

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

April 1 – June 30, 2022 *Version 14b*

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. Some hikes may not need a reservation, but if a reservation is requested, please 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.

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

COVID-19 GUIDE:

- Bring a mask (N95 recommended). Masking is not normally required, but be prepared to wear one if requested.
- Carpooling is back, but be prepared to wear a mask if requested.
- Hikers must be vaccinated. Booster(s) are recommended.
- 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.
- As noted above, some hikes may not need a reservation, but if a reservation is requested, please contact the hike leader.

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

Sunday, April 3 CLAYTON TO BLACK DIAMOND MINES

9:45 Gather near bathrooms at The Grove Park in Clayton, Main St. & Marsh Creek Rd. Hike Black Diamond trail along a golf course on a wide dirt trail (also used by bicyclists). Lunch on the grass at Jim's Place (underground dwelling). Out & back ~6 mi, ~ 600' elev. gain. Views but little shade, sticks recommended. Restrooms only at Grove Park. **Call or email** Fran before 6 p.m., Friday, 4/1. Rain cancels.

LEADERS: Fran Leighty 925-944-9068 or cchcLeighty@gmail.com, Jo & Chuck Browne 707-509-9914

Thursday, April 7 MARSH CREEK REGIONAL TRAIL (OAKLEY TO BRENTWOOD)

9:30 Meet at Antioch BART where **cars are needed**, or **10:00** at Marsh Creek Regional Trailhead on Concord Ave. in Brentwood. 20-minute shuttle to Creekside Park off Laurel Rd. in Oakley. Hike 7 ½ miles on flat, paved trails to Diane's house for hot fudge sundaes. Bathrooms along the way. Heavy rain cancels. **Riders and drivers must RSVP** Diane by 6:00 p.m., 4/6.

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

Sunday, April 10 VARGAS PLATEAU – FREMONT

10:00 Meet at Vargas Plateau Staging Area (restrooms & water). Hike open slopes of wildflowers and lovely views along these trails: Golden Eagle, Upper Ranch Road, Deer Gulch Loop, Cliff. 6 mi, 866' gain/loss, 5 ½ hours. Sticks helpful. **RSVP** Diane by 6:00 p.m., on 4/8.

LEADERS: Diane Cannon cell: 406-465-9873, Fran Leighty 925-944-9068

Thursday, April 14 DIABLO FOOTHILLS REGIONAL PARK

9:35 Meet at Pleasant Hill BART where **drivers are needed** to drive about 5 miles to Diablo Foothills Regional Park staging area, 1700 Castle Rock Rd., Walnut Creek (at the very end of Castle Rock Rd.). At **10:15** hike along the Stage Road Trail, 4-6 miles out and back, mostly level with shade. Enjoy views of the beautiful Castle Rocks and nesting birds. Bring lunch and water. Restrooms are available at start and finish. Rain cancels. All hikers, riders, and drivers must **email** Patricia (cchchikergal@gmail.com) **between April 1 - 12**. Hike Limit 30 people.

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

Sunday, April 17 SIBLEY VOLCANIC REGIONAL PRESERVE TO STEAM TRAIN AT TILDEN

9:00 Meet at Sibley Staging Area. Hike out & back, taking Skyline Trail and Ridge Trail to Steam Train parking lot. If it's a fine day, we can observe fabulous views towards Mt. Diablo. Sticks are recommended. Restrooms are at the trailhead and Steam Train parking lot. ~50% shade. Part of Skyline Trail is a narrow single-track path. We follow the CCHC COVID guidelines accordingly. Rain cancels. About 7 miles, 1300' elev. gain. **All hikers please email** Sophia, atelier.sato@gmail.com between April 11 and 15 by 6:00 p.m.

LEADERS: Sophia Garcia 510-549-2413, Miu Wan 650-740-3355, Ching Chiu 925-577-6793

Thursday, April 21 FERNANDEZ RANCH (HERCULES)

9:30 Meet at Del Norte BART (Mike) or Walnut Creek BART (Fran) where **cars are needed** to drive to Fernandez Ranch. Or at **10:00** meet at the ranch at 1081 Christie Rd, Martinez. Sticks useful on 6 mile hike with 600' elevation gain. Rain may shorten or change route. **Riders and drivers must call or email (preferred)** Mike 510-758-2789 mlbran1@yahoo.com. RSVP by April 19.

LEADERS: Mike Branning (cell day of hike) 510-734-5041; Fran Leighty 925-944-9068

Tuesday, April 26 FLAG HILL IN SUNOL REGIONAL WILDERNESS

10:00 Meet at Green Barn parking lot - first left after kiosk. Restrooms here and at High Valley Camp (lunch stop). Hike about 5 miles and about 1050' elevation gain on single track (some steep rocky areas) and wider dirt trails. Poles useful. About 50% shaded and can be windy, dress appropriately. Marvelous views and numerous wildflowers. **Email** Pat at patricia.mcd1960@gmail.com before 5 on April 25th.

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

Thursday, April 28 HAP MAGEE RANCH PARK TO EUGENE O'NEILL HISTORIC SITE, DANVILLE

10:15 Meet at Hap Magee Ranch Park off Danville Blvd. Hike to Eugene O'Neill Historic Site. All paved trails or sidewalks. No tour possible. Eat lunch on grounds. Return on pavement and Iron Horse Trail. About 5 miles, 450' elev. gain. Restrooms at start and lunch spot. Hike goes whether rain or shine. **RSVP** Fran by 6 p.m., Tues., April 26.

LEADERS: Fran Leighty 925-944-9068, Ellen Chen 925-389-1845

Sunday, May 1 DUBLIN HILLS REGIONAL PARK

10:00 Meet at Martin Canyon Creek Trailhead, 11485 Bay Laurel St. in Dublin. Park on Silvergate Rd. Take Martin Canyon Creek Trail, Donlon Loop Trail, and Calaveras Ridge Regional Trail. Bathrooms before hike in Safeway at intersection of Dublin Blvd and Amador. Lunch/bathrooms at Donlon Point Staging Area. 7 miles. 1,000' elevation gain/loss. Sticks recommended. Spectacular views as well as wildflowers. **RSVP** Diane by 4/29.

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

Thursday, May 5 PACIFIC HEIGHTS TO PALACE OF FINE ARTS, SF

9:30 Meet at SF Main Library at 30 Grove St. (Civic Center BART) (use restrooms), then walk to front of library to board #19 Muni bus on Polk St. at 9:55. Exit at Jackson & Polk. Walk 5 miles with steep hills & steps, 372' elev. gain in neighborhood of mansions & beautiful homes, eat lunch at Alta Vista Park, down Lyon Steps to Palace of Fine Arts. Return on bus to BART. **RSVP** Diane by 5/4 at 6:00 p.m.

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

Sunday, May 8 GLEN CANYON PARK TO DIAMOND HEIGHTS & MORE, SF

10:00 Meet at Glen Canyon BART to wind our way up the canyon, ~5 miles ~550' elev. gain, hills, stairs, on pavement and dirt trails. Lunch at Christopher Playground (restrooms), then through Noe Valley to 24th St BART. Shorter hike possible. Buses available after lunch. **RSVP** Fran by 6 p.m., 5/7.
LEADERS: Fran Leighty 925-944-9068, Ching Chiu 925-577-6793, Miu Wan 650-740-3355, Sylvia Kwan 925-852-9561

Tuesday, May 10th 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. Mon, 5/9.
LEADERS: Mark Petrofsky 510-229-2107 or mpetrof@hotmail.com; day of hike cell phones: Mark Detterman 510-461-4371, Mark P. 510 229-2107

Thursday, May 12 SECTION 1 SF CROSSTOWN TRAIL

9:00 Meet at Embarcadero MUNI to take the T train to Gilman, walk one mile to the trail start. Or, meet at Sunrise Point at **10:45**, Candlestick Point State Recreation Area. Hike officially starts from there at 11:00. Discover the rebuilding of the former Candlestick Park area and the return of the shore to its natural state. Walk through the Visitacion Valley Greenway to see beautiful gardens. Lunch at McClaren Park. End at Glen Park BART. 7 miles (section one plus one mile walk from T train). 674' elevation gain. **RSVP** to Jan starting May 3, jleck.2@gmail.com.
LEADERS: Jan Lecklikner 415-971-3783; Mindy Svorny-Moore 925-354-5089, msvorny-moore@comcast.net

Sunday, May 15 BLACK DIAMOND MINES REGIONAL PRESERVE

10:00 Meet last parking lot end of Somersville Rd., Antioch. There is a \$5.00 entry fee. **Please arrange own transportation.** This is a strenuous 8.42-mile hike with 965' total ascent. Some fire road, some steep and rocky single track. Strongly recommend trekking poles and good hiking boots. Trails include Stewartville, Corcoran, Lower and Upper Oil Canyon, Miner's and possibly Star Mine. Dramatic views! Rain cancels. Please **RSVP** by May 14, 5 p.m., to Dorothy Bradt at dorothybradt@sbcglobal.net
LEADERS: Dorothy Bradt 925 890-7195; Lynne Vogensen 925 889-4030

Thursday, May 19 SECTION 2 OF THE SF CROSSTOWN TRAIL

10:00 Meet at Glen Park BART station, restrooms available. Hike 3.1 miles, 740' elevation gain thru hilly Glen Park Canyon, up and over dirt trails behind Laguna Honda. Sticks recommended. Hike ends at Forest Hill MUNI. Rain cancels. **RSVP** Suzy Mark (suzymark@jps.net) starting May 11.
LEADERS: Jan Lecklikner 415-971-3783, Suzy Mark 415-577-1869, Jon Mark 415-225-5628

Sunday, May 22 ALUM ROCK PARK

9:15 Meet at Berryessa BART where **cars are needed** to drive to Alum Rock Park. Hike starts at **10:00** at Eagle Rock parking lot. From the shady Penitencia Creek trail, climb through oak woodlands to Inspiration Point; the South Rim trail; down fern-clad switchbacks to the confluence of the Penitencia Creek and the Arroyo Aguague and the mineral springs loop. 8 miles, 1000' elev. Lunch at picnic area on trail. Hikers and drivers email **RSVP** starting May 9 to Jan, jleck.2@gmail.com. Drivers especially requested to contact early.
LEADERS: Althea Wong 925-847-6469, moy@wawong.com, Jan Lecklikner 415-971-3783

Thursday, May 26 MARTINEZ HISTORY TOUR & MARINA LOOP

9:00 (new start time) Meet at first parking lot of Radke Martinez Marina. Directions: **Make your own way or find others who will carpool** via Hwy 680 to Marina Vista Ave. exit just before Benicia Bridge. Follow Marina Vista into town turning right onto Ferry St. Parking across RR tracks near OLD depot. First part of hike is mostly flat surfaces in town learning about different locations in the downtown area. About 2.3 miles loop back to lot. Bring a lunch or buy from Subway or Hot Dog Depot as we make our way back. After lunch is optional full loop of the marina, about 2.5 miles. All flat trail. Total distance about 5.5 to 6.0 miles. Restrooms at parking lot beginning and end and at lunch spot. **RSVP** Yvonne Moss before May 24 at 6 p.m. Limited to 20 hikers.
LEADERS: Yvonne Moss at mossyvonne52@gmail.com OR text to 925-286-1130 (cell). Co-leaders Sylvia Kwan 925-852-9561, Fran Leighty 925-944-9068

Sunday, May 29 MT. SUTRO OPEN SPACE & PARTS OF GOLDEN GATE PARK, SF

9:30 Meet in front of Ferry Bldg. (use restrooms), circle up, then board N Judah MUNI, exit 2nd & Parnassus. Hike about 4-6 miles on various dirt trails/steps, 900' elev. gain, sticks needed. Enjoy redwood grove, learn about Ishi, then have lunch at Kezar Field or children's playground (restroom). More discovery of Golden Gate Park after lunch, then board N Judah to return. Limit 25. **RSVP** Ellen by 6 p.m. day before hike.

LEADERS: Ellen Paisal 510-846-1543, Kathleen Fennelly 510-566-9755, Suzanne Bittroff 510-910-6801

Thursday, June 2 NANCY BOYD MEMORIAL PARK TO MT. WANDA AND BACK, MARTINEZ

8:30 Meet where **cars are needed** at W.C. BART to drive to Nancy Boyd Memorial Park (restrooms) on Church St. at Pleasant Hill Rd. EAST, off Alhambra Avenue. All hikers meet at **9:00** at the park. Hike residential streets to single track riparian trail to top of Mt. Wanda, lunch there, then take the fire road down. About 4.2 mi, loop, 700' elev. gain. Sticks recommended. **RSVP** Fran by 6 p.m., May 31.

LEADERS: Fran Leighty 925-944-9068, Miu Wan cell 650-740-3355, Sylvia Kwan cell 925-852-9561.

Sunday, June 5 CONTRA LOMA REGIONAL PARK, ANTIOCH

9:30 Meet at Pittsburgh Bay Point BART (**drivers needed**) OR **10:00** at the south entrance to Contra Loma Regional Park, 1200 Frederickson Lane, Antioch. Loop hike along Ridge, Stewartville. Rolling hills. 7 mi, 1000' elev. gain/loss. Restroom at lunch break. Restroom available before start by driving additional 0.5 miles into park on Frederickson Lane. Sticks recommended. To **RSVP** call Peggy Cotic by 6/3.

LEADERS: Peggy 925-768-8281 (cell), Miu Wan 650-740-3355, Ching Chiu 925-577-6793

Thursday, June 9 LAKE ELIZABETH HIKE AND PICNIC

10:00 Meet at Fremont BART (east side). Hike 1 mile to picnic site, then 3-mile walk around the lake to BBQ. 1 mile walk back to BART. **RSVP** by June 7 to Jerry Ford with your lunch choice of burger, hot dog, tilapia or vegetarian.

LEADERS: Jerry Ford 510-921-1739, Sylvia Kwan 925-852-9561, Frank Martin 510-460-8725, Stew Perlman 510-999-1706, J.J. Libbon 510-366-4270

Sunday, June 12 BEAR VALLEY TO COAST

10:00 Meet at Bear Valley Visitor Center, Pt. Reyes Station, for fairly level 8 miles out and back hike to coast. Lunch on ground overlooking ocean. Restroom at start and 2 miles in. **Drivers needed** to help with car pools from your local areas. **RSVP** to Patricia at cchchikergal@gmail.com asap to arrange. It's a very pretty hike!

LEADERS: Patricia Derickson 925-876-3278 and Fran Leighty

Thursday, June 16 CITY OF BRISBANE

10:00 Meet at Bayshore Boulevard and Old County Road. For transit, at **9:23** take #292 SamTrans bus from 1st/Mission Streets (Montgomery BART) (bus stop is between 1st and 2nd Streets) to arrive at Old County Road at 10:04 in Brisbane. Approx. 5 miles through city streets and along Crocker Park Recreational Trail. Approx. 350' elevation gain. Paved and gravel. **RSVP** to Jan Proudfoot between June 10 and 6 p.m., June 15, at jan.proudfoot@yahoo.com.

LEADERS: Jan Proudfoot 415-647-3285 day of hike (cell) and Fran Leighty 925-944-9068

Sunday, June 19 ANGEL ISLAND (Ferry from SF)

9:10 Board Angel Island Ferry at Ferry Terminal Gate B at foot of Market Street. Clipper cards accepted or purchase round-trip fare. Go to goldengate.org for prices & details. Hike 5 miles w/400' elev. gain. We will circumvent island counter-clockwise viewing West Garrison, East Garrison and the US Immigration Station. Please contact Patricia at cchchikergal@gmail.com by Friday, June 17, 6 p.m. to arrange possible carpools from other areas. Bring lunch.

LEADERS: Patricia Derickson 925-876-3278 & Laurie Lau 510-508-3494

Thursday, June 23 INSPIRATION POINT TO TILDEN BOTANIC GARDEN

9:30 Meet at Inspiration Point (restrooms). Hike to Tilden Botanic Garden via Seaview Trail (gain 640') and Upper Big Springs Trail (loss 380', 0.7 mi). Long break to view a CCHC legacy at the Botanic Garden and lunch nearby (restrooms). Return via Quarry Trail (gain 430'). Total ~5.5 miles. Sticks helpful for rocky sections. **RSVP** June 15 thru 20 to Chuck Browne at cebrowne6@yahoo.com. Limit 25 per Botanic Garden regulations.

LEADERS: Jo and Chuck Browne (cell 707-509-9914) and Dorothy Kaplan

Sunday, June 26 SAN FRANCISCO, LANDS END TO LEGION OF HONOR AND BACK

10:00 Meet at Lands End Lookout, 680 Point Lobos Ave, SF. Public transportation is available, contact hike leader for more information. Carpools encouraged. Explore Sutro Baths and hike along Coastal Trail to Legion of Honor where we will view outdoor sculptures and take lunch. Return back to start via Clement Street and explore Ft. Miley. Approx. 5.5 mi and 400' elev gain with 400 stairs and optional additional 250 stairs down to Mile Rock Beach. Sticks helpful. Restrooms at start and lunch spot. Hikers **contact** Amy Tieku by Saturday, June 25, noon to sign up (email preferred).

LEADERS: Amy Tieku 510-290-2125, abtieku@outlook.com; Miu Wan 650-740-3355; and Ching Chiu 925-577-6793

Thursday, June 30 OAKLAND ESTUARY

10:00 Meet at Fruitvale BART (restrooms). Follow Fruitvale Ave to 7th Street, entering 'Jingletown' to view the murals. Continue along the estuary path to the Park Street Bridge and follow Embarcadero to Union Point Park. Continue on the public paths, passing yacht harbors, fishing piers and the 9th Avenue Shipping Terminal. Lunch stop at picnic tables near Starbucks. Turn onto Oak Street to return to BART at the Lake Merritt station or proceed to the BART Station at 12th and Broadway. A visit to the Oakland Museum is also an option. The walk is about 5 miles. Sign up starting Monday, June 27.

RSVP to Roberta O'Grady, phone, 510-769-8423.

LEADERS: Roberta O'Grady and Beryl Vonderheid