

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

June 1 – September 30, 2022, Version 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. 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 and transit 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.
- 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, July 3 SHADY TRAILS AT TILDEN

8:30 Meet at North Berkeley BART or **9:00** at Island parking lot, 1147 Wild Canyon Rd, in Tilden. Take Selby to Grizzly Peak Trail, then Vollmer Peak (partially steep hike down) to Laurel Picnic Area for lunch. Hike back Redwood, Selby to the parking lot. Restrooms and water at the trailhead and picnic area. Sticks advisable. ~ 6miles, >1000' elevation gain. Rain cancels. 70% shade with great views.

Hikers and drivers email Sophia: atelier.sato@gmail.com between June 27 and July 1st by 6:00 p.m.

LEADERS: Sophia Garcia, 510-549-2413; Miu Wan, 650-740-3355; Ching Chiu, 925-577-6793; Colette Cussary, 925-676-8115

Thursday, July 7 EAST AVENUE PARK, HAYWARD

9:25 Meet at Hayward BART or **9:40** meet at trailhead parking lot, 3221 East Ave, Hayward. Restrooms at trailhead only. Moderate 5-mile, 700' elev. gain loop with wide dirt paths and 90% shade. Bring lunch or snack and poles for a few short steep downhill. **Text or call Wanda for BART pick up** by July 5th.

LEADERS: Sharon Wang, 510-468-1945; Wanda Fong, 510-303-4454; Ellen Chen, 925-389-1845

Sunday, July 10 POINT REYES: TOMALES POINT

10:00 Meet at Pierce Point Ranch trailhead. No toilet at trailhead. Stop at Abbots Lagoon or McClures Beach. You will pass right by them on the way here. This is a 9+ mile out and back hike with gentle hills, 616' of climb. Option to go all the way to point will add about 1 more mile. Breathtaking views of ocean, Tule elk, and, if lucky, wildflowers. Please arrange your own carpools. We have to leave early because it is a long drive and a long hike. Be prepared to drive 72 miles one way if coming from Walnut Creek area. **RSVP** Dorothy by Friday, July 8, 6 p.m.

LEADERS: Dorothy Bradt, 925-890-7195; Fran Leighty, 925-944-9068

Thursday, July 14 SAN FRANCISCO CROSSTOWN TRAIL, SEGMENTS 4 & 5

9:30 Meet at Embarcadero BART by MUNI entrance to N Judah, or **10:30** at the Andronico's at Funston and Irving (bathrooms). GG Park, Presidio, Baker Beach, to Land's End. Bring lunch. 7 miles, 300' elev gain. Sticks useful in one small part. Rain cancels. To sign up, **contact Suzy via email** starting 7/4.

LEADERS: Jan Lecklikner, jleck.2@gmail.com, 415-971-3783; Suzy and Jon Mark, suzymark@jps.net, 415-577-1869; Jon, 415-225-5628

Sunday, July 17 BAY FARM ISLAND, ALAMEDA

10:00 Meet at Harbor Bay Landing, corner of McCartney & Island Drive. Please park at edge of lot so we don't interfere with Safeway shoppers. Walk approx. 5 miles on level trails and pavement. A loop hike along lagoons and bay. Bring lunch. Restrooms at Safeway and along bay. Usually has a nice breeze. **Email** Patricia at cchchikergal@gmail.com by 3:00 p.m., Saturday, July 16, so we'll have enough treats!

If you can't find a ride to this hike, please email Patricia at cchchikergal@gmail.com, and we'll pick you up at Fruitvale BART at 9:34 am

LEADERS: Patricia Derickson, 925-876-3278 and Robin Dean, 650-483-1205

Thursday, July 21 EL CERRITO MOTORCYCLE HILL

9:30 Meet at El Cerrito Del Norte BART. Hike about 5 miles via Motorcycle Hill to El Cerrito recycling Center for 10-15 min. Q & A. Lunch at VISTA Park. Sticks helpful. About 800' climb. **RSVP** to Mary Huang 510-236-8258 or Lily Ho 510-898-1438 from 7/18 to 7/20 before noon. Limited to 20 people.

LEADERS: Lily Ho, 734-649-8250 (cell); Mary Huang, 510-949-6376 (cell) both day of the hike; and Dorothy Kaplan, 510-524-8365

Sunday, July 24 BERNAL HEIGHTS EARTHQUAKE COTTAGES

10:00 Meet at Glen Park BART. Walk one mile to Bernal Heights to look at the imaginative changes made to the earthquake shacks designed to be temporary shelters for 1906 earthquake victims. To Cortland Street for lunch – bring or buy. Explore more houses on the other side of Bernal Heights Park. Return by 24th ST BART. About 5.5 miles; 500' elev. gain. There are very short portions of the hike where sticks may be helpful.

LEADERS: Liz Howell 415-425-5538, Jo Anne Schultz 510-734-9324; Jan Proudfoot 415-647-3285

Thursday, July 28 BENICIA TO CARQUINEZ VISTA POINT

9:20 Meet at El Cerrito Del Norte BART where **cars are needed** or meet at **10:00** at public parking lot on East B Street off of 1st Street in Benicia. 7 ½ mile loop (shorter loops possible) with some gentle hills on sidewalks thru marina and Benicia Historic Park to Vista Point & return. **Riders & drivers MUST RSVP** (email preferred) mlbran1@yahoo.com by 6 p.m., 7/27.

LEADERS: Mike Branning, 510-758-2789 (cell 510-734-5041); Patricia Derickson, 925-876-3278

Sunday, July 31 MT TAM: BON TEMPE AND LAGUNITAS LAKES

9:00 Meet at El Cerrito del Norte BART station for carpools to Mt. Tam Watershed area above the town of Fairfax. Drive is ~40 mi. one way. Bring lunch, snack, poles optional. \$8 entry fee/car. Trailhead at Lagunitas Lake parking lot. Restrooms, water at trailhead. This is a 4.1 mi. hike around Bon Tempe Lake with minimal elevation gain, 2mi. around Lake Lagunitas. Look for ducks, turtles, heron, geese, deer, osprey, and an occasional eagle. Sun, minimal shade, first part of hike around Bon Tempe with restrooms mid-way. Lovely forested area on return to Lake Lagunitas trailhead. Lunch either at forested tree seating area, or picnic tables at Lagunitas trailhead. Lagunitas hike access to upper dam; great view of Mt. Tam. Please arrange own carpools. **RSVP** Carol (carol.savio.sf@gmail.com) by July 28th, 6pm

LEADERS: Carol Savio 510-907-3055 or Sets Amann 510-909-7734

Thursday, August 4 RODEO TO HERCULES ON SF BAY TRAIL

10:00 Meet at Lone Tree Point Staging Area in Rodeo near the intersection of Parker and San Pablo Avenues. For transit, take WestCat JPX from EC del Norte BART to Hercules Transit Center for pickup. Mention when signing up. Paved trail with no shade but cool bay breezes. Spectacular bay views. Restrooms at start and lunch. 5.3 mi. relatively flat trail. Hike limit 25 people. **Email** Rosemary (compasros@comcast.net) from 7/29 to 8/3 to sign up. More info will be sent to participants.

LEADER: Rosemary Johnson, 510-948-8385 home, 510-619-5728 mobile

Sunday, August 7 TILDEN PARK

10:00 Meet at the Little Farm (restrooms). Hike a ~6-mile loop with ~900' climb. Wildcat Peak Trail to the Peak, Nimitz to Inspiration Point (lunch, restrooms) to Curran and Wildcat Gorge trails. **Email (preferred) or call** Mary by 6 p.m., Friday, 8/5, to register, mulrich@sbcglobal.net, 925-876-0803

LEADERS: Mary Ulrich; Sophia Garcia, 510-549-2413

Thursday, August 11 THE NEW PRESIDIO PARKWAY S.F.

10:00 Meet at Embarcadero BART Drumm Street exit, use Hyatt Regency bathrooms and walk to MUNI bus #1 at Clay and Drumm. Exit at California & Arguello. Walk 4 blocks, enter Presidio Arguello Gates, hike to the Presidio Tunnel Tops over Presidio Parkway (formerly known as Doyle Drive). Lunch at the new Campfire Circle, return to BART via PresidiGo shuttle bus. Moderate hike, mostly flat paths, 4 1/2 miles. Bring lunch.

LEADERS: Suzy Mark, 415-577-1869; Jon Mark, 415-225-5628

Sunday, August 14 EL CERRITO HILLS

10:00 Meet @ El Cerrito Del Norte BART east parking lot for a 7-mile loop hike w/1300 ft. elev. gain on sidewalks & dirt paths thru Hillside Nature Area to top of El Cerrito hills. Sticks helpful. Views. Hikers please RSVP (email preferred, to Mike at mlbran1@yahoo.com by 6 p.m. 8/13.)

LEADERS: Mike Branning 510-758-2789 (cell 510-734-5041) & Helen Johe 510-334-7281

THURSDAY, AUGUST 18 LAWRENCE HALL OF SCIENCE TO BERKELEY BART

9:30 Meet @ Downtown Berkeley BART & walk to corner of Oxford & University to board AC Transit #65 bus at 9:55. Bus runs every 40 minutes so we cannot wait for you. Off-board @ LHS @ 10:14 for restroom stop. Walk up several steep steps & then down 4 miles on fire road. Sticks helpful on one steep downhill. Bring a lunch as the International House is closed. We will use restrooms in Faculty Club & eat outside of Campanile on benches or lawn. Email Patricia @ cchchikergal@gmail.com by 3:00 Wednesday, August 17, so we'll know to look for you.

LEADERS: Patricia Derickson 925-876-3278 & Jo Anne Schultz

Sunday, August 21 TILDEN PARK MEADOWS PLAYFIELD TO STEAM TRAINS LOOP

9:30 Carpool at El Cerrito del Norte BART (east side) or North Berkeley BART; or **10:00** at Lone Oak Road and Central Park Drive in Tilden Park. Start on Meadows Canyon Trail to Seaview, out to Steam Trains and back on Vollmer Peak and Big Springs. Have lunch at Willows picnic area. Approx. 9.5 miles and 1000' elevation. Optional shorter hike of about 7 miles is available. Terrain is very rocky in places, sticks helpful. Restrooms at start and lunch spot. **Hikers please contact** Amy Tiekku by Saturday, August 20, noon to sign up (email preferred).

LEADERS: Amy Tiekku, 510-290-2125, abtiekku@outlook.com; Sophia Garcia, 510-549-2413, atelier.sato@gmail.com

Thursday, August 25 SECTION 3, SF CROSSTOWN TRAIL

10:00 Meet in front of Forest Hills MUNI station. Bathrooms available near the beginning. Great views and lots and lots of stairs. Sticks recommended for stairs. End at Andronico's at Funston and Irving (bathrooms). Lunch on your own in Golden Gate Park or nearby restaurants on Irving. Return to BART via N Judah. 5 miles, 576' climb.

LEADERS: Suzy Mark, cell 415-577-1869; Jon Mark, cell 415-225-5628; Jan Lecklikner, cell 415- 971-3783

Sunday, August 28 PRESIDIO AND BAKER BEACH LOOP, SF

9:00 Take the 38R bus from Market St (at the corner of Montgomery St, near Montgomery BART) to Geary Blvd and Arguello Blvd. On Arguello Blvd, walk 0.08 miles north to meet leaders outside the Presidio Cafe, Presidio Golf Course. Hike officially starts from Presidio Cafe at **10:00**. This challenging 5.4 mile hike includes sandy paths, city streets, and steep stairways without rails. Restrooms at hike start and lunch spot (Baker Beach). 613' elevation gain, sticks recommended. Limit 20. Call leaders for carpooling and parking suggestions. **RSVP** Robin at robindeanmph@gmail.com by 9:00 p.m. Saturday, Aug 27.

LEADERS: Robin Dean, 650-483-1205, robindeanmph@gmail.com; Amy Tiekku 510-290-2125, abtiekku@outlook.com

Thursday, September 1 ROCK PARKS OF BERKELEY

10:00 Meet at El Cerrito Plaza BART. Visit 8 of Berkeley's parks on this 6-mile hike with 800 ft elevation gain, ending at Berkeley BART (not a loop). Many stairs both up and down. Sticks might be helpful. Buses available during hike.

LEADERS: Mike Branning, 510-758-2789 (cell 510-734-5041) & Laurie Lau 510-508-3494

Sunday, September 4 OPEN DATE

**Thursday, September 8 CANCELLED
HIKE IS CANCELED DUE HEAT**

Sunday, September 11 LAKES IN GOLDEN GATE PARK

9:45 Meet at McAllister and Jones (Civic Center BART) to catch #5 Muni to 36th and Fulton. Walk to Spreckels Lake (first restroom). This is the first of 9 lakes we will see, including 2 windmills, 4 bridges, climb very challenging stairs to the top of a waterfall and see the reservoir that feeds it. See the Enchanted Forest and Prayerbook Cross. End at Lloyd Lake to take #5 Muni back to Civic Ctr BART. Shorter hike possible. Approx 7.6 miles, 700' elev gain/loss. **RSVP** Colette starting 9/1.

LEADERS: Colette Cussary, 925-676-8115 (landline); Diane Cannon, 406-465-9873

Thursday, September 15 BENICIA DOWNTOWN TO MATTHEW TURNER PARK & BACK

10:00 Meet/park at the very end of 1st Street Pier near the restroom in Downtown Benicia. Walk along SF Bay Trail & city streets to Matthew Turner Park (via Alvarez West 9th Street Park, where there is a restroom). Walk back along W K St. to 1st Street downtown. Bring or buy lunch and eat at City Park or various restaurants along 1st Street. Ice cream is available at the Double Rainbow, 560 1st Street. About 4.5 level miles. Hike rain or shine. **RSVP** to Patricia at cchchikergal@gmail.com by Tuesday, 9/13/22, to reserve a space and arrange possible carpools.

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

Sunday, September 18 CANCELLED
BRIONES REGIONAL PARK hike is cancelled due rain forecast.

Thursday, September 22 PINOLE CREEK AND PINOLE OLD TOWN WALK
9:30 Meet at El Cerrito del Norte BART (restrooms); take WestCAT bus JPX at 9:55 that arrives at Pinole Valley Road and Henry Ave at **10:15**. Or park at AMF Pinole Valley Lanes bowling alley, 1580 Pinole Valley Rd, Pinole, CA 94564. Hike along Pinole Creek, visit Old Town Pinole, and Bayfront Park. Lunch at Fernandez Park. Restrooms at senior center. About 4 miles, flat, paved. **RSVP** Noël, September 15th-20th.
LEADERS: Noël Siver, 510-923-1327 (landline, no texting) noelsiver2@yahoo.co.uk; Lucy Perdichizzi, Lucyperd@sbcglobal.net, 510.410.1285; and Jan Proudfoot, Jan.Proudfoot@yahoo.com, 415-647-3285

Sunday, September 25 FERNANDEZ RANCH, HERCULES
9:30 Leave El Cerrito Del Norte BART where **cars are needed** or meet at Fernandez Ranch in Hercules at **10:00**. Hike is 6 mi w/ 1000 ft elevation gain, some steep hills. Different trails than our 4/21 hike here. Sticks advised. **Drivers & riders MUST RSVP** (email preferred) to Mike mlbran1@yahoo.com before 6 p.m., 9/24.
LEADERS: Mike Branning, 510-758-2789 (cell 510-734-5041) & Julia Cordell, 510-964-1467

Thursday, September 29 SOUTH SAN FRANCISCO SIGN HILL
9:20 Meet at South San Francisco BART (restrooms). Shuttle (9:38) and steep walk to Sign Hill Trailhead at intersection of Ridgeview Ct. and Carmelian Rd to see 60' letters. Hike Ridge Trail, Letters Trail, Seubert Trail, and Seubert Grove. Spectacular, panoramic views of the peninsula and SFO. Steep, slippery sections with switchbacks, up and down. Sticks helpful. 4.4 miles, 400' gain/loss. Lunch at Orange Memorial Park (restrooms). Shuttle or walk back to SSF BART. **RSVP** Colette by 6 p.m. on 9/27.
LEADERS: Colette Cussary, 925-676-8115 (landline); Diane Cannon, 406-465-9873; Fran Leighty, 925-944-9068