

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## July 1 – September 30, 2023 V 12

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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 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 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) ◆◆◆◆◆

### 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, July 2

### SHADE AND RIPARIAN HABITAT AT TILDEN PARK

9:00 Meet at North Berkeley BART station where cars are needed, or 9:00 at Nature Area / Little Farm parking lot (1500 Central Park Drive). Take Memory, Selby to Wildcat Gorge Trail. About 80% shady trails. Hike through cool patches of redwood groves & riparian treasures. Restrooms at trail head and Lake Anza. Lunch by Wildcat Creek. Sticks are very helpful for scrambling through rocky areas. Rain cancels. ~7 miles with ~800' elevation gain. Alteration due to trail head closure from Cannon Drive: Meeting place, distance & elevation gain largely unchanged: We will now take Lower Packrat, Silvan to Wildcat Gorge Trail. The rest is unchanged. All hikers & drivers RSVP to Sophia at [atelier.sato@gmail.com](mailto:atelier.sato@gmail.com) between the 25th and 30th of June by 6 p.m.

**LEADERS:** Sophia Garcia 510-326-7485 (day of hike only); Marilyn Vihman 510-708-3853 (day of hike only)

### Thursday, July 6

### SAN FRANCISCO, CHINATOWN TO THE PRESIDIO

10:00 meet at Powell BART station. We will meet in the sunken plaza open to the sky on north side of the station, near a kiosk that looks like a cable car. From there, we will take the new MUNI underground to the Rose Pak Chinatown station. From there we will hike to the Presidio and back through Chinatown, Cow Hollow, Pacific Heights, and Yoda! Return to Van Ness for transit. Approx 5 mi, 500' elev gain.

**LEADER:** Kathryn Rato, [kathrynrato@gmail.com](mailto:kathrynrato@gmail.com)

**Sunday, July 9**

**BERKELEY ELMWOOD DISTRICT**

**10:00** Meet at Ashby BART. Discover Berkeley's Elmwood District, an architectural goldmine of fascinating houses, including signature works by Julia Morgan and Leola Hall. Despite its former "whites only" status and current elegance, the district was once home to political radicals like Jane Fonda, Tom Hayden, and Eldridge Cleaver. Mostly flat, numerous stairways, one long steep paved uphill. 5-6 miles.

**LEADER:** Lucy Perdichizzi [lucyperd@sbcglobal.net](mailto:lucyperd@sbcglobal.net), cell 510-410-1285 (text preferred)

**Thursday, July 13**

**ALAMEDA ARCHITECTURE**

**9:30** Take the 51A bus from either 12th St. BART or Fruitvale BART to Atlantic Ave./Ralph Appezatto Parkway and Webster St., where the leaders will be waiting at **10:00**. 15-minute walk to Jean Sweeney Park (restrooms). Drivers go to the parking lot at Jean Sweeney Park at Atlantic Ave. (Call Roberta for directions.) On our walk through Alameda neighborhoods we will view Carpenter Gothic, Queen Anne, Eastlake and Italianate cottages, Colonial Revival and Dutch Colonial homes. Lunch at Franklin Park. Return to Santa Clara Ave. via the Gold Coast "neighborhood" to take the 51A to 12th St. or Fruitvale BART. Drivers will exit at Atlantic Ave. and walk through Jean Sweeney Park to their cars. Approximately 4 flat miles.

**LEADERS:** Roberta O'Grady, [rogrady3736@earthlink.net](mailto:rogrady3736@earthlink.net), 510-769-8423; Jan Proudfoot, [jan.proudfoot@yahoo.com](mailto:jan.proudfoot@yahoo.com), 415-647-3285; Ina Soo-Hoo, [emeracloud@yahoo.com](mailto:emeracloud@yahoo.com), 510-384-1379

**Sunday, July 16**

**SKYLINE THROUGH THREE PARKS**

**9:15** Meet at Orinda BART for pick up (**drivers needed**) or meet at Sibley Staging Area at 9:30. Take Overlook, Round Top, and Skyline Trails to go through Huckleberry to Skyline Staging Area of Redwood Regional Park for lunch. Return to Sibley via a parallel route. 80% shady. About 8 miles, 1,200' elevation change. Shorter 4- and 6-mile hikes available. Restrooms at start, lunch, halfway return, and end. Sticks strongly recommended for a section in Huckleberry. All participants **call or email** Yvonne by 7/15 at 6 p.m. to sign up and for any changes due to weather.

**LEADERS:** Bill Chen, 707-319-1283; Yvonne 925-437-8472, email [y\\_vanchen@yahoo.com](mailto:y_vanchen@yahoo.com)

**Thursday, July 20**

**ORACLE PARK, SF**

**9:00** Meet at the Ferry Bldg, (Embarcadero BART). We will walk about 1.5 miles to SF GIANTS Stadium (Oracle Park) in time to take the 10:30 SF Giants Stadium Tour. To buy tickets, go online to "SF Giants' Stadium Tour" and choose 10:30 a.m. tour, or buy in person when we arrive. Senior discount ticket is \$20.00. Tour will last about 1½ hours. After the tour we will walk to Delancey Street restaurant for lunch, or bring your own lunch and eat at the park across the street. We will gather around 1 – 1:30 p.m. and walk back to Embarcadero BART. To sign up **email** Sets Amann between July 1 and 19. [*Go Giants! – ed.*]

**LEADER:** Sets Amann [setsamann@pacbell.net](mailto:setsamann@pacbell.net) or 510-489-8096

**Sunday, July 23**

**SF FERRY BUILDING TO SAUSALITO**

**10:00** Meet at SF Ferry Building (Embarcadero BART). Walk from the Ferry Building over the Golden Gate Bridge to Sausalito. Return by ferry. 13 miles, 800' elev. gain. Lunch and bathrooms at Crissy Field. If you decide to shorten the hike, take public transportation from transit point at Golden Gate Bridge. Spectacular views that make the distance feel much shorter.

**LEADERS:** Teresa Schwanauer 818-517-8881; Jan Lecklikner 415-971-3783

**Thursday, July 27**

**EAST AVENUE PARK, HAYWARD**

**9:23** Meet at Hayward BART, or meet at the trailhead parking lot, 3221 East Ave, Hayward, at **9:40**. 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 downhills. **Text or call** Wanda for BART pick up by July 26.

**LEADERS:** Sharon Wang 510-468-1945; Wanda Fong 510-303-4454; Angie Toy 650-740-2063

**Sunday, July 30 SHADY BRIONES RESERVOIR, BEAR CREEK TRAIL**

**9:40** Orinda BART pick up where drivers are needed, or drive to Briones Reservoir Overlook Staging Area (EBMUD) at 10:00a to meet and start hike. ~8.0 miles, ~1000 elevation change, out and back on an 80% shaded shoreline wooded trail with lake view. Hiking poles helpful. Restroom at start and lunch. All participants call or email Harry by 7/29 at 6 p.m. to sign up and carpool info.

**LEADERS:** Bill Chen 707-319-1283; Harry Fong 408-772- 2460, [harrymf949@gmail.com](mailto:harrymf949@gmail.com)

Cathy Kong 415-845-3131

**Thursday, August 3****PORT COSTA TO CROCKETT ON BULL VALLEY TRAIL**

Due to the hot weather, we have shortened the hike to 4.5 miles.

9:30 Meet at Pleasant Hill BART where cars are needed to drive to Crockett.

10:15 Meet at Eckley Pier parking lot, 5700 Eckley Rd. in Crockett -- turn in at the Bull Valley Staging area. (Note: unfortunately there is only one outhouse available at the Bull Valley Staging area. Use it, if needed, before proceeding to Eckley Pier.) Hike to Crockett Community Center, corner of Rolph Ave. and Pomona St. BRING LUNCH, plenty of water, and hiking sticks, which are recommended for several steep hills. 4.5 miles out and back. Drivers/riders and all, please RSVP to Karen at 925-357-0409. LEADERS: Karen Arntzen; and Patricia Derickson 925-876-3278.

**Sunday, August 6 ANGEL ISLAND**

8:45 Leave El Cerrito Del Norte BART (east side parking lot) where cars are needed to drive to Beach Street parking lot (left at Beach, lot behind building on right) in Tiburon. Walk to 21 Main St and the Angel Island Ferry departing at 10:00 a.m. Tickets may be purchased in advance at [angelislandferry.com/tickets-fares/](http://angelislandferry.com/tickets-fares/) or buy at dock if ship is not full (Senior \$16.20, Adult \$17.40). From SF, see [goldengate.org/ferry](http://goldengate.org/ferry) for info to arrive at Angel Island at 9:55. Hike 6 miles with 800 ft. elev. gain on paths and paved roads with lunch at the summit of Mt Livermore. All hikers MUST contact (email preferred) Mike by Saturday, August 5, 5 p.m. LEADERS: Mike Branning 510-734-5041 [mlbran1@yahoo.com](mailto:mlbran1@yahoo.com) and Laurie Lau 510-508-3494 Thursday, August

**Thursday, August 10****OHLONE GREENWAY WALK**

9:00 Meet at the main entrance/exit of Downtown Berkeley BART (corner of Shattuck & Center). Walk through the Rail-Trail, Ohlone Greenway to El Cerrito Plaza BART. Restroom stops at Berkeley Senior Center, Albany Community Center and Peralta Community Garden. Lunch TBD. ~4 mile paved and dirt level trail. Rain cancels. Sticks are helpful. **All hikers please email** [atelier.sato@gmail.com](mailto:atelier.sato@gmail.com) from Aug. 3 through 8 by 6:00pm. LEADERS: Sophia Garcia 510-326-7485 (day of hike only), Linda Margossian 510-685-1862 (day of hike only).

**Sunday, August 13****TILDEN PARK**

9:00 Meet at North Berkeley BART or 9:30 meet at the Little Farm (restrooms). Hike a ~6 mile loop with ~900 ft elevation. Wildcat Peak Trail to the Peak, Nimitz to Inspiration Point (lunch, restrooms) to Curran and Wildcat Gorge Trails. Riders and drivers **email** (preferred) or call Mary by 5 p.m., Saturday, 8/12, [mulrich@sbcglobal.net](mailto:mulrich@sbcglobal.net), 925-876-0803. LEADERS: Mary Ulrich; Sophia Garcia 510-549-2413 (day of hike only)

**Thursday, August 17****EL CERRITO TO ALBANY BULB**

10:00 Meet at El Cerrito Plaza BART. Restrooms at BART and porta potties at park. Walk through plaza, along Cerrito Creek, through city streets, paved paths, dirt trails to former dump and homeless campground that is now transformed into a park. Bring lunch. Return through city streets with possibility of stop for cashew ice cream. About 4 miles and mostly flat. **RSVP** Connie at [cbgee2014@yahoo.com](mailto:cbgee2014@yahoo.com) from Aug 12 to Aug 15. LEADER: Connie Gee 510-960-0964 (day of hike only)

**Sunday, August 20****BERKELEY STAIRWAYS AND A LITTLE BIT OF TILDEN**

10:00 Meet at Euclid and Eunice in Berkeley near Tennis Courts (restroom) and close to Berkeley Rose Garden. North Berkeley Bart pick-up for 3 nimble people possible at 9:40. We will go up into the Berkeley Hills taking streets and six stair pathways, then go into Tilden for lunch. Then we will return on streets and pathways. There may be surprises, as this has not been scouted recently! Drivers and people needing Rides email Lois, she will try to coordinate additional carpools. Best guess 6 miles with 800 ft elevation gain. LEADER: Lois Switzer, [l\\_a\\_switzer@hotmail.com](mailto:l_a_switzer@hotmail.com), Landline 510-526-4376, Cell 510-542-7183 (day of hike only).

**Thursday, August 24**

**BERKELEY CAMPUS TO STRAWBERRY CANYON**

**10:00** Meet at Berkeley Express Coffee Shop, 1900 Shattuck, corner of Hearst, Berkeley, 4 blocks north of Downtown Berkeley BART. Restrooms can be used, but if you do use them either buy a drink or leave a tip. We will be walking around the hills of the Berkeley campus up into Strawberry Canyon. The hike at the most is only five miles, but there are one or two steep hills. One of the hills will be optional with one of the leaders waiting at the bottom while others go up the hill.

**LEADERS:** Julia Cordell 510-964-1467; David Jadeson 510-493-6721

**Sunday, August 27**

**OPEN DATE**

**Thursday, August 31**

**POINT PINOLE REGIONAL SHORELINE**

**9:30** Meet at El Cerrito Del Norte BART (west side passenger pickup area) where **cars are needed** to drive to the south entrance of Point Pinole Regional Shoreline Park. **10:15** meet at the Dotson Family Marsh Staging Area (Richmond Pkwy to Goodrick Ave. turnoff). Mostly level, 6-mile lollipop hike with bay views and breezes (approx. 1/4 distance on paved trail). NOTE: if extremely hot weather, the hike will be shortened and start at a different staging area. Check the website for the latest update. Drivers/riders and all, please **RSVP** to Karen at 925-357-0409.

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

**Sunday, September 3**

**TOP OF EL CERRITO AND KENSINGTON**

10:00 am meet at Arlington Park by the Restroom (near the tennis courts). We will climb up the dirt trails above Camp Herms, along some city streets, along the uneven trails at the top of Kensington and go along the Ye Olde School Trail, then head back the same way, having lunch at Kensington Park. Wonderful views on the bay, Wildcat Canyon and Tilden. Carpool from El Cerrito Del Norte at 9:40. The route is approx 5 miles with about 800 ft elevation gain. Sticks may be helpful. Drivers and Riders must contact leader by Sep 1st 9 pm; email preferred: [l\\_a\\_switzer@hotmail.com](mailto:l_a_switzer@hotmail.com).

Leaders: Lois Switzer; home 510-526-4376; cell 510-542-7183 (day of hike only); Amy Tieku 510-290-2125

**Thursday, September 7 PICTURESQUE PIEDMONT**

10:00 Meet at Rockridge BART, discover lesser-known areas of tranquil Piedmont, including a hidden grove of redwoods (who knew?), stop for ice cream at Fenton's, and finish at MacArthur BART. About 5 miles, hilly in the residential section and stairways with handrails, otherwise fairly flat.

**LEADER:** Lucy Perdichizzi [lucyperd@sbcglobal.net](mailto:lucyperd@sbcglobal.net) (preferred), cell 510-410-1285

**Sunday, September 10**

**MILLER/KNOX PARK, RICHMOND**

**9:30** Meet at Del Norte BART east parking lot where **cars are needed**, or **10:00** at Miller /Knox Park, first parking lot after tunnel. Hike 6½ miles with 700' elev. gain, with shorter hikes possible. Mostly dirt trails and some pavement, with nice bay and harbor views. Drivers and riders **MUST RSVP** to Mike by 6 p.m., September 9, email preferred.

**LEADERS:** Mike Branning 510-734-5041 [mbran1@yahoo.com](mailto:mbran1@yahoo.com), Laurie Lau 510-508-3494

**Thursday, September 14**

**ROUND VALLEY REGIONAL PARK NEW TIME**

**9:00** Meet at Round Valley Regional Park staging area, 19450 Marsh Creek Road. We'll take Miwok Trail to Group Camp for lunch and return by Murphy Meadow trail. The hike is 7 miles with some elevation gain at beginning and again at Group Camp. Sticks recommended. Restrooms at staging area & Group Camp. **RSVP** (call) Colette by 9/12.

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

**Sunday, September 17**

**MT UMUNHUM**

This is a beautiful hike in south San Jose to the top of Mt. Umunhum with lots of shade along the route. Meet at the Fremont BART station at 9:00 AM for carpooling to the Bald Mountain parking lot on Mt. Umunhum Rd, where we will meet to begin the hike. Drivers needed. Parking is limited so carpooling is highly recommended. The hike is 8 miles up and back with 1,200' elevation gain. Restrooms at the beginning, at the top and end of the hike. Sticks recommended. All hikers, riders and drivers email Harry by 9/15.

Leaders: Harry Fong, 408-772-2460, [harrymf949@gmail.com](mailto:harrymf949@gmail.com); and Cathy Kong 415-845-3131, [ckong8888@gmail.com](mailto:ckong8888@gmail.com)

**Thursday, September 21    OPEN DATE**

Middle Harbor hike is moved to October 5.

**Sunday, September 24    BARNABE PEAK, SAMUEL J. TAYLOR STATE PARK**

**9:30** Meet at Del Norte BART parking lot, east side, where **cars are needed** to drive to Samuel P. Taylor Park. Park outside the entrance to use restrooms before continuing about 1 mile. Park in lot on left side of road after horse crossing sign. Bring hiking sticks. Moderately strenuous loop of about 7 miles with 1400' elevation change. 4 miles on switchbacks through tanoak, laurel, and Douglas fir, then short, steep climb to summit. Sweeping views of Marin. Return on exposed fire road, steeper than ascent. Riders and drivers **call** Diane by 9/22.

**LEADERS:** Diane Cannon 406-465-9873, Jo Anne Schultz 510-734-9324

**Thursday, September 28    MARINA BAY, RICHMOND – HISTORY WALK**

9:30 Meet at Richmond BART where cars are needed, or 10:00 at Marina Bay Park, Richmond with ample parking and restrooms. The walk will be from Marina Bay to Meeker Slough on the Bay Trail, and a reverse extension beyond Marina Bay to visit the Rosie the Riveter Museum (free), presenting a history of the people who worked in the Kaiser Shipyards in WWII to build the ships. The entire walk is between 4-5mi flat, with a round trip of 1mi. between the parking area and the Museum. Picnic lunch either at the Museum area (cafe available), or at Vincent and Barbara Jay area on the Bay Trail. Advisory: The Bay Trail can be cold and windy, and it is a bicycle path with dirt on the sides, but the views are spectacular, and the Slough area and beach are amazing!

**LEADERS:** Carol Savio (carol.savio.sf@gmail.com) preferred, or message 510-907-3055 (h), 415-203-8390(c) day of hike only; Sets Amann 510-909-7734; Laurie Lau 510-508-3494

