

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

April 1 – June 30, 2024 **V-21**

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. INCIDENTS: It is good to carry a first aid kit with you in case someone is injured. Submit a filled-out Incident Form available from the hike leader or the club website. 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.
- Proof of vaccination is not needed, but hikers, use common sense! Don't come on a hike if you don't feel well, and test if exposed.
- If a reservation is requested, please contact hike leader. Some hikes may be size-limited.
- For most hikes, you have the option of taking transport/carpool or coming on your own.
- Please try to follow social distancing protocols.

PLEASE MAKE SURE TO CONSULT THE WEBSITE FOR CHANGES! Hikes may change, we will update as conditions evolve.

Thursday, April 4

**MARTINEZ HISTORY TOUR AND MARINA HIKE
CANCELED DUE TO RAIN**

LEADERS: Yvonne Moss; Sylvia Kwan

Sunday, April 7

POINT REYES

8:30 Meet at El Cerrito Del Norte Bart Station where cars are needed or 9:45 am at Bear Valley Upper Parking lot. We will hike out the Bear Valley Trail and then head up the ridge towards Glen Camp. Then we will turn west, taking the Coastal Trail to a gorgeous view lunch site overlooking the ocean, before looping back to Bear Valley. About 9 miles and 1200 feet. Notify Marsha Maslan by 6 pm Friday April 5, 510-526-7306, if you plan to join. Heavy rain cancels.

LEADERS: Marsha Maslan: 510-526-7306; Mark Petrofsky

Thursday, April 11

MARTIN CANYON, DUBLIN

9:30 Meet outside West Dublin/ Pleasanton BART (Dublin side) on Golden Gate Dr, or meet at trailhead at 9:45 across the street from 11517 Silvergate Dr, Dublin. Park by the roadside, no restroom at trailhead. Stop at Target at 7200 Amador Plaza Rd. for restroom. Moderate+ 5 miles, 800' elev gain, dirt trails, some single-track lanes, 70% shaded. Some steep inclines, poles recommended. Bring a lunch or snack. Rain cancels. **Call or text** Wanda Fong for BART pickup by April 10 at 6 p.m.

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

Sunday, April 14

KEHOE BEACH TO ABBOT'S LAGOON, POINT REYES

8:30 Meet at Del Norte BART, where **cars are needed**. This is a shuttle hike. We'll drive to Pierce Point Rd. and leave pickup cars at Abbotts Lagoon trailhead, where there is a restroom. Then shuttle 2 miles to Kehoe Beach Trailhead. We'll hike to the beach, walk along the beach for 2-3 miles to Abbotts Lagoon, and back to the pickup cars. 5.1 miles total. Elevation gain 100'. Wet sand, breakers, windy, dunes, cliffs, amazing wildflowers, seabirds, etc. Sticks helpful. **Riders & drivers call Diane** by 6:00 p.m. on 4/12.

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

Thursday, April 18

OYSTER BAY REGIONAL PARK, SAN LEANDRO

9:30 Meet at San Leandro BART (restrooms). Short walk toward Davis Street to catch the #35 Bus at 9:47. Get off at Neptune Drive and walk to Oyster Bay Park entrance. This is a beautiful shoreline park. The hike will be about 4½ miles. Bring lunch.

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

Sunday, April 21

MOKELUMNE COAST-TO-CREST TRAIL, 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 Kohl's, 5511 Lone Tree Plaza Dr., Brentwood. Trails include historic Mokelumne Coast-to-Crest and Marsh Creek. Hike 7½ 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., 4/19.

LEADERS: Diane Cannon 406-465-9873 and Fran Leighty 925-944-9068

Thursday, April 25

ANTHONY CHABOT REGIONAL PARK

9:20 Meet at Castro Valley BART or **9:40** 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, 800' 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 Sunny Smits** 925-413-3823 for BART pickup by April 24.

LEADERS: Sharon Wang 510-468-1945; Wanda Fong 510-303-4454; Sunny Smits 925-413-3823

Sunday, April 28

PENITENCIA CREEK SCAVENGER HUNT

10:15 Meet at Berryessa BART North side. Follow us on a scavenger hunt along Penitencia Creek and the Bay Area Ridge Trail to see what we can find sometimes in plain sight while keeping our feet dry. This is an out and back hike on flat paved/dirt trails, 8 miles, elevation gain/loss 180 feet one-way. Bathrooms at BART and at lunch (we hope). Heavy rain cancels. Bring paper and pencil to document your finds if you want. Limit 20 people. **Call Diane** by April 26, 406-465-9873.

LEADERS: Colette Cussary, Diane Cannon 406-465-9873

Thursday, May 2

SAN RAFAEL

9:05 Meet at Grove and Larkin in San Francisco at Main Library (Civic Center BART) to walk to Polk and McCallister to board Golden Gate Transit #101 at **9:20** to San Rafael Transit Center to arrive at **10:10** (restrooms). **OR:** from El Cerrito Del Norte BART board Golden Gate Transit #580 at **9:16** to arrive at San Rafael Transit Center at **9:57**. Explore downtown - Victorians; Robert Boyd Memorial Park (hike up 350 feet for view - optional); Falkirk Mansion and Gardens; Mission San Rafael Ar-cangel; WildCare; Gerstle Park neighborhood. Approx. 5 miles.

LEADER: Jan Proudfoot 415-647-3285

Sunday, May 5

LAS TRAMPAS & EBMUD TRAILS

9:00 Meet at Castro Valley BART where cars are needed or **9:30** at Las Trampas, Bollinger Staging Area. Hike Rocky Ridge View Trail and Rocky Ridge Loop Trail. Absolutely stunning 360 views of the watershed and more! 6-7 miles, 2200' elevation gain/loss. Some steep, slippery sections. Sticks recommended. Bring plenty of water. Rain cancels. Everyone must call Diane by 6 pm May 3.

LEADERS: Diane Cannon 406-465-9873, Marilyn Langlois 510-710-4493 & Susie Huang 415-818-7905

Thursday, May 9

MITCHELL CANYON GLOBE LILY, CLAYTON

9:00 Meet at Walnut Creek BART pickup area next to Parking building, or meet at **9:30** at the Visitor Center next to restrooms at 96 Mitchell Canyon Rd. Out-and-back with a little loop in the middle to view globe lilies, in mostly shaded dirt trails. Moderate hike, 5 miles w/ 450' elevation gain. Park entrance \$5 per car for seniors cash only, or bring your state park pass, or check with your library to borrow a State Park Pass. Bring water, poles (if muddy), snack or lunch. **Call or text** Wanda for BART pickup by May 8, 6 p.m.

LEADERS: Sharon Wang 510-468-1945; Wanda Fong 510-303-4454; Carol Tse 510-266-2324

Sunday, May 12

MT. DIABLO ROCK CITY TO CURRY CANYON RANCH

9:30 Meet at Pleasant Hill BART (where **cars are needed**) or **10:15** at Lower Rock City (Uplands picnic area). We start on the Madrone Canyon trail, bump up to Knobcone Pt. Rd to the border of the newly opened Curry Ranch area. Down a now legal trail to Black Hawk Rd and back along Madrone Canyon. This is a 6.5 mi. hike with 1700' elevation gain. \$9 fee. Restrooms at trailhead. **Riders and drivers please contact Ed Osada** (ed.osada@gmail.com) by May 10.

LEADERS: Ed Osada, Susie Huang, day of hike only: (415) 818-7905

Thursday, May 16

JOHN MUIR & MOUNT WANDA

9:30 Meet at Concord BART (where **cars are needed**) or **9:50** at Nancy Boyd Park, 251 Church St, Martinez. Restrooms at the park. This is a 4.5 mi hike with 700 ft elevation gain, mostly on one long uphill. Hike includes paved streets, single-track, and fire roads. Lunch at the park after the hike or visit the nearby John Muir Historical Site. **Riders and drivers please contact Edwin Osada** (ed.osada@gmail.com) by May 14th.

LEADERS: Edwin Osada 925-980-2641 and Lorena Kai 510-452-7540

Sunday, May 19

CASTLE ROCK AND DIABLO FOOTHILLS REGIONAL PARK

HIKE IS CANCELLED

LEADERS: Mark Petrofsky 510-526-4944 (day of hike only, Marsha Maslan 510 219-8732 (text).

Thursday, May 23

EAST AVENUE PARK, HAYWARD

9:15 Meet at Hayward BART, or meet at the trailhead parking lot, 3221 East Ave, Hayward, at **9:30**. Restrooms at trailhead only. Moderate+ 5-mile, 650' elev. gain loop with wide dirt path, 90% shade. Bring lunch or snack and poles (a few steep downhills). **Text or call** Wanda for BART pickup by May 22, 6 p.m.

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

Sunday, May 26

KINGS CANYON LOOP, RICHE LOOP TRAILS, MORAGA

9:30 Meet at the Orinda BART station or 10:00 at Valle Vista Staging Area parking lot on Canyon Rd. just past Moraga. Hike trails of the East Bay MUD property starting with the Riche Loop then connecting to the King's Canyon Loop trail. We'll have beautiful views of the San Leandro Reservoir. Total distance is about 7.5 miles with 950' elevation gain and about 50% shade. Restrooms at the beginning and end of the hike. Sticks recommended. All riders and drivers contact Harry by May 25.

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

Thursday, May 30

CONTRA LOMA RESERVOIR, ANTIOCH

CANCELLED

LEADER: Rosemary Johnson

Sunday, June 2

OLD MISSION ROAD & PRESIDIO

9:30 Meet at 16th St. Mission BART station (NW corner across from station). Visit Mission Dolores (\$5 entry fee; masks required) and then walk to Presidio. Circle back to Alta Plaza Park and (optionally) stay for Pug Sunday. Moderate, approx. 7-8 miles. Different bus choices available for return to BART stations.

LEADERS: Jan Proudfoot (415) 647-3285 and Marilyn Vihman (510) 708-3853.

Thursday, June 6**SAN FRANCISCO BAKERY HIKE**

9:30 Meet Kathryn in front of the Hyatt, by the cable car turnaround, at the foot of California Street (Embarcadero BART), for directions to the 1 California bus, which we will take to Divisadero and California. Or at **10:00**, meet us at B. Patisserie, 2821 California St, our first stop! From there we walk to Thorough Bread & Pastry on Church. Have some of their delicious sandwiches, quiche, or BYO. Then it's on to Little Bee bakery in Bernal Heights! Return to BART via the 24 and 14 bus. About 4.5 miles and roughly 380' up, with some stairs near the end. Rain cancels.

LEADER: Kathryn Rato: Kathrynrato@gmail.com, 415-425-0863

Sunday, June 9**BRIONES REGIONAL PARK**

9:00 Meet at Orinda BART OR **9:30** at the Bear Creek Staging Area of Briones Regional Park on Bear Creek Road, 5 miles east of the intersection with San Pablo Dam Road in Orinda. From the first parking lot on the left hike 7 hilly miles (1000 ft elev.) on the Bear Creek, Seaborg, Briones Crest, Mott Peak and Abrigo Valley Trails. Lunch at Sincich Lagoons. Restrooms available at the start. May be a parking fee if kiosk is attended. **Drivers and riders contact Mary** (Mulrich@sbcglobal.net) **by 5 pm 6/8.**

LEADERS: Ned MacKay 925-256-6347, nedmackay@comcast.net and Mary Ulrich 925-876-0803

Thursday, June 13**OAKLAND ZOO**

9:00 Meet at Coliseum BART to board hourly 9:25 46L bus to Mountain Blvd and Golf Link Road. Walk uphill 0.57 mile to entrance for **10:00** opening. Admission limited so purchase tickets online at www.Oaklandzoo.org. Seniors 76+ are FREE but still need a ticket available online. 4.4 miles with elev. gain 600'. **RSVP** to Connie, cbgee2014@yahoo.com or 510-528-3421 by June 11.

LEADERS: Connie Gee and Susie Huang 415-818-7905 (day of hike only)

Sunday, June 16**TOMALES BAY STATE PARK, INVERNESS**

8:15 Meet at Del Norte BART where cars are needed to drive to Shell Beach at the end of Camino Del Mar, Inverness. **9:45** Hike Johnstone Trail to Heart's Desire Beach for lunch. Then return to Shell Beach by way of Jepson and Johnstone Trails. 10 miles. 1,500' elevation gain/loss. Sticks helpful. Bring plenty of water. Bathrooms at start, lunch, end. Limited cell service. Drivers and hikers must call Diane by 6pm on 6/14.

LEADERS: Diane Cannon 406-465-9873, Colette Cussary, & Susie Huang 415-818-7905

Thursday, June 20**ANNUAL PICNIC**

10:00 Meet at Fremont BART (East side). Walk 1 mile to the picnic site in Central Park, then a 3-mile walk around Lake Elizabeth to BBQ. After lunch, walk 1 mile back to BART. **RSVP** to Jerry Ford with choice of burger, hot dog, tilapia, or vegetarian, by 6 p.m. on June 18th. Members - free, Guests - \$5. **LEADERS:** Jerry Ford 510-921-1739, Sylvia Kwan 925-852-9561, Frank Martin 510-460-8725, Stew Perlman 510-999-1706

Sunday, June 23**LAFAYETTE - MORAGA TRAIL****CANCELLED**

LEADER: Mary Ulrich

Thursday, June 27**EAGLE POINT TO CLIFF HOUSE AND BACK, SF**

9:15 Board 1 California bus @ Clay & Drumm. [Embarcadero BART Exit A1 - Drumm ST] **10:00** offboard at 32nd Ave & California. Hike Land's End Trail from Eagle Point to Cliff House for lunch – bring lunch. Return to 33rd & Geary via alternate route. 5 miles on dirt & pavement; 450 ft. altitude gain. Some short hills. Rain cancels. Liz's cell day of hike only 415-425-5538.

LEADERS: Liz Howell 415-584-1204 and Jo Anne Schultz 510-734-9324

Sunday, June 30**OPEN DATE**