

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## January 1 – March 31, 2023 V20

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**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 the leader if dropping out before the end of the 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 persons including driver: \$.30/mile, 3 pers: \$.20/mi, 4 pers: \$.15/mi, 5 pers: \$.12/mi.  
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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). Masking is not normally required, but be prepared to wear one if requested.
- Carpooling and transit are 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.  
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### Sunday, January 1 **OCEAN BEACH TO SEA CLIFF**

**9:45** Meet at Glen Park BART to catch 23 Monterey outbound bus departing **9:59** at Diamond & Bosworth. Exit at Great Highway & Sloat Blvd at 10:19. Moderate hike of about 7 miles & 600' elevation gain along Ocean Beach to Cliff house. Bring lunch to enjoy on north side visitor center. Restrooms at start and at lunch. Short hikers may return downtown on 38R bus at 48th & Geary. Others continue around Land's End to Eagle's Point & thru Seacliff to 25th Ave & Geary for return on 38R bus.

**LEADERS:** Jo Anne Schultz, 510-734-9324, and Liz Howell, 415-425-5538

**Thursday, January 5 Cancelled due to Weather**

**Sunday, January 8 Cancelled due to Weather**

**Thursday, January 12 ANTHONY CHABOT REGIONAL PARK TRAILS  
CANCELLED DUE TO TRAIL CONDITION**

Call Wanda Fong, 510-303-4454 for details

**NOTE: AN ALTERNATE HIKE IN BERKELEY MARINA MAY BE OFFERED INSTEAD.**

**10:00** Meet at Brickyard Cove parking lot, on West Frontage Road just south of University Ave. near the entrance to the Berkeley marina. This would be a no frills 5.5 mile flat walk with no sign up, no treats, no transit pick-up and no official lunch. We would be ending near the Seabreeze Market, so those who would like could lunch there.

Contact Rosemary Johnson [compasros@comcast.net](mailto:compasros@comcast.net) or (mobile day of hike) 510-619-5728

**Sunday, January 15 DOWNTOWN BERKELEY TO BERKELY ROSE GARDEN**

**10:00** Meet at Berkeley Express Coffee Shop, 4 blocks north of the Downtown Berkeley BART. Restrooms can be used, hopefully some will buy coffee. Let us celebrate Martin Luther King's Birthday by walking to The Rose Garden. The hike at the most is only five miles., Lunch will be after the hike, downtown Berkeley. Rain cancels.

**LEADERS:** Julia Cordell, (email preferred) [jxcordell@hotmail.com](mailto:jxcordell@hotmail.com), 510-964-1467 or co-leader David Jadeson, 510-493-6721

**NOTE** This time of year there will not be many Roses.

**Thursday, January 19 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 call Diane** by 6:00 p.m., 1/18.

**LEADER:** Diane Cannon, 406-465-9873

**Sunday, January 22 MORGAN TERRITORY**

**10:00** Meet at Morgan Territory Staging Area, 9401 Morgan Territory Rd., Livermore. (Restrooms at start/end only.) Hike Volvon and Whipsnake Loop. 6 miles. 1,000' elevation gain/loss. Some steep, slippery sections. Sticks helpful. Mud/rain cancels. **RSVP Diane** by 6:00 p.m. on 1/21.

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

**Thursday, January 26 QUIRKY BERKELEY – NORTHEAST**

**9:45** Meet at Downtown Berkeley BART (in front of Chase Bank). Restrooms at Paris Baguette, or Hotel Shattuck Plaza, 2086 Allston Way, or Berkeley Public Library, 2090 Kittredge at Shattuck. At **10:12** take AC Transit bus #67 from NE corner of Shattuck Ave. and Allston Way. From Dorothy Bolte Park walk mostly, but not entirely, downhill to see quirky sculptures, a giant orange kiosk, and a Buddhist altar. Lunch at Live Oak Park (only a single restroom). 4 miles. Heavy rain cancels, light rain OK. If you have books to donate, we will be passing by Little Free Libraries along our route.

**LEADERS:** Noël Siver, [noelsiver2@yahoo.co.uk](mailto:noelsiver2@yahoo.co.uk), 510-923-1327 (landline, no texting); Connie Gee, [cbgee2014@yahoo.com](mailto:cbgee2014@yahoo.com); Lily Ho, cell (day of hike) 734-649-8250

**Sunday, January 29 BRUSHY PEAK LIVERMORE**

**9:30** Meet at West Dublin/Pleasanton BART, where **cars are needed** to drive to parking lot. **Meet at the trailhead at 9:45.**

GPS 3899 Laughlin Rd, Livermore. Moderate hike w/ dirt trails, 4.5-mile loop w/ 919' elevation gain. Poles helpful. Restroom at staging area only. Text Sharon Wang 510-468-1945 by 1/28 if attending. Rain cancels.

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

**Thursday, February 2 REDWOOD REGIONAL PARK FROM SKYLINE GATE**

**9:00** Meet at Rockridge BART bottom of escalator to the left... car drop off area (drivers needed), or **9:45** at Skyline Gate parking lot, Restrooms open only at trailhead and at Orchard and Quail Meadows. approximately 1 1/2 to 2 hours from trailhead. Hike will be on East Ridge trail, Prince trail, Stream trail. Lunch at Quail Meadow, then Canyon trail, East Ridge, and Phillips Loop on the return. Approximately 7.1 mi. with 800' elevation gain. Muddy in places, sticks recommended. Rain cancels. **Drivers and riders email Carol:** [carol.savio.sf@gmail.com](mailto:carol.savio.sf@gmail.com) by Jan. 31st to sign up to drive or ride from BART

**LEADERS:** Carol Savio 510-907-3055; Laurie Lau 510-508-3494

### **Sunday, February 5 TOMALES POINT TRAIL**

8:30 AM. Meet at El Cerrito del Norte BART where cars are needed. Reconvene at 10 am at Tomales **Point Trailhead at Pierce Point Ranch, Pierce Point Rd, Inverness, CA.** **Moderately challenging, 9.4** miles out-and-back, 1,177 ft elevation gain. There is a short, sandy uphill section near the trail's end. Sticks recommended. Restrooms at start/end ONLY at McClures Beach parking lot (0.3 miles from trailhead). Rain cancels. Riders and drivers email Amy by noon Sat, Feb 4th to RSVP at [abtieku@outlook.com](mailto:abtieku@outlook.com) LEADERS: Amy Tieku (510) 290-2125 (cell), [abtieku@outlook.com](mailto:abtieku@outlook.com) and Robin Dean 650-483-1205 (cell), [robindeanmph@gmail.com](mailto:robindeanmph@gmail.com)

### **Thursday, February 9 MARTIN LUTHER KING JR. REGIONAL SHORELINE**

**10:00** Meet at Garretton Point Staging Area, north end of Edgewater Drive, Oakland or **9:45** at Coliseum BART. Bird walk for non-birders. Binoculars will enhance experience but not necessary as ducks and shorebirds are large. 4-mile flat loop hike on paved trails. Restrooms .25 mile from start and at midpoint of hike. **Sign up** starting Feb. 3 at [compasros@comcast.net](mailto:compasros@comcast.net) (preferred) or call 510-948-8385. **Indicate if wanting to be picked up from BART, so location can be emailed to you.** **LEADERS:** Rosemary Johnson (mobile day of hike) 510-619-5728; Sue Fernstrom, 510-363-1788

### **Sunday, February 12 DEL VALLE**

**9:30** Meet at Dublin BART (end of line) (south side of 580), where **cars are needed** to drive to Del Valle. **10:00** Meet at Arroyo Road Staging Area for Del Valle. Hike East Shore/Heron Bay Trails. 8 miles out and back, no shade, 1,264' elevation gain/loss. Sticks recommended. Spectacular views! Bathrooms at staging area. Rain/mud cancels. All **drivers and hikers must RSVP Diane** by 2/10. **LEADERS:** Diane Cannon 406-465-9873 & Dorothy Bradt 925-890-7195

### **Thursday, February 16 WEST BERKELEY WALK**

9:45 Meet at Downtown Berkeley BART (in front of Chase Bank). Restrooms at Hotel Shattuck Plaza, 2086 Allston Way (code 425). At 10:15 take AC Transit bus #18 from Shattuck Ave. and Allston Way to the end of the line. Drivers meet at 10:35, at 1101 Jackson St., Albany. Only 2-hour parking nearby. Must park several blocks to the north on Jackson St, north of Buchanan. Urban walk through a mix of the old and the new. Restrooms and lunch at Brickyard Cove (bring or buy from nearby Seabreeze Market). Return via 4th St and Harrison Park. 5.5 miles, level. Rain cancels. **LEADERS:** Fran Ternus, 510-914-0916 (texts preferred); Laurie Lau 510-508-3494; Jan Lecklikner, 415-971-3783

### **Sunday, February 19 REINHARDT REDWOOD REGIONAL PARK FROM SKYLINE GATE**

9:20 Meet at Rockridge BART by the escalators, where cars are needed to carpool to Skyline Gate (or meet @ 10:00am at Skyline Gate). Hike the French, Chown, and Stream Trail Loop. 6 miles, and 1,075 feet elevation gain. Sticks are highly recommended, lots of ups and downs. Rain cancels. Riders and drivers, please contact Sue Lai by 10 p.m. on 2/18.

LEADERS

: Sue Lai ([laipet736@gmail.com](mailto:laipet736@gmail.com)) cell: 510-646-2727; Miu Wan, cell: 650-740-3355

### **TUESDAY February 21 CASCADE CANYON OPEN SPACE/MT TAM WATERSHED**

**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. and return by same route. 1486' of climbing, 7.4 miles. A longer, loop, version of this hike is also available: 8.5 miles, 1760' of climb. Both versions end with an in and out near the end to Cascade Falls. Sticks recommended for a creek crossing. Hikers and drivers **email or call** Mark Petrofsky by 10:00 a.m., Monday 2/20.

**LEADER:** Mark Petrofsky 510-229-2107 or [mpetrof@hotmail.com](mailto:mpetrof@hotmail.com)

### **Thursday, February 23 IN CHARLIE CHAPLIN'S FOOTSTEPS – NILES**

**10:00** Meet at Union City BART. Walk to Niles with a stop at the new California Nursery Park. Make a loop of downtown Niles, once the silent movie capital of the world. Lunch at Niles Community Park. Walk back to Union City BART. 5-6 miles.

**LEADERS:** Jerry Ford, 510-921-1739; and Laurie Lau, 510-508-3494

Sunday, February 26 MT. TAM **CATARACT FALLS**

9:00 Meet at Del Norte BART East parking lot where cars are needed to Drive to Pan Toll Ranger Station on Mt. Tam (\$8 cash parking fee or State pass), or meet there at 9:45. 8 mile 1300 ft elevation gain hike to Laurel Dell and **Cataract Falls**. Great views, weather permitting. Rain may cancel. All hikers, riders, and drivers **MUST RSVP** to Mike before 6pm on 2/25 (email preferred) mlbran1@yahoo.com.

**LEADERS:** Mike Branning 510-734-5041, Laurie Lau 510-508-3494, Bill Chen 707-319-1283

**Thursday, March 2 SAN PABLO RESERVOIR**

**9:45** Meet at Orinda BART, where **cars are needed** for short drive to intersection of San Pablo Dam Road & Bear Creek Road. Out & back, 5 mostly level miles. **Riders & drivers must email Patricia** at cchchikergal@gmail.com by 5:00 p.m., Tues., February 28. Going rain or shine!

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

**Sunday, March 5 SOBRANTE RIDGE, EL SOBRANTE**

**9:30** Meet at Castro Ranch Road and Conestoga Way in El Sobrante. Trailhead is on Conestoga Way on the left side about 2 houses up from Castro Ranch Road. Street parking. Hike Sobrante Ridge Trail and the Manzanita Loop to see one of the last stands of the rare and endangered Alameda manzanita. 6-mile loop with some pavement at end. 1466' gain/loss. Bathroom at lunch only. RSVP Colette at 925-676-8115 by Friday, 3/3 before 6 p.m.

**LEADERS** Colette Cussary, 925-676-8115 and Diane Cannon, 406-465-9873

**Thursday, March 9 RICHMOND MARINA AND MEEKER SLOUGH**

**10:00** Meet at Richmond Ferry parking on Harbour Way S or **9:45** at Richmond BART. A bird walk for non-birders. Binoculars will enhance experience but not necessary as ducks and shorebirds are large. Walk paved SF Bay Trail along shore and up Meeker Slough. Lunch at Marina Park. About 5 miles, flat. **Contact** compasros@comcast.net (preferred) or 510-948-8385 starting March 3.

**LEADERS:** Rosemary Johnson (mobile day of hike) 510-619-5728; Sue Fernstrom, 510-363-1788

**Sunday, March 12 FIVE CANYONS OPEN SPACE, CASTRO VALLEY**

**CANCELED Because of trail conditions and Rain**

**9:30** Meet at Castro Valley BART where **cars are needed**. Restrooms available at Five Canyons Park on Five Canyons Parkway. **10:00** meet at Ridge Trail Park on Boulder Canyon Drive. Hike Shady Canyon Trail and a portion of Chabot to Garin Regional Trail. 6 miles. 1,100' gain/loss. Sticks helpful. Spectacular views! **RSVP Diane** by 6:00 p.m. on 3/10.

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

**Thursday, March 16 ALAMEDA CREEK IN THE SPRINGTIME**

**10:00** Meet at Union City BART. Walk to Isherwood Staging Area at Alameda Creek. Continue along Alameda Creek and have lunch at Shinn Pond. After lunch we will walk up to Niles. We can take the bus back to BART or enjoy the town and walk back to BART. 4 to 6 miles, level loop walk.

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

**Sunday, March 19 ANNUAL MEETING**

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

**Thursday, March 23 HIDDEN LAKES RAMBLE**

**9:25** Meet at Concord BART where **cars are needed**, or meet **9:45** at Hidden Lakes Park, Chilpancingo Pkwy/Morello Ave, Martinez. We make a 4-mile loop with 500' elevation gain. Restrooms at the trailhead. Bring a snack. Enjoy a lake view and interesting bridge section. Bring poles if you elect to take the optional short steep section. Heavy rain cancels. Riders and drivers **must RSVP** to Edwin (ed.osada@gmail.com) between March 19 - 21.

**LEADERS:** Edwin Osada (925.980.2641), Lorena Kai (510.452.7540)

**Sunday, March 26 PATWINO WORRTLAW KADOI DIHI OPEN SPACE PARK, FAIRFIELD**

**9:30** Meet at Del Norte BART or Pleasant Hill BART to **carpool** or **10:00** meet at the Red Icehouse at the SE corner of Suisun Valley and Rockville Rds in Fairfield (restrooms). We will carpool/shuttle to the private trailhead for circle-up. 6-mile hike 1000' through Solano Land Trust's newest open space preserve - anticipate some cross-country walking. Unique overviews and stellar oak woodlands. 2+ miles of hike will be on newly minted section of the Bay Area Ridge Trail. Bring adequate water, snack/lunch, sticks, a camera (early wildflowers), and a personal waterproof ground cloth for lunch - nature restrooms only. You will be asked to sign an **SLT liability waiver** to access this preserve.

**Drivers and riders must contact Ed Osada**, Eosada@yahoo.com, 925-980-2641 by **Friday, 3/24**.

**LEADERS:** Steven (docent) & Georgia Chun 707-761-4392, Ed Osada (docent), Lorena Kai

**Thursday, March 30 KENNEDY GROVE, EL SOBRANTE**

**9:30** Meet at Del Norte BART where cars are needed or **10:00** at Kennedy Grove. Hike is 4 miles with 500 feet elevation gain. Light rain or mud may alter route, heavy rain will cancel. Restrooms at start and end of hike, with lunch in picnic area at end. All hikers, riders and drivers please RSVP to Mike (email preferred) at mlbran1@yahoo.com or 510-758-2789 by 6pm on 3/29.

**LEADERS:** Mike Branning 510-734-5041 (day of hike) & Lily Ho 510-898-1438