

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

October 1 – December 31, 2023. V12

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.

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. If a reservation is requested, please contact hike leader.
- PLEASE MAKE SURE TO CONSULT THE WEBSITE FOR CHANGES!** Hikes may change, COVID rules may change. We will update as conditions evolve.
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Sunday, October 1

OPEN DATE

Thursday, October 5

MIDDLE HARBOR, OAKLAND

9:30 Meet at West Oakland BART where **cars are needed** for pickup or **10:00** Middle Harbor Shoreline Park (Middle Harbor Rd entrance). Hike is a flat 4 miles on pavement with port operations and bay views. Drivers and riders **MUST RSVP** to Mike by 6 p.m., October 4, email preferred.
LEADERS: Mike Branning 510-734-5041 mlbran1@yahoo.com, Laurie Lau 510-508-3494

Sunday, October 8

REDWOOD TRAIL TO REINHARDT REDWOOD REGIONAL PARK

9:00 Meet at Orinda BART where **cars are needed** or **9:30** at Valle Vista Staging Area south of Moraga. Hike up Redwood Trail to Reinhardt Redwood Park. Loop around Eastridge and Stream Trails before returning down Redwood Trail to starting point. Hike 7.2 miles, 1,427' elevation gain. Restrooms at start, lunch stop, and end of hike. Sticks recommended. Drivers and riders **must contact** Harry or Cathy by October 7.

LEADERS: Harry Fong, 408-772-2460, harrymf949@gmail.com; Cathy Kong, 415-845-3131, ckong8888@gmail.com

Thursday, October 12 QUIRKY SOUTH BERKELEY

10:00 Meet at Ashby BART, inside ticket hall (restrooms). An urban walk thru South Berkeley neighborhoods w/ lots of stops to get acquainted w/ some of the city's material culture including murals, eccentric architecture, and front yard sculptures. Lunch in San Pablo Park (restroom). 4-mile walk on pavement, flat. Heavy rain cancels, light rain OK.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk, 510-923-1327 (landline, no texting); Sue Fernstrom (cell) 510-363-1788; Carol Savio (cell) 415-203-8390

Sunday, October 15 GARIN REGIONAL PARK TO FIVE CANYONS OPEN SPACE

8:30 Meet at Castro Valley BART where **cars are needed**, or **8:45** at Ridge Trail Park (3859 Rancho Palomares Dr., Castro Valley). Car shuttle 20 minutes to Garin Regional Park (1320 Garin Ave., Hayward). \$5 entrance fee, restrooms. 9:30 Circle up by Red Barn. Hike 7 hours, 10.71 miles, 1800' elevation gain/loss, on High Ridge Loop, Whipsnake, & Garin-to-Chabot Trails. Visually stunning. Hike ends at Ridge Trail Park where drivers will be taken back to cars at Garin Park. Sticks recommended. Bring plenty of water. Rain or mud cancels. **RSVP Diane** by 10/13.

LEADERS: Diane Cannon 406-465-9873; Laurie Lau 510-508-3494; Marilyn Langlois 510-710-4493

Thursday, October 19 ALAMEDA, THE OTHER SHORE

9:20 Meet at Fruitvale BART to catch the 51A bus at 9:28. We will start walk at Santa Clara and Grand Street. This is a level loop walk mostly along the water. About 4.5 miles.

LEADERS: Beryl Vonderheid 510-532-8340; Roberta O'Grady 510-769-8423, cell day of hike only 510-269-0968

Sunday, October 22 REDWOOD REGIONAL PARK

Meet at Orinda BART at **9:30**, where **drivers needed**. Meet at Canyon Meadows Staging Area, furthest in parking area, at **10:00**. Hike up Stream Trail to Skyline Entrance. Return on East Ridge Trail. About 6.5 miles, ca. 1000 M. elevation. Sticks helpful. Restrooms available at start and at Skyline. Drivers and hikers please contact Shahla Verrall (510 816 8332 by text or shahlav6@gmail.com) by 5:00 pm Saturday, Oct. 21, email preferred, or Mary (925-876-0803, mulrich@sbcglobal.net). Rain cancels. But if it rains only during the night, we will lead the hike as planned. Canceled and rescheduled for Sunday, Dec 3.

LEADERS: Shahla Verrall and Mary Ulrich

Tuesday, October 24 BRUSHY PEAK LOOP, LIVERMORE

9:10 Meet at Dublin Pleasanton Bart Station (NOT the West Dublin Pleasanton Station), exit right towards Owen Drive (Pleasanton side). **Drivers needed**. OR **9:30** at Trailhead parking lot, Brushy Peak Regional Reserve, 3899 Laughlin Rd, Livermore. Moderate 4.5 mi. 700' elev. gain on dirt trails. Restroom at parking lot only. Text or call Wanda 510 303-4454 for BART pick up by Oct 23.

LEADERS: Sharon Wang 510-468-1945, Wanda Fong 510-303-4454, Yoli Gonzalez 510-206-7354

Thursday, October 26 CATERED LUNCH

10:00 Meet at Pleasant Hill BART to walk city streets & Canal Trail (with a stop at the one-year-old PH Library), then stop at Karen's home for lemonade & meditation in garden, and on to Patricia's for ToGo sandwiches. We'll eat inside & outside or in garage if it rains, so we meet, rain or shine. Approx. 4.5 level miles. Return via half-mile walk to bus stop. Sandwich selections available nearer hike date. **Email Patricia** at cchchikergal@gmail.com (preferred) or 925-876-3278. Let us know if you'll meet us at BART or drive directly to house.

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

Sunday, October 29 GOLDEN GATE PARK SCAVENGER HUNT

9:30am Meet at Montgomery St. BART to catch 5 Muni (on Market Street) to Baker and McAllister or meet at **10:00am** at Baker & Fell (Panhandle) for our first find. Walk to Panhandle restrooms for circle up. Bathroom stops at Panhandle, lunch and end. Fun (we think) guided 8 miles+ scavenger hunt traversing Golden Gate Park. There will be a couple of steep hills. About 6 hours. Can catch bus anytime for shorter hike. It's Halloween so wear something fun. Limited to 20 people. Must call Colette between October 23-27.

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

Thursday, November 2 SHELL RIDGE, WALNUT CREEK

9:30 Meet at Pleasant Hill BART or **10:00** at Hanna Grove (Bob's Pond, Borges Ranch); restrooms and water available. Hike just under 4 hilly miles with nice views, about 600' climb. Sticks useful. Optional lunch at end of the hike at Bob's Pond. Rain or mud cancels. Drivers and hikers **call or email (preferred) Mary** between Oct. 25 and Nov. 1, 5 p.m.
LEADER: Mary Ulrich, 925-876-0803, mulrich@sbcglobal.net

Sunday, November 5 DIAS RIDGE AND REDWOOD CREEK LOOP

9:15 Meet at El Cerrito del Norte BART where **cars are needed**, or **10:00** at Dias Ridge Trailhead, 52 Panoramic Highway (shoulder parking only). Take Dias Ridge to Muir Beach where we'll have lunch (sand optional) and return on Redwood Creek and Miwok. Moderately challenging, about 6.5 miles. 950 ft elevation gain. Restrooms only at Muir Beach. **Riders and drivers email Amy** by noon, Sat., November 4: abtiek@outlook.com
LEADERS: Amy Tiek 510-290-2125 (cell), abtiek@outlook.com and Robin Dean 650-483-1205 (cell), robindeanmph@gmail.com

Thursday, November 9 SAN FRANCISCO POPOS HIKE

9:30 Meet in front of Ferry Bldg. (Embarcadero BART), restrooms. We will explore San Francisco's POPOS (privately-owned public open spaces), see the little oases carved out of a bustling downtown area via gardens, architecture, and works of art. About 4-5 miles on mostly level sidewalks. Bring lunch. Heavy rain cancels. A POPOS guide can be downloaded at the following website: <https://www.spur.org/sites/default/files/migrated/anchors/popos-guide.pdf>
LEADERS: Liz Howell 415-584-1204, cell day of hike only 415-425-5538; and Jan Lecklikner cell day of hike only 415-971-3783

Sunday, November 12 LAFAYETTE RESERVOIR RIM TRAIL

9:30 at Lafayette BART or **9:45** at Lafayette Reservoir (\$7 parking fee). We will be hiking clockwise, so meet at far end of parking lot. Restrooms available. All Trails lists rim trail as challenging at 5 miles with 912 ft elevation. Sticks recommended. There are options to reduce both distance and elevation. Bring a snack for the trail; picnic tables for lunch at end of hike. **Drivers and hikers contact Mary** (mulrich@sbcglobal.net, 925-876-0803) by 5 p.m., Saturday, Nov. 11. Rain or mud cancels.
LEADER: Mary Ulrich

Thursday, November 16 PUBLIC ART IN WALNUT CREEK

10:00 Meet at Walnut Creek BART (restrooms). On this urban walk we will see murals, sculptures, fountains, and other installations in central Walnut Creek. Lunch and restrooms at Civic Center Park. Paved, flat, 4 miles. Light rain OK, heavy rain cancels. **RSVP to Noël** from 11/10 to 11/14.
LEADERS: Noël Siver noelsiver2@yahoo.co.uk, 510-923-1327 (landline, no texting); Fran Leighty cchcleighty@gmail.com, 925-944-9068; Kathy O'Toole **cell day of hike** 925-348-1151

Sunday, November 19 MORGAN TERRITORY REGIONAL PARK

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 p.m. on 11/17.
LEADERS: Diane Cannon 406-465-9873 & Pam Littlejohn 510-329-0896

Friday, November 24 DAY AFTER THANKSGIVING OHLONE GREENWAY

10:30 Meet at North Berkeley BART. Work off your Thanksgiving dinner! Walk along 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. (Not a loop.) 6 mainly flat paved miles (approx. 75 ft elevation gain). Rain cancels.
LEADERS: Lois Switzer, l_a_switzer@hotmail.com, home 510-526-4376, cell (day of hike only) 510-542-7183; Helen Johe 510-799-4188

Sunday, November 26 CLAYTON TO BLACK DIAMOND MINES

9:23 Meet at Walnut Creek BART where **cars are needed** or Clayton Rd. **10:00** Black Diamond Trail. This is a 6-mile hike with option to go 8 miles. The trail is gradually up all the way, with lunch at Jim's Place on Black Diamond Trail – from which you can head back to Clayton or continue up Coal Canyon Trail and back on Black Diamond Trail for another 2 miles before heading to Clayton. Riders and drivers please **call Dorothy** by Friday 11/24. Rain cancels.
LEADER: Dorothy Bradt, dorothybradt@sbcglobal.net, 925-889-9532

Thursday, November 30 WEST END ALAMEDA ARCHITECTURE/BALLENA BAY/CRAB COVE

9:30 Meet Jan up on street level at 12th St. BART and take the 51A bus to Atlantic Ave./Ralph Appezzato Parkway and Webster St. Drivers contact Roberta for parking. We will view 1890s Queen Anne homes. Lunch at Ballena Bay. Return to Webster St. to take the 51A bus to 12th St. BART. Approximately 6 flat miles. Light rain okay.

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

Sunday, December 3 REDWOOD PARK

Meet at Orinda BART at **9:30**, where **drivers are needed**. Meet at Canyon Meadows Staging Area, furthest in parking area, at **10:00**. Hike up Stream Trail to Skyline Entrance. Return on East Ridge Trail. About 6.5 miles, ca. 1000 M. elevation. Sticks helpful. Restrooms available at start and at Skyline. Drivers and hikers **please contact Shahla Verrall** (510 816 8332 by text or shahlav6@gmail.com) by 5:00 pm Saturday, Dec. 2, email preferred. Rain cancels.

LEADERS: Shahla Verrall (510-526-424); Mary Ulrich (925-876-0803)

Thursday, December 7 SAN FRANCISCO HOLIDAY HIKE

4:00 p.m. Meet at SF Ferry Building (Embarcadero BART), main entrance (restrooms). Bring cash \$45.00 (includes dinner, tip, tax, and surcharge). 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 to Union Square to see holiday décor, St. Francis Hotel, Macy's, and Union Square. For hearty hikers, after Chinatown, option to hike up California St. to Fairmont Hotel, then down to Union Square to rejoin rest of group. **Must RSVP** to Sets Amann, Nov 26-30 due to dinner reservation. Hike will end around 8:00 p.m. Mostly flat 4/5 miles.

LEADERS: Sets Amann, setsamann@pacbell.net, 510-489-8096, day of hike cell 510-909-7734;
Carol Savio (cell) 415-203-8390

Sunday, December 10 OPEN DATE.

Thursday, December 14 ALAMEDA CHRISTMAS LIGHTS

3:50 PM Meet at Fruitvale BART. **4:00** Board O bus to Alameda. Depart at High St.& Santa Clara Ave. Cross Street and walk through Lincoln Park past ball fields to tables and restrooms. Refreshments before beginning of hike. Hike is 4 level miles with optional dinner at restaurant on Park St. at conclusion. Please let us know if you plan to have dinner. Rain cancels.

LEADERS: Dorothy Bradt, cell 925-890-7195; Roberta O'Grady, 510-769-8423, cell day of hike only 510-269-0968; Beryl Vonderheid, 510-532-8340

Sunday, December 17 DINOSAUR RIDGE, CASTRO VALLEY

9:00 Meet at Castro Valley BART where **cars are needed**. **9:15** Drop off some cars at Cull Canyon Regional Recreation Area (18627 Cull Canyon Rd). **Bathrooms. 9:30** Then drive to trailhead (between 6605 & 6597 Bellhurst Ln). Hike Chabot-to-Garin Regional Trail to Dinosaur Ridge for lovely views. Then follow **Dinosaur Ridge Trail to Ramage Peak Trail and follow it a short ways to the lunch spot. Retrace our route for an out and back hike. 8 miles, 1200' gain/loss. Sticks recommended.** Rain/mud cancels. **Drivers and riders call Diane** by 6 p.m. on 12/15.

LEADERS: Diane Cannon 406-465-9873; Laurie Lau 510-508-3494; Marilyn Langlois 510-710-4493

Thursday, December 21 LAFAYETTE RESERVOIR

10:00 Meet at Lafayette BART (south side) or **10:20** at 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 lunch, and we'll have treats for you. **RSVP to Patricia** at cchchikergal@gmail.com (preferred) or 925-876-3278 by December 18. Please specify if you plan to meet us at BART or at reservoir.

LEADERS: Patricia & Nidhi Derickson, Georgette Armstrong

Sunday, December 24 WALK & DINE SF MARINA

3:30 P.M. Meet at the SF Ferry Building Main Entrance. (Use restroom *before* meeting group.) Walk along the Embarcadero, Fisherman's Wharf, & Marina Blvd to the SF Yacht Harbor to view Christmas Eve's lighted boats and festive windows. Bathrooms at Pier 39 and Marina Green. Walk back via Marina Blvd, Bay St., and Hyde St. for dinner at The Buena Vista. (They do not take reservations, so prepare to improvise if it is full. Pack a snack just in case.) After dinner, walk 5 minutes to Jones St. and Beach St. to board the F Tram back to the Ferry building. (Departures every 12 to 15 minutes; disembark at Embarcadero and Washington St.) Depending on our pace, we should arrive at The Buena Vista by 6 pm, and the walk should end around 8 pm. 5.7 miles; 108 ft elevation gain. Please RSVP to Robin Dean by 8:00 pm on Dec 21st. Please bring enough cash for your dinner, tax and tip. Dinner entrees are from \$16-\$40; a glass of wine is \$10-\$15.

LEADERS: Robin Dean robindeanmph@gmail.com, 650-483-1205 (cell); Noël Siver noelsiver2@yahoo.co.uk 510-923-1327

Thursday, December 28 COYOTE HILLS REGIONAL PARK

10:00 Meet at Union City BART where **drivers are needed** to take hikers to park. Let's celebrate the coming New Year with caring friends. It will be a leisurely hike (less than 3 miles), followed by some bubbly, chocolate, and whatever else shows up. Restrooms available at BART and at park. \$5 fee per vehicle. **Drivers and riders, call Jerry Ford** by 6 p.m., Tuesday, Dec. 26th to RSVP.

LEADERS: Jerry Ford 510-921-1739, Frank Martin 510-460-8725, Stew Perlman 510-999-1705, Beryl Vonderheid 510-532-8340

Sunday, December 31 OPEN DATE