

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## January 1 – March 31, 2024 V22

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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)  
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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. 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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**Thursday, January 4**

### LOOKING FOR SEALS IN ALAMEDA

**9:50** Meet at Fruitvale BART to catch the 51A Bus at 10:00. We will start our walk at Santa Clara and Grand Street. We will walk to the end of Grand Street (restrooms) and then along the water, passing Crab Cove and on to Encinal Beach. Bring lunch. Return to the 51A bus stop at Webster St. and Santa Clara Avenue to return to Fruitvale BART or to downtown Oakland. About 4½ miles. Heavy rain cancels.

**LEADERS:** Beryl Vonderheid 510-532-8340; Roberta O'Grady 510-769-8423

**Sunday, January 7**

### ANNUAL NEW YEAR'S TOP OF MT. TAM

**9:15** Leave Del Norte BART where **cars are needed** to drive to Rock Spring. Hike to East Peak via Rock Spring Trail to West Point Inn, Old RR Grade and Ridgecrest to East Peak. Lunch at the Peak. About 8 miles with 850 ft elev. Sticks useful. Restrooms: Rock Spring, West Point Inn, lunch. Shorter option: Hike to West Point Inn and return – 4 miles. Rain cancels. **All hikers must contact** Mary by Fri., Jan 5th.

**LEADERS:** Mary Ulrich 925-876-0803, [mulrich@sbcglobal.net](mailto:mulrich@sbcglobal.net); JoSchultz@gmail.com 510-234-1919

**Thursday, January 11**

### CLAYTON TRAILS

**9:22** Be at Concord BART. Board County Connection #10 bus to Clayton leaving 9:30. Get off at Clayton Library, bathroom stop. Those driving direct arrive at the library **10:00**. This is a 4.5-mile hike on blacktop & sidewalk, mostly flat with few short hills through Clayton. **Let me know if you plan to attend** so I can look for you. Please be on time as bus will not wait and neither will !! Light rain okay, atmospheric river cancels. Check before you attend, in case bus schedule changes.

**LEADER:** Dorothy Bradt, email [DorothyBradt@sbcglobal.net](mailto:DorothyBradt@sbcglobal.net), cell 925-890-7195

**Sunday, January 14**

**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. A meal stop planned for after the hike is limited to 16 people due to size of restaurant. Please **RSVP** for the meal part only. Heavy rain cancels.

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

**Thursday, January 18**

**LORIN & NEWBURY DISTRICTS, BERKELEY**

**10:00** Meet at Ashby BART, inside ticket hall. Restroom or porta potty. This local history walk explores the former villages of Lorin, annexed by Berkeley in 1892, and Newbury, annexed in 1891. The Lorin and Newbury districts were early suburbs settled after a steam train line was established between Oakland and Berkeley in 1876. We will see homes and buildings in a variety of architectural styles. Lunch and restroom in Grove Park. 4 miles, level. Light rain OK, heavy rain cancels. **Please reply to Noël Jan. 12-17.**

**LEADERS:** Noël Siver [noelsiver2@yahoo.co.uk](mailto:noelsiver2@yahoo.co.uk) 510-923-1327 (landline only); and Kathleen Fennelly cell day of hike 510-566-9755; Jan Lecklikner 415-971-3783

**Sunday, January 21**

**LOS VAQUEROS WATERSHED, BRENTWOOD**

**Hike Cancelled due to the Weather.**

**Thursday, January 25**

**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 at start and at midpoint of hike. **Sign up** Jan. 19-24 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 confirmed. Light rain OK, heavy rain cancels.

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

**Sunday, January 28**

**RICHMOND MARINA BAY TRAIL**

**9:30** Meet at El Cerrito Plaza BART (where cars are needed) or **10:00** at parking lot: From 580 exit onto Central Ave., go left to Rydin Road, go right past US Postal Service to small lot near trail head. (If you get to dog washing/cafe area, you have gone too far.) Ca. 6 miles (out and back, paved and level) from Pt Isabel to Rosie the Riveter National Historical Park, along Richmond Inner Harbor and Marina Bay. Nice views; interesting history of women at work on park panels. Many picnic areas and rest rooms along the way. Email or text Shahla by Saturday 1/27 at [shahlav6@gmail.com](mailto:shahlav6@gmail.com), Mobile 510 816 8332.

**LEADERS:** Shahla Verrall (510 816-8332) and Marilyn Vihman (510 708-3853)

**Thursday, February 1**

**EAGLE POINT TO CLIFF HOUSE AND BACK, SF**

**Hike Cancelled due to the Weather.**

**Sunday, February 4**

**OPEN DATE**

**Thursday, February 8**

**ANTHONY CHABOT REGIONAL PARK**

**Hike Cancelled due to Trail Conditions.**

**Sunday, February 11th. Claremont and Strawberry Canyons**  
**9:30am** meet at Ashby (west entrance) or N. Berkeley BART, or **10:00am** at Sign 29 on the "South" side of Claremont Blvd. (informal parking), or optional parking 100 years uphill on the "north" side of Claremont Blvd. and walk back down to the meeting place. Hike through U.C. property to Skyline, Claremont, Fish Ranch intersection. Claremont Tr. to Little Trains. Down Convict and Upper Jordan Trails into Strawberry Canyon. Back on Upper Jordan and Panoramic Trails. 5.2 miles (slightly longer route available on the first leg), 1400' climb. Call Mark 510 526-4944 (landline). Day of hike only: 510 229-2107.  
**Leader: Mark Petrofsky**

**Thursday, February 15 THRU THE 7 HILLS OF SAN FRANCISCO**  
**9:30** Meet on the corner of Market & Castro Streets. Hikers coming from BART transfer to MUNI Metro at Embarcadero, 15-minute ride on an outbound K, L or M to Castro Station. 5-mile loop. Lots of ups & downs with steep hills and stunning views, 750' elev. gain. Sticks useful. Bring lunch.  
**LEADERS:** Suzy Mark 415-577-1869 & Jon Mark 415-225-5628

**Sunday, February 18 LOS VAQUEROS WATERSHED, BRENTWOOD**  
**Hike Cancelled due to Weather.**

**Thursday, February 22 WALK ALONG RICHARDSON BAY IN TIBURON/BELVEDERE**  
**9:45** Meet at El Cerrito Del Norte BART (west side facing San Pablo Ave) to **carpool** to Blackies Pasture (restrooms) in Tiburon. We will walk along the shore to Belvedere and climb up and over the mountain to have lunch at the Belvedere Community Park where restrooms are available. The return to Blackies Pasture will be flat. Walk will be mostly on pavement and roads. Approximately 6 miles, 200 ft elevation gain. Drivers are needed; please **email leader** to indicate if you are a driver or rider. Rain cancels.  
**LEADERS:** Lois Switzer l\_a\_switzer@hotmailcom, home: 510-526-4376; cell (day of hike only) 510-542-7183 and Linda Margossian cell 510-685-1862

**Sunday, February 25 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 (LL) by Friday February 23.  
**LEADERS:** Colette Cussary 925-676-8115 (LL) and Diane Cannon 406-465-9873

**Thursday, February 29 RICHMOND MARINA AND MEEKER SLOUGH**  
**Hike Cancelled due to the Weather**

**Sunday, March 3 GGP GARDENS AND GROVES, SF**  
**10:15** Meet at Park Chalet 1000 Great Highway. Or, by **9:17 AM** you can catch any 5 Muni from Montgomery St. Bart (on Market St. and Sansome) to LaPlaya and Fulton, arrive at 10:02 and walk to Park Chalet. A foraging we will go, on paths and roads looking for gardens and groves and maybe a windmill or two. We will also be visiting the Japanese Tea Garden (\$7 entry fee (seniors) plus \$ for tea). Heavy rain cancels. **Limit 20 people. Call** Colette by March 1 at 925-676-8115 (landline).  
**LEADERS:** Colette Cussary 925-676-8115 (landline), Diane Cannon 406-465-9873

**Thursday, March 7 SAN PABLO RESERVOIR**  
**Hike Cancelled due to the trail conditions.**

**Sunday, March 10 ANNUAL MEETING**  
**10:00** Meet at Lakeside Park Garden Center at Lake Merritt for a walk around the lake. Around 11:00, social hour at the Garden Center, followed by the annual meeting. **NEW DATE** to avoid the Oakland Marathon!

**Thursday, March 14**

**OLD TOWN NILES AND QUARRY LAKES**

**10:00** Meet at Union City BART. Walk two miles to Nursery Park for a walk around Fremont's newest park. Continue south to historic Niles, then along Alameda Creek to Quarry Lakes Park for lunch. Return to U.C. BART. This is a six mile mostly flat walk. **RSVP** to Jerry by 6 p.m. March 12th.  
**LEADERS:** Jerry Ford 510-921-1739 and Laurie Lau 510-508-3494

**Sunday March 17 Rodeo Beach in Marin Headlands**

Meet at Del Norte BART at 9:00 or Gerbode Valley Trailhead Parking lot at 9:45. Beautiful hike overlooking Golden Gate Bridge. 6.6 mi., 940' climbing via Bobacat, SCA and Coastal Trails. Lunch may be late; bring an extra snack. Please contact Mark Petrofsky by Friday evening March 15: 510 526-4944 (landline) or mpetrof@hotmail.com

**LEADERS** Marsha Maslan: 510 219-8732 (text only, day of hike - not for carpooling) or Mark Petrofsky: 510 229-2107

**Thursday, March 21 RODEO TO HERCULES ON BAY TRAIL**

**3:00 PM Start.** Meet near west end of Parker Avenue in Rodeo, left to parking lot on the right. [413 San Pablo Ave, Rodeo, CA 94572]. Pick-ups possible at El Cerrito Plaza BART at **2:30** or Hercules Transit Center at **2:45** (JR or JPX from El Cerrito del Norte BART). Restrooms at start and midway. Walk 5 flat miles on Bay Trail with small loop in Hercules. Finish in time for optional stop near the end of trail: ~~Food Truck Thursday~~ at Four Fools Winery in Rodeo. Enjoy patio overlooking San Pablo Bay. **Sign up** Mar.15-20 at compasros@comcast.net (preferred) or call 510-948-8385. **Light rain OK, heavy rain cancels.**

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

**Sunday, March 24 THAI BRUNCH, TULIPS, & MARCIA'S GARDEN**

9:30 Meet in the ticket hall at Ashby BART (restrooms). We will walk to the Thai temple, 1911 Russell St, Berkeley, and have brunch there. Bring about \$15-20 cash for brunch. Next we will take AC Transit bus #12 to Mountain View Cemetery to visit the 2024 Tulip Extravaganza. Then we'll return to Berkeley on bus #12 and visit Marcia Donohoe's wonderful garden from 1 p.m. Happening rain or shine. This is not your usual Sunday hike, but I hope you'll enjoy it.

**LEADERS:** Noël Siver, noelsiver2@yahoo.co.uk, 510-923-1327 (landline, no texting);  
Jan Lecklikner 415-971-3783

**Thursday, March 28**

**DIABLO FOOTHILLS REGIONAL PARK**

**9:35** Meet at Pleasant Hill BART where **drivers are needed** to drive about 5 miles to Diablo Foothills Regional Park staging area, 1700 Castle Rock Rd., Walnut Creek (at the very end of Castle Rock Rd.). At **10:15** hike along the Stage Road Trail, 4-6 miles out and back, mostly level with shade. Enjoy views of the beautiful Castle Rocks and nesting birds. Be prepared to cross some streams if a particularly wet spring. Bring lunch and water. Restrooms are available at start and finish. Rain cancels. All hikers, riders, and drivers please **email** Karen (karntzen5@gmail.com) by March 25.

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

**Sunday, March 31**

**SHELL RIDGE OPEN SPACE, WALNUT CREEK**

**10:00** Meet at the end of Marshall Drive, Walnut Creek. Or BART option, Pleasant Hill or Walnut Creek pick up at 9:30. Drivers needed. Hike ~ 6 miles with ~ 1200 ft elevation (mostly gradual). Sticks useful. No restrooms at the start of the hike but available at Heather Farms (close by). Lunch at Borges Ranch (Bob's Pond) where restrooms and water are available. There are options to slightly shorten both distance and elevation. Wild flowers should be out. Riders and Drivers must call or email (preferred) Mary by 5 pm. Sat., Rain or mud cancels.

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