnut Creek BART. **Drivers needed** to go to Castle Tree picnic area (restrooms) at **9:30** (approx. 1/4 mile past the parking area, end of Castle Rock Rd.). Hike Stage Road to BBQ Terrace. Return Wall Point, Yosemite, and Stage Road. Approx. 10 miles, ~1400' gain. Rain cancels. Before day of hike **call Mark Petrofsky** 510-526-4944 (landline, no texting) or email [mpetrof@hotmail.com](mailto:mpetrof@hotmail.com)  
**LEADERS:** Mark Petrofsky; Diane Cannon (day of hike cell: 406-465-9873)

**Thursday, March 3                    RICHMOND MARINA AND MEEKER SLOUGH**

**10:00** Meet at Rosie the Riveter Museum, 1414 Harbour Way S in Richmond or **9:45** at Richmond BART. Walk paved SF Bay Trail along shore and up Meeker Slough. Lunch at Marina Park. Almost 5 miles, flat. **Contact compasros@comcast.net** (preferred) or 510-948-8385 starting February 25.  
**LEADER:** Rosemary Johnson (mobile day of hike) 510-619-5728; Sue Fernstrom 510-363-1788.

**Sunday, March 6                        CASCADE OPEN SPACE PRESERVE**

**8:30** Meet at El Cerrito Del Norte BART or **9:30** at Doc Edgar Park in Fairfax to consolidate into shuttle cars to the trailhead, which has limited parking. Hike from Cascade Drive Trailhead on Cascade Drive Fire Road to San Geronimo Ridge Rd., through Sargent Cypress Pygmy Forest, north to White Hill Rd. to Blue Ridge Rd, Wagon Wheel Trail, back to Blue Ridge Rd., Middle F.R. to return to Cascade Dr. Rd., in and out to Cascade Falls, return to Trail Head. 9.3 miles, 1850' of steady gain first half of hike. Hikers and drivers **email or call Mark Petrofsky** by 10:00 a.m., Sat, 3/5.  
**LEADERS:** Mark Petrofsky 510-229-2107 or [mpetrof@hotmail.com](mailto:mpetrof@hotmail.com); Mark Detterman, day of hike, 510-461-4371.

**Thursday, March 10                    SHELL RIDGE, WALNUT CREEK**

**10:00** Meet at Hanna Grove (Bob's Pond, Borges Ranch)– restrooms and water available. Hike just under 4 hilly miles with nice views (~500 ft elevation) Sticks useful. Optional lunch at the end of the hike at Bob's Pond. Hike limited to 15. Rain or mud (unlikely) cancels. **Hikers call or email (preferred) Mary between March 3 and March 9.**  
**LEADER:** Mary Ulrich, 925-876-0803, [mulrich@sbcglobal.net](mailto:mulrich@sbcglobal.net)

**SUNDAY, MARCH 13****SHELL RIDGE OPEN SPACE, WALNUT CREEK**

**10:00** Meet at the end of Marshall Drive, Walnut Creek. Hike ~ 6 miles with ~ 900 ft elevation (mostly gradual). Sticks useful. No restrooms at the start of the hike but available at Heather Farms (close by). Lunch at Borges Ranch (Bob's Pond) where restrooms and water are available. The hike is limited to 15 so you need to register. - **Call or email (preferred) Mary between March 8 and**

**March 13.** Rain or mud cancels.

**LEADER:** Mary Ulrich 925-876-0803, mulrich@sbcglobal.

**WEDNESDAY, March 16****MOUNTAIN VIEW CEMETERY, PIEDMONT**

**9:15** Meet at Rockridge BART for hike to Mountain View Cemetery. Please use the bathroom at Rockridge BART before joining the group. Since March is "Women's Month," docent Jane Leroy will focus our tour on Famous Women who lived in the Bay Area. The Tour will take about 2 hours (some hilly walk). Option: leave when tour is finished or stay for lunch (bag lunch) at Millionaires' Hill at the Cemetery and walk to Fenton's for dessert on the way to MacArthur BART. Hike is mostly level 5-6 miles except at the cemetery, some ups and downs. **RSVP to Sets Amann** March 7-15, email preferred.

**LEADERS:** Sets Amann, setsamann@pacbell.net, 510-489-8096; Carol Savio 510-907-3055; Noël Siver 510-923-1327

**Sunday, March 20****ANNUAL MEETING**

**10:00** Meet at Lakeside Park Garden Center at Lake Merritt for a walk around the lake, followed by the annual meeting.

**Tuesday, March 22****SPRING EQUINOX HIKE, REDWOOD PARK TO HUCKLEBERRY PRESERVE**

**8:30** Meet at North Berkeley BART & Rockridge BART where **cars are needed** (COVID situation might change this option), or meet **9:00** at Skyline Gate. Take Stream Trail to Huckleberry Preserve. Hike back via Upper Huckleberry Loop, Eastridge to parking lot. Sticks needed. >8 miles with >1300' elevation gains. Spring wildflower hike. We might find the rare and endemic Western Leatherwood's golden flowers. All hikers and drivers must **RSVP to Sophia** by email, atelier.sato@gmail.com, between March 14th & March 20th.

**LEADERS:** Sophia Garcia 510-549-2413, Dorothy Bradt 925-889-9532

**Thursday, March 24****BERNAL HEIGHTS, SF**

**10:00** Meet at 24th St. BART SW corner under Aztec mural (restrooms nearby) for ~6-mile hike on paved streets & a few stairways, ~200' elevation gain. Hike along Mission murals, Precita Park, up to gardens and Bernal Heights Park for great views (360 degrees). 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 a shorter hike. Light rain okay, heavy rain cancels. Hikers should **contact Kathleen** at 415-647-1113 by 6 p.m., 3/23.

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

**Sunday, March 27****BARNABE PEAK LOOP, SAMUEL P. TAYLOR STATE PARK**

**9:30** Meet at Del Norte BART parking lot, east side, where **cars are needed** to drive to Samuel P. Taylor State Park. Park outside the entrance to use restrooms before continuing about 1 mile. Park in lot left side of road after horse crossing sign. Sticks. Moderately strenuous loop of about 7 miles with 1400' elevation change. 4 miles on switchbacks through tanoak, laurel, Douglas fir, and wildflowers, then short, steep climb to summit. Sweeping views of Marin. Return on exposed fire road, steeper than ascent. Riders and drivers, **email Jo Anne** (joschultz@gmail) by March 25.

**LEADERS:** **Sue Elliot (cell day of hike: 925-451-3307);** Jo Anne Schultz (cell day of hike: 510-734-9324)

**Thursday, March 31****CASTRO VALLEY TO HAYWARD**

**10:00** Meet at Castro Valley BART. Hike to the senior center for restrooms and adjoining Japanese tea garden. Walk on city streets to view murals and the 9/11 memorial at the old city hall. Lunch in Heritage Plaza. Stop at city hall for art display and finish at Hayward BART. About 4 mi, pretty flat. Please **RSVP leaders** by March 29.

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