

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

October 1 – December 31, 2022, Version 24

Selected Guidelines: Leaders: Appoint a rear leader; wait at intersections for all to catch up. **If you cancel or change your hike, please inform hike coordinators Jim Baranowski or Marilyn Vihman so the change can be communicated to all members.** **Hikers:** Let the leader lead. **Report to leader if dropping out before end of hike.** **Everyone:** Bring water. 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 for the entire car is 60 cents per mile plus share of bridge tolls & entrance fees. For example, 2 people including driver: \$.30/mile, 3 people: \$.20/mi, 4 people: \$.15/mi, 5 people: \$.12/mi.**

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, October 2 POINT BONITA LIGHTHOUSE, MARIN HEADLANDS

9:15 Meet at Del Norte BART (EAST SIDE) to carpool or meet at 10:00am at 948 Fort Barry, Sausalito, MARIN HEADLANDS. ** NOTE: 948 Fort Barry address (@ Bodsworth Rd) is the OLD Marin Headlands Visitor Center which is now permanently closed. It is across from Headlands Center for the Arts. ****Set Google maps to 948 Fort Barry, Sausalito** as above. (Fort Barry on Simmons Road is NOT our starting point). Walk Lagoon Trail to view the Blue Whale Skeleton. Hike Rodeo Beach, South Rodeo Beach Trail, Mendell Trail, and Point Bonita Trail to the lighthouse. Return to our cars via the Lagoon Trail. 6-7 miles, 600' – 700' elevation. Beautiful views. Sticks are recommended, some short but steep climbs.

All riders/drivers must contact Sue by 1:00 p.m., Sat. (Drivers and cars needed!)

LEADERS: Amy Huang 510-545-3583, Sue Lai 510-646-2727 laipet736@gmail.com, Jan Lecklikner 415-971-3783

Thursday, October 6 NIMITZ WAY / TILDEN

9:30 Meet at Orinda BART where cars are needed to drive to Inspiration Point.

10:00 Circle up at Inspiration Point. 8 mile moderate out-and-back hike on paved Nimitz Way. Lunch and turn around at historic Nike site. Great views of the bay area. About 600 ft elevation gain/loss. Restrooms at start. Drivers and riders RSVP Diane by 6 pm on 10/5.

Leaders: Diane Cannon (406-465-9873) & Jo Anne Schultz (510-734-9324)

Sunday, October 9

ROCKRIDGE ELMWOOD CLAREMONT LOOP

10:00 Meet at Rockridge BART for this 7-mi strenuous hike, about 600 ft. elev. gain, through lovely residential areas. Steep walkways, lots of stair step paths, mostly on pavement, with some rock and root obstacles in some places. We will have lunch at Willard Park. Minimal restroom availability.

LEADERS: Lois Switzer: l_a_switzer@hotmail.com, home 510-526-4376, cell (day of hike only) 510-542-7183; Amy Tiekü 510-290-2125

Thursday, October 13

HALF MOON BAY TO PRINCETON

9:30 Meet at Hayward BART. There will be several cars waiting for **carpool**. For those driving directly, take 880 South, connect to CA92 to San Mateo Bridge, continue on 92, connect to Highway #1 South, take 1st right on Kelly Dr. to Half Moon Bay parking. Those taking US101 South toward SF Airport, connect to CA92 to Highway 1. Right turn on Kelly Dr. to parking. Park close to restroom. Hike begins from there to Princeton, mostly flat with some beach walk (2 to 3 miles) each way to Princeton. Lunch at Princeton with option to bring your own lunch or buy at Barbara's Fish Trap. Weather on the coast can change, wear layers, bring hat & water. **RSVP** to Sets Amann from October 1 to 12 whether you are driving or carpooling.

LEADERS: Sets Amann, setsamann@pacbell.net, 510-489-8096, Cell only on hike day 510-909-7734. Co-leader will be announced later.

Sunday, October 16

OPEN DATE

Thursday, October 20

AQUATIC PARK TO THE PRESIDIO, SAN FRANCISCO

9:30 Meet at the 30 Grove St. entrance to SF Main Library (restrooms) (Civic Center BART), then walk to the front of the library on Larkin St. to board #19 Polk MUNI bus at 10:00, exit at Northpoint & Polk, circle up on lawn near the Maritime Museum (restrooms) at **10:30**. Enjoy this leisurely saunter of about 4 miles, about 200' elev. gain, level except for some steps up to a lovely community garden in Fort Mason. Learn some of the history of the Wave Organ and the Palace of Fine Arts. Lunch on benches at Palace of Fine Arts, then walk to the Presidio's Lombard Gate to return to downtown SF on MUNI bus #45. **RSVP** Fran by 6 p.m., Oct. 18.

LEADERS: Fran Leighty 925-944-9068, Dorothy Bradt 925-889-9532

Sunday, October 23

BRIONES REGIONAL PARK

10:00 Meet at upper end of the Bear Creek Staging Area in Briones Regional Park, on the east side of Bear Creek Road 0.3 mi north of Happy Valley Rd. (37.9276, -122.1576) (not the Bear Creek Trail parking lot of the EBMUD reservoir, nor the Briones Road Staging area on the north side of the park). Loop hike of 6.2, 7.1, or 8.4 miles; 900'-1250' climb, to be determined with split hike options. Seaborg Trail, Crest Trail, and beyond on Spengler, Briones Crest, Black Oak, and Old Briones Road trails.

Email Mark Petrofsky, mpetrof@hotmail.com to arrange carpools from Berkeley, Orinda BART, or points east.

LEADER: Mark Petrofsky, cell day of hike only: 510-229-2107

Thursday, October 27

CATERED LUNCH!

10:00 Meet at Pleasant Hill BART to walk city streets & Canal Trail (with a stop at the new PH Library), then stop at Karen's home for lemonade & meditation in her garden, and on to Patricia's for ToGo's sandwiches. We'll be eating inside & outside or in the garage if it ever happens to rain! We're walking rain or shine. Approx. 4.5 level miles. Return via a half mile to bus stop. Sandwich selections will be available nearer the hike date. **Email** Patricia at cchchikergal@gmail.com (preferred) or 925-876-3278 if you plan to join us!

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

Sunday, October 30

BENICIA TO GLEN COVE, VALLEJO

9:15 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. Riders and drivers **RSVP** Diane by 6 p.m. on 10/29.

LEADERS: Diane Cannon 406-465-9873 & Robin Dean 650-483-1205

Thursday, November 3

SAN FRANCISCO HIKE

10:00 Meet at the SW corner of 24th St/Mission St BART station (near Santana mural). Walk east through the Mission to the Potrero Hill area. View murals along the way. Hike through downtown Potrero Hill and over to the east side of SF. Walk along the Bay: views, parks, Dogpatch, Chase Center, Mission Bay, and Mission Rock. Head across bridge to Oracle Park and the Embarcadero. Walk along the Embarcadero to the Ferry Building. Restrooms about 30-45 min after start, at lunch stop, and at end of hike. Lunch along the way. About 7 miles, with options to shorten along the way (buses). Mostly flat with a few blocks of hills in the Potrero area. Rain cancels. **Sign up** by Nov 2 with Kathleen at 415-647-1113.

LEADERS: Kathleen Clarkson 415-438-0571 (day of hike) and Fran Leighty

Sunday, November 6 DAYLIGHT SAVINGS ENDS 2am – turn your clocks back!

SUNDAY November 6 BELVEDERE STAIRWAYS

9:30 Meet at El Cerrito Plaza Bart West parking lot to carpool to Community Park in Belvedere. We will walk around Belvedere Island taking advantage of most of the stairway paths. This is a strenuous hike on concrete, asphalt and wood with approximately 1000 stair steps up in total and slightly less coming down; 3 miles and 350 ft elevation gain. Lunch can be bought in Belvedere or bring own to eat at the Park. Bathrooms only at beginning and end of hike. Optional 2.5 mile less strenuous walk after lunch. Limited to 20 hikers and all must call or email leader after Oct 29 to indicate Driver or Rider. Rain cancels.

LEADERS: Lois S L_a_switzer@hotmail.com; home: 510-526-4376; cell (day of hike only): 510-542-7183 and Linda Margosian cell: 510-685-1862

Thursday, November 10 MARTINEZ HISTORY TOUR & MARINA LOOP

9:30 meet at North Concord BART where carpool drivers are needed to drive to the first parking lot of Radke Martinez Marina. **10:00** circle up. If you are meeting us at the start, take Hwy 680 to Marina Vista Ave. exit just before Benicia Bridge. Follow Marina Vista all the way to the stop sign and turn right on Ferry St. Parking lot is across RR tracks. The first part of hike is about 1.5 miles flat surface. After lunch the loop is about 2.3 miles flat surface but may be muddy. About 5 miles total. Restrooms at parking lot and at lunch area. Limited to 15 hikers. **To sign up, email or text Yvonne** starting Nov. 1. **RAIN CANCELS.**

LEADERS: Yvonne Moss at mossyvonne52@gmail.com or text 925-286-1130; Sylvia Kwan 925-852-9561

Sunday, November 13 MACEDO RANCH, ALAMO: WALL POINT & PINE CANYON

9:30 Meet at Pleasant Hill BART where **cars are needed** to drive to Macedo Ranch Staging Area on Green Valley Rd. Parking fee \$6/\$5 seniors. **10:00** circle up. Restrooms at start/end only. Strenuous loop hike, 9 miles, 1788' elevation gain, sticks helpful. Riders and drivers **RSVP** Diane by 6:00 p.m. on 11/12. **RAIN CANCELS.**

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

Thursday, November 17 ALAMEDA: ENGLISH HOMES

9:50 Meet at Fruitvale BART in Oakland. We will take the O bus to High St and Central in Alameda to begin our walk. Amidst Victorian homes, we will be looking for English-style homes and cottages. This is a flat 5-mile walk, not a loop.

LEADERS: Beryl Vonderheid 510-532-8340 (cell day of hike only 510-207-4042); Roberta O'Grady 510-769-8423

Sunday, November 20 TOP OF THE WORLD (EAST BAY)

9:30 Meet at Inspiration Point, Tilden Park or **9:10** at Orinda BART station for pick up (**drivers needed**). Hike Seaview Trail to Steam Train Station for lunch and return via Vollmer Peak, Lupine, and Quarry Trails. About 6 miles and 800' elevation gain. Sticks helpful. Restroom at start and lunch. **Riders and drivers to text or call Yvonne** by 6 p.m., 11/19. Rain cancels.

LEADERS: Bill Chen 707-319-1283, Yvonne Van-Chen 925-437-8472

Thursday, November 24 OPEN DATE

Sunday, November 27 REDWOOD REGIONAL PARK

9:15 Meet at Rockridge BART or 10:00 at Canyon Meadow Staging Area. Off Hwy 13 take the Redwood Road exit uphill. Left turn into the park and go all the way to the end. (There are many parklets beforehand if the terminal lot is full.) We will walk north on the Stream trail

1.7ml then left up to the West Ridge trail and return. 5.2 miles with 500' gain. This stroll should help shake off all the eating indoors for the past three days. Rain cancels. Leaders: Jamie Watson 415-515-9618 & Bill Chen 707-319-1283, day of hike. Email by 11/25 if you intend to hike or need a pickup at BART to watson_jamese@yahoo.com

Thursday, December 1 CANCELLED DUE TO THREAT OF RAIN

ART ALONG THE OHLONE GREENWAY

10:30 Meet at North Berkeley BART. Walk along the Ohlone Greenway seeing murals and other artworks with a detour to Cerrito Vista Park for lunch, then back to Ohlone Greenway to see Utility Art in El Cerrito. Return from El Cerrito Del Norte Bart. 6 mainly flat paved miles. Rain cancels.

LEADERS: Lois Switzer: l_a_switzer@hotmail.com, home 510-526-4376, cell (day or hike only) 510-542-7183; Helen Johe 510-799-4188

Sunday, December 4 MY FAVORITE THINGS IN ALBANY AND NORTH BERKELEY

10:00 Meet at North Berkeley BART. We'll walk along the Ohlone Greenway seeing murals, then stop at the Albany Community Center for a bathroom break. We'll zigzag our way up to the North Berkeley hills seeing my favorite 'artsy' houses, 3 of my favorite free libraries, my favorite carved bear sculpture and a surprise. Lunch at Cragmont Rock Park after climbing stairs where there is a port-a-potty. Then we'll wind our way down back to North Berkeley BART. About 8 miles and 700-800' elevation gain. Rain cancels.

LEADERS: Lois Switzer: l_a_switzer@hotmail.com, home 510-526-4376, cell 510-542-7183 (day of hike only); Kathleen Fennelly 510-566-9755

Thursday, December 8 SAN FRANCISCO HOLIDAY HIKE

4:00 P.M. Meet at San Francisco Ferry Bldg., Main Entrance (use restroom & check display before meeting the group). Hike along Embarcadero to Pier 39 for rest stop, hike uphill to North Beach for early dinner at a North Beach restaurant. After dinner, meander through Chinatown. Depending on the weather and time, we will hike uphill to Nob Hill for Fairmont Hotel Christmas displays. Then we will hike down to Union Square to see the displays at St. Francis Hotel and Macy's. Number of participants limited due to dinner reservation. Hike will end around 8 p.m. Please **RSVP between November 25-Dec 4** to Sets Amann (preferably by email), or to Carol Savio. The cost of dinner will be around \$35.00 to \$40.00 including tax and tip. Please bring \$35-\$40 **cash** on that day.

LEADERS: Sets Amann setsamann@pacbell.net, 510-489-8096, (day of hike only 510-909-7734); Carol Savio 510-537-3713

Sunday, December 11 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. **5-6 miles, 500' elevation gain/loss**. Hike **Stewartville Trail and Contra Loma Reservoir Loop Trail**. Sticks recommended due to rainy/muddy conditions. Bring flashlight to explore mine tunnel. Drivers/hikers must call Diane by 6:00 pm on 12/10.

LEADERS: Diane Cannon 406-465-9873 & Miu Wan 650-740-3355

Thursday, December 15 SIERRA POINT & CITY OF STARS, BRISBANE

1:00 P.M. NOTE LATER START TIME Meet at Airport Boulevard and Butler Avenue in South San Francisco.

For BART riders, at Montgomery Street BART meet up at street level at Market and Second Streets at noon to walk to bus stop. For transit, at 12:19 board #292 SamTrans bus from 1st/Mission Streets near Montgomery BART (restrooms at BART) (bus stop is between 1st and 2nd Streets near 560 Mission Street) to arrive at Butler Avenue in South San Francisco at about 1:05. Cafes nearby should have restrooms; if not, there are restrooms along walk. About 5 mi. total. Walk along paved trails at Sierra Point and Oyster Point, then board bus north to stop in Brisbane to view lit-up stars on homes throughout town. Optional dinner in Brisbane, dining options at Brisbane Village Shopping Center. Take SamTrans #292 bus back to 1st/Mission Streets. **RSVP** to Jan Proudfoot at jan.proudfoot@yahoo.com

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

Sunday, December 18 REDWOOD REGIONAL PARK LOOP FROM SKYLINE GATE

9:20 meet at Rockridge BART by the escalators where cars are needed to carpool to Skyline Gate. 6 miles, 840 feet elevation gain.(Stream, Fern, French, Westridge Loop).Sticks highly recommended. Please contact Jan by Sat Dec 17 noon if a ride is needed. Rain cancels. **LEADERS:** Sue Lai 510-646-2727, Jan Lecklikner 415-971-3783 and Laurie Lau 510-508-3494

Thursday, December 22 LAFAYETTE RESERVOIR

10:00 Meet at Lafayette BART (south side) or **10:20** at the corner of Mt. Diablo Blvd. & Village Center. We will walk 5 miles to and around reservoir (200' elev. gain). We're hiking rain or shine and bringing our traditional seed bell for the birds' tree! Hot cider & cocoa will be provided. Bring your lunch and we'll have treats for you. **RSVP** to Patricia at cchchikergal@gmail.com by December 20, so we'll have enough refreshments.

LEADERS: Patricia Derickson 925-876-3278, Nidhi Derickson, Georgette Armstrong, Diane Barde

Sunday, December 25 OPEN DATE

Thursday, December 29 COYOTE HILLS REGIONAL PARK FREMONT

9:10(don't be late). Meet at Union City BART to catch the #232 bus to Commerce Drive then walk to the park entrance. This is a mostly level five mile loop. Bring lunch. We will have time to visit the Visitor Center and the Butterfly Garden. **We will hike in light rain. Heavy rain cancels. Call Beryl for a decision. RSVP ON** Dec. 26 to Beryl Vonderheid, 510-532-8340.

LEADERS: Beryl Vonderheid, Roberta O'Grady, 510-769-8423. Stew Perlman 510-490-3256. Frank Martin 510-657-5810.