

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

April 1 – June 30, 2023 **V17**

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 & 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. Suggested rate for the entire car is \$0.30/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.

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 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.

Sunday, April 2

OPEN DATE

Thursday, April 6

SAN LEANDRO CITY HISTORY WALK

10:00 Meet at San Leandro BART. Walk is about 3 miles to visit historical sites in San Leandro. No restrooms until lunch at Buffet Fortuna (\$20 Cash). Then, visits to the Dasen Museum and the San Leandro History Museum. Mask may be required. Space limited to 25. RSVP to Darlene at darlenechoy@gmail.com between April 1 and April 4 7 pm.

LEADERS: Lily Ho 734-649-8250 and Darlene Choy 510-317-3694 (cells on day of hike only).

Sunday, April 9

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 4/8 (email preferred) mlbran1@yahoo.com.

LEADERS: Mike Branning 510-734-5041, Laurie Lau 510-508-3494, Bill Chen 707-319-128

Thursday, April 13**WETLANDS EDGE PARK, NAPA RIVER BAY TRAIL**

9:00 Meet at Del Norte BART where **cars are needed** or **9:30** at Wetlands Edge Park Trailhead in City of American Canyon, 2 Eucalyptus Way. Hike ~5 miles on flat, paved, gravel, and dirt trails. Eucalyptus forest with possible great horned owls and extensive salt marsh habitats. Besides otters in the Napa River, the entire area is a bird sanctuary with possible baby mute swans. A single restroom at trailhead. Late lunch at the picnic area. Rain cancels. Binoculars and sticks are useful. Drivers and riders must **email** Sophia Garcia: atelier.sato@gmail.com, from April 6th through 11th by 6:00 p.m. **LEADERS:** Sophia Garcia 510-326-7485 (day of hike only); Linda Margossian 510-685-1862 (day of hike only)

Sunday, April 16**SHELL RIDGE, WALNUT CREEK**

10:00 Meet at the end of Marshall Drive, Walnut Creek. Hike ~6 miles with ~1200 ft elev. gain (mostly gradual). Sticks useful. No restrooms at start of hike but available at Heather Farms close by. Lunch at Borges Ranch (Bob's Pond), where restrooms and water are available. **BART option:** Walnut Creek pick up at **9:30**. Riders and drivers needed. **Call or email** (preferred) Mary by 5 p.m., Sat., 4/15. Rain or mud cancels.

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

Thursday, April 20**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. \$8 entry fee/car. Bring lunch, snack. Poles optional. Trailhead at Lagunitas Lake parking lot (end of road). Porta potties, water at trailhead. 4.1 mi hike around Bon Tempe Lake with additional 2 miles around Lagunitas. Look for wildflowers, lots of waterfowl, maybe a heron or osprey. Sun, minimal shade first part of hike around Bon Tempe with porta potty midway. Lovely forested area on return to Lake Lagunitas trailhead. The number of hikers is strictly limited to the number of drivers with passengers either meeting at the Lagunitas Lake parking area, or those offering carpools from El Cerrito del Norte BART. **All hikers must email** Carol by April 18th.

LEADERS: Carol Savio 415-203-8390 (carol.savio.sf@gmail.com); Sets Amann 510-909-7734

Sunday, April 23**SAN BRUNO MOUNTAIN**

9:30 Meet at Balboa Park BART. Board #8 MUNI EXPRESS bus, eastbound on south side of Geneva Ave. and exit Carter & Geneva. 8 moderately strenuous miles on trails (Eucalyptus, Ridge & Summit Loop) and pavement with wildflowers, views, and 1300' elevation gain. Sticks helpful. Restrooms at BART and park entrance, hike ends at Daly City BART. Rain cancels.

LEADERS: Jo Anne Schultz 510-734-9324 (cell); Jan Proudfoot 415-647-3285 (cell); Dorothy Bradt 925-890-7195 (cell)

Thursday, April 27**DRY CREEK PIONEER REGIONAL PARK/GARIN REGIONAL PARK, UNION CITY LOOP**

9:15 meet at Union City BART to board at 9:44 AC transit bus #99 (toward Hayward BART), exit at Whipple & Mission Blvd., or meet at **9:45** at Dry Creek Pioneer Reg. Park parking lot (restroom). Hike High Ridge Loop for ~6.6 miles with ~1,400 ft. elev. Gain on wide dirt trails. Wild flowers and great views along the way to lunch & restrooms at Garin Reg. Park Visitor Center area. Hike continues after lunch back to Dry Creek Pioneer Reg. Park. Sticks recommended. Rain or extremely muddy trails cancel the hike. **RSVP** Laurie Lau LLLAU@comcast.net by 6 pm day before hike.

LEADERS: Laurie Lau (cell day of hike only: 510-508-3494) & Cathy Kong cell 510-845-3131

Sunday, April 30**ALAMERE FALLS, PT. REYES NATIONAL PARK**

8:30 Meet at Del Norte BART, where **cars are needed** to drive to Palomarin Trailhead (restrooms). **10:00** circle up. Take the undulating Palomarin Trail along spectacular beach cliffs and through peaceful forests to Wildcat Camp (restrooms). Then walk along the beach to Alamere Falls for a lunch stop. Retrace our steps for a total of 14 miles, 1000' elevation gain/loss. Not strenuous, just long! Sticks useful. Drivers and riders **RSVP** Jan by 6:00 p.m. on 4/28.

LEADERS: Jan Lecklikner 415-971-3783; Diane Cannon 406-465-9873

Thursday, May 4

FERRY BUILDING TO HERON'S HEAD PARK, S.F.

10:00 Meet at Ferry Bldg. (restrooms) (Embarcadero BART), then board N trolley southbound, exit at 2nd St. and King St. (ballpark). Walk ~3 miles on sidewalks with views of S.F. Bay to Heron's Head Park & EcoCenter for lunch. Porta potties available. Docent will offer about a 20-30 minute talk about the park and EcoCenter. We then walk about 1.5 miles to Evans and 3rd St. to board the new T line, exit at the new Union Square station for BART. **RSVP** to Fran by 6 p.m., May 3.

LEADERS: Fran Leighty 925-944-9068; David Jadeson 510-493-6721

Sunday, May 7, 2023

PLEASANTON RIDGE REG PARK, SUNOL

9:00 Meet at Union City BART where **cars are needed** or **9:30** Meet at Tyler Ranch Staging Area: 12565 Foothill Rd., Sunol, CA. Follow Sunol Ridge and Woodside Spring Trails. Strenuous hike, 2000' elevation gain/loss, 8 miles, 7 hours. Sticks helpful. Absolutely stunning views in every direction. Wildflowers galore. Bathrooms at start/finish. New area, just opened in February. Doesn't connect to the older Pleasanton Ridge. Drivers and riders **call** Diane by 6 pm 5/5.

LEADERS: Diane Cannon 406-465-9873; Laurie Lau 510-508-3494

Thursday, May 11

MOUNT DIABLO, MITCHELL CANYON, GLOBE LILY

10:00 Meet at the Mitchell Canyon Visitor Center to Mount Diablo State Park (96 Mitchell Canyon Rd, Clayton). There may be an entrance fee of \$6-7. (Restrooms.) This is an out and back on Mitchell Canyon Trail with a side loop on the Globe Lily Trail. The hike will be about 4.5 miles with a gradual elevation gain of ~450 ft. Optional lunch at the end of the hike. **BART option:** Walnut Creek pick-up at **9:30**. Riders and drivers **contact** Mary by Wed., May 10, 5 p.m.

LEADERS: Mary Ulrich, 925-876-0803, mulrich@sbcglobal.net; Dorothy Bradt, 925-890-7195

Sunday, May 14 MOTHER'S DAY HIKE, TRAVERSE THROUGH THREE REGIONAL PARKS

9:00 Meet at Sibley Staging Area. A short walk to Huckleberry Botanic Regional Preserve. Huckleberry loop trail to Phillips Loop Trail (Redwood Regional Park). Lunch at Girl's Camp. Restrooms at the Staging Area & picnic area. ~ 7 miles with ~ 1000' elevation gain. Sticks are useful. All hikers & drivers please **email** Sophia: atelier.sato@gmail.com from May 7th through 12th by 6:00 p.m.

LEADERS: Sophia Garcia: 510-326-7485 (day of hike only); Amy Tiekou 510-290-2125
abtiekou@outlook.com

Thursday, May 18

BERKELEY MARINA, MCLAUGHLIN EASTSHORE PARK, CAESAR CHAVEZ PARK

10:00 Meet at Brickyard Cove parking lot, on West Frontage Road adjacent to Seabreeze Market, just south of University Ave, Berkeley. **Public transit option:** Meet at the Downtown Berkeley BART station exit at Center and Shattuck no later than **9:20** to transfer to AC Transit bus 51B at 9:36 across the street on Shattuck and Center (check bus schedule) towards Berkeley Marina. Stop at Seabreeze Market just past the freeway. A lovely, mostly flat, 5.5 mi. loop hike on the Berkeley Marina including the adjacent McLaughlin and Caesar Chavez Park areas to enjoy shorebirds, wildflowers, magnificent Bay scenery, and bobbing harbor boats. Restrooms at Brickyard Cove, porta potties in McLaughlin and Cesar Chavez, and another restroom area at the Berkeley harbor. Lunch can be either brought, or bought at Seabreeze Market with picnic tables. Drivers and riders **email** Carol by May 16th.

LEADERS: Carol Savio 415-203-8390 (carol.savio.sf@gmail.com); Beth Johnke 925-570-4467

Sunday, May 21

BACK CREEK WILDFLOWERS, MT. DIABLO STATE PARK

9:30 Meet at Walnut Creek BART where **cars are needed** to carpool to trailhead. Restrooms available at Clayton Grove Park in Historic Clayton corner of Marsh Creek and Main St. No restroom at trailhead or lunch. Turn right off Marsh Creek Rd. onto El Molino and park on the side of the road with no houses. Hike is approx. 6 miles with 500 ft elevation gain. **Sticks strongly recommended due to trail erosion and several creek crossings. Long pants recommended due to Poison Oak and tall grass along trail.** Riders and drivers **call** Dorothy by Friday, May 19.

LEADERS: Dorothy Bradt 925-890-7195; Mary Ulrich 925-876-0803

Thursday, May 25

ANTHONY CHABOT REGIONAL PARK TRAILS

9:11 Meet at Castro Valley BART or **9:30** at Redwood Canyon Golf Course Parking Lot, 17007 Redwood Rd, Castro Valley (past the building). Out and back moderate hike starting at Brandon Trail, 5.5 miles, 902' elev. gain. Dirt trails, 65% shade. We'll stop at the picnic area at Honker Bay for snacks or lunch. Restrooms at trailhead and a few along the trail. Rain cancels. **Text** Wanda 510-303-4454 for BART pickup by May 23. Must wear a mask please.

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

Sunday, May 28

STINSON BEACH AND MT TAM

9:00 Meet at Del Norte BART (eastside) where **drivers are needed** for carpools or **10:00** at Stinson Beach Parking near middle restroom. Hike Dipsea & Steep Ravine trail to Pantoll, Mt. Tamalpais SP for lunch. Return by Old Mine & Dipsea. 7 miles, 1400' elevation gain with many stairs. Sticks helpful. Restrooms at start and lunch. All hikers **MUST RSVP** to Mike by 6 p.m. on May 27 (email preferred).

LEADERS: Mike Branning 510-734-5041 mlbran1@yahoo.com, Laurie Lau 510-508-3494

Thursday, June 1

TWIN PONDS LOOP, SHELL RIDGE, WALNUT CREEK

10:00 Meet at Hanna Grove (Bob's Pond, Borges Ranch). Restrooms and water available. Hike ~ 4 miles with ~500 ft elevation (gradual except for one steep hill) on mostly single track. Sticks useful. Hike limited to 15, reserve with Mary. **BART option:** Walnut Creek pick-up at **9:30**. Drivers and riders **contact** Mary by Wed., May 31, 5 p.m. Optional lunch at the end of the hike at Bob's Pond. Rain or mud cancels.

LEADERS: Mary Ulrich, 925-876-0803, mulrich@sbcglobal.net; Karen Long, 925-256-634

Sunday, June 4

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, June 3rd to RSVP at abtieku@outlook.com

LEADERS: Amy Tieku (510) 290-2125 (cell), abtieku@outlook.com and Robin Dean 650-483-1205 (cell), robindeanmph@gmail.com

Thursday, June 8

CHINATOWN MURALS & FRANCISCO PARK, SF

10:00 Meet in front of SF Ferry Bldg. [Embarcadero BART] Walk to Chinatown to view murals. Continue to lunch in Francisco Park. After lunch return to Ferry Bldg. via Bay St. and The Embarcadero. 6 miles, some short steep sidewalks. Email [liz_howell@yahoo.com] to receive article with photographs of Chinatown Murals.

LEADERS: Liz Howell 415-584-1204 (cell day of hike only 415-425-5538), Barbara Mow (cell day of hike only 415-712-6407)

Sunday, June 11

UPPER ROCKRIDGE TO TEMESCAL LOOP

10:00 Meet at the bottom of the escalator at Rockridge Bart. We will walk on sidewalks and pathways to Lake Temescal for lunch. There will be lots of stair steps; a few with handrails. Restrooms will be only available at lunch and Bart. There will be dirt paths at Temescal; sticks may be useful. About 5.5 miles with about 550 feet elevation gain.

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

Thursday, June 15

ANNUAL PICNIC

10:00 Meet at Fremont BART (East side). Hike 1 mile to picnic site in Central Park, then 3 miles around lake Elizabeth to BBQ. One-mile walk back to BART. **RSVP** to Jerry Ford by June 13 with your choice of burger, hot dog, tilapia, or vegetarian. Free to members, \$5 for guests.

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 18

SUMMER SOLSTICE HIKE AT TILDEN

9:00 Meet at North Berkeley BART or **9:30** at Island parking lot, 1147 Wildcat Canyon Rd, in Tilden. Take Selby to Grizzly Peak Trail, then Vollmer Peak (part 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. Hikers and drivers **email** Sophia: atelier.sato@gmail.com between June 11 and 6:00 p.m., June 16.

LEADERS: Sophia Garcia 510-236-7485 (day of hike only); Colette Cussary 925-676-8115

Thursday, June 22

DOWNTOWN BERKELEY TO BERKELEY ROSE GARDEN LOOP

10:00 Meet at the northwest corner of Shattuck Ave and Center St, Berkeley (Downtown Berkeley BART). We will walk a section of the UC Berkeley campus, then onto Berkeley streets and paths. There will be lots of stair steps without handrails. Lunch will be at the Berkeley Rose Garden with time to smell the roses. Return to the campus by a different route and return to Downtown Berkeley BART. About 5 miles with about 400 feet elevation gain.

LEADERS: Lois Switzer: l_a_switzer@hotmail.com, home 510-526-4376, cell 510-542-7183 (day of hike only); and Angus Powelson 510-499-9588

Sunday June 25

BRIONES REGIONAL PARK

9:00 Meet at Alhambra Creek Staging area, 2537 Reliez Valley Rd., Martinez. We will all start off on Alhambra Creek Trail. Hike a 9-mile loop including Mott Peak Trail, with a 1900' gain/loss. Bathroom at start/end. Early start due to heat. Shade at beginning and end. If the day is hot the longer hike will be shortened to 7 miles. **RSVP** (Call) Colette 925-676-8115 by June 24.

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

Thursday, June 29

WESTLAKE/LAKE MERCED/FORT FUNSTON

10:00 Meet at Daly City BART. Approx. 6 miles with shorter options. Mostly flat and paved, one hill with 150' elevation and long stairway to/from beach (optional). Sticks helpful. Return via 29 bus to Balboa Park BART.

LEADERS: Jan Proudfoot 415-647-3285; Fran Leighty 925-944-9068