

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

July, August, September 2024 V-19

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, July 4

OPEN DATE Independence Day!

Sunday, July 7

GARIN REGIONAL PARK, HAYWARD

9:00 Meet at SOUTH HAYWARD BART where cars are needed to drive to Garin Regional Park. About a moderate 5 miles hike. Hiking poles recommended. Parking fee \$5 or EBRP Parking Permit. From the Garin parking lot we go to Jordan Pond and walk on the side of the pond taking Ridge View trail crossing a few small bridges along the way to Meyer Ranch trail with some uphill to reach High Ridge trail to descend to the parking lot for lunch at the picnic tables. **Drivers & Riders MUST** sign up at darlenechoy@gmail.com on July 3-5.

LEADERS: Isabel Rogne 510-512-8778 and Darlene Choy 510-441-3825. Darlene's cell number of hike only 510-371-3694

Thursday, July 11

ALAMEDA LOOP WITH FIVE SMALL PARKS

9:30 Meet at 12th Street BART station at turnstile, or at 12th and Broadway to board 51A AC Transit bus to Mastick Senior Center (free parking) at Santa Clara Avenue and Bay Street. **10:00** Circle up. Hike is flat, paved, approx. 5 miles.

LEADERS: Jan Proudfoot, jan.proudfoot@yahoo.com 415-647-3285; Ina Soo-Hoo, emeracloud@yahoo.com, 510-384-1379

Sunday, July 14 **OLOMPALI STATE HISTORIC PARK/MT BURDELL, NOVATO**
8:45 Leave El Cerrito Del Norte BART East Parking Lot where **cars are needed** to drive to Olompali SHP at 8901 Redwood Blvd, Novato. Parking fee \$8 or State Pass. Hike 7 1/2 miles thru oaks, manzanita & madrone. The 1400' elevation is gradual over long switchbacks w/great views. **Riders & drivers MUST** contact Mike (email preferred) by Saturday July 13, 5 p.m.
LEADERS: Mike Branning 510-734-5041 mlbran1@yahoo.com and Laurie Lau 510-508-3494

Thursday, July 18 **ALAMEDA CREEK**
10:00 Meet at Union City BART Station (restroom). Short flat hike around Alameda Creek and back (about 4 miles). Lunch options: Bag lunch at Kennedy Park, across from Union City BART Station. Or join for Dim Sum sampler at nearby Din Ding Restaurant (\$20.00). Must **RSVP** for Dim Sum lunch option within week of July 8 by email to setsamann@pacbell.net or call 510-489-8096.
LEADERS: Sets Amann, Carol Savio 510-907-3055, Carol.Savio.sf@gmail.com

Sunday, July 21 **WUNDERLICH PARK, SAN MATEO COUNTY**
8:38 Be at Hayward BART station where **cars are needed** to drive 31 miles to Wunderlich Park in Woodside. Or meet at trailhead, 4040 Woodside Rd., Woodside by **9:30**. Hike is a 4.5 mi, 958' elev gain, moderate loop trail, mostly unpaved with some single track. Take Bear Gulch trail to Redwood Flat to Meadow trail and ending on the Alambique trail. Sticks useful. Only restroom is at parking lot, meet at the picnic tables there. **Riders and drivers contact** atoyfrog@gmail.com by July 18.
LEADERS: Angie Toy, 650-740-2063; Wanda Fong, 510 303-4454; Yoli Gonzalez, 510 206-7354.

Thursday, July 25 **PIEDMONT WALK**
9:15 Meet Kathryn at Ashby BART where the group will take AC transit bus 12 at 9:27 from MLK Way and Prince St. to Piedmont Av and Pleasant Valley Av, and then a short walk up Piedmont. Hike starts in front of the Chapel of the Chimes, 4499 Piedmont Ave, Oakland, CA 94611. From there, we will take a walk around Piedmont. The walk is about 5 miles and hilly, about 250' climb. **Contact** Kathryn at kathryn.rato@gmail.com
LEADER: Kathryn Rato 415-425-0963

Sunday, July 28 **SF LANDS END TRAIL AND MORE**
Meet at Powell St. and Market St. bus stop above Powell St. BART station at 9:15 to board Muni #5 bus to end of line at Fulton and La Playa St. **or** meet at corner of Fulton and La Playa St. at 10:00 by Safeway parking lot. We will walk to the Great Highway, then north to the Lands End Lookout where restrooms are available. Hike along , Lands End trail making a loop including ,Sutro Baths, Point Lobos, many great views of , Golden Gate Bridge, Legion of Honor and USS San Francisco Memorial. We will conclude at 48th and Geary St to take , 38R bus back to ,Powell St. BART. , 5 miles with 700' elevation. Sticks helpful. RSVP by July 27 to harrymf949@gmail.com or text 408-772-2460.
LEADERS: Harry Fong, 408-772-2460, harrymf949@gmail.com; Cathy Kong 415-845-3131, ckong8888@gmail.com

Thursday, August 1 **REINHARDT REDWOOD REGIONAL PARK OAKLAND**
9:00 Meet at Coliseum BART on Snell Ave, passenger loading area or meet **9:40** at 7867 Redwood Rd, Oakland. Meet at the farthest parking lot named Canyon Meadow. Moderate loop hike, 4 miles, 550' elevation gain on dirt path. Mostly shaded. Restrooms at trailhead and along the way. Bring water, snack or lunch, and poles if you need them.
Text or call Wanda for BART pick-up only, by July 30, 6 p.m.
LEADERS: Wanda Fong 510-303-4454, Yoli Gonzalez 510-206-7354, and Carol Tse 510-266-2324

SUNDAY, AUGUST 4**TILDEN PARK**

Meet 10:00 at the Little Farm (restrooms). BART options – 9:30 at either Orinda or Downtown Berkeley. Hike ~6 mile loop with ~1000 ft elevation. Wildcat Peak Trail to the Peak, Nimitz to Inspiration Point (lunch, restrooms) to Curran and Wildcat Gorge Trails. Shorter hike option – about 4 miles with ~700 ft elev by returning on the Laurel Canyon fire road. Riders/drivers contact Mary by 5 pm Saturday, Aug.3. Email preferred, mulrich@sbcglobal.net, 925-876-0803.

LEADERS: Mary Ulrich and Mark Petrofsky, mpetrof@hotmail.com

Thursday, August 8 DOMINICAN NEIGHBORHOOD, SAN RAFAEL

10:00 Meet at San Rafael Transit Center, in front of the old ticket bldg. To get there from the East Bay, at **9:16** take GG Transit bus 580 in front of El Cerrito Del Norte BART. From San Francisco, at **8:58** take GG Transit bus 150 from Larkin and Grove (by the library), a 5-minute walk from Civic Center/UN Plaza BART. **Contact** kathryn.rato@gmail.com

LEADER: Kathryn Rato 415-425-0863

Sunday, Aug 11**Pacifica Mori Point hike**

Meet at the Pacifica Pier on Beach Blvd. at 9:45 am (Restrooms and coffee shop). Take Paloma exit from Hwy 1 to Beach Blvd. Turn left and park south of Pier. BART riders be at Daly City BART at 9:15. **ALL drivers and BART riders must call or email Harry by Friday evening Aug. 9 to assure a ride.** Milagra Ridge to Sweeny Ridge, taking Mori Point Trail back to Pacific Pier. Approximately 8 miles, 1500 ft. climbing and long descent. Great views of ocean and bay, WWII battery and orchid nursery. Hiking poles a must. Maybe windy and foggy.

Leaders: Bill Chen (707-319-1283, wm_t_chen@yahoo.com), Roberta O'Grady (510-769-8423) Harry Fong (408-772-2460, Harrymf949@gmail.com)

Thursday, August 15**TRES PITTORESQUE PIEDMONT / ICE CREAM**

10:00 Meet at Rockridge BART. Did I hear you say ice cream? Join us on this popular reprise hike to discover Piedmont's lesser-known areas. Surprises abound, including a hidden redwood grove and playground. Yes, of course, we will stop at Fenton's for ice cream before continuing to MacArthur BART and the end of our 5-mile, mostly flat, hike through beguiling neighborhoods. C'est vraiment tres beau (it's really very beautiful). No need to sign up.

LEADER: Lucy Perdichizzi lucyperd@sbcglobal.net, cell anytime 510-410-1285

Sunday, August 18**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; some with handrails. There is a some torn-up concrete and overhanging foliage. There will be dirt paths at Temescal; sticks may be useful. Restrooms will be only available at lunch and Bart. About 5.5 miles with about 550 feet elevation gain.

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

Thursday, August 22**OHLONE GREENWAY WALK**

9:00 Meet at El Cerrito Plaza BART to walk the Ohlone Greenway Rail-Trail to Downtown Berkeley BART. Restroom stops at Peralta Community Garden, Albany Community Center, Berkeley Senior Center. Lunch TBD. About 4 miles on paved and dirt trail. Sticks helpful. **RSVP** to Connie at cbgee2014@yahoo.com or 510-528-3421 by Aug. 20.
LEADER: Connie Gee, 510-960-0694 day of hike only

Sunday, August 25**ANGEL ISLAND**

8:45 Leave El Cerrito Del Norte BART (east side parking lot) where **cars are needed** to drive to parking lot at 1527 Tiburon Blvd in Tiburon near Chase Bank (\$5 parking). 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/schedule or buy at dock if ship is not full (Senior \$16, Adult \$18). Note: The Golden Gate ferry from SF does not arrive until 10:45, so not an option this year. Hike 6 miles with 800' 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 24, 5 p.m.
LEADERS: Mike Branning 510-734-5041 mbran1@yahoo.com and Laurie Lau 510-508-3494

Thursday, August 29**PERALTA HACIENDA AND VICINITY, OAKLAND**

10:00 Meet at Fruitvale BART. We will explore the multicultural Fruitvale neighborhood and the historic Peralta Hacienda. 3.5 miles, paved, mostly level.
LEADERS: Noël Siver, noelsiver2@yahoo.co.uk, 510-923-1327 (landline, no texting); Beryl Vonderheid (cell day of hike 510-710-1473)

Sunday, September 1 HIKE CANCELLED, Replaced by No Host Lunch. BERKELEY

Hike canceled due leg injury, replaced by no host luncheon at Little Plearn's in Berkeley at 1:00. If you are interested please RSVP by email me. Maximum 16 participants.
LEADERS: Julia Cordell 510-964-1467, jxcordell@hotmail.com; David Jadeson 510-493-6721.

Thursday, September 5**BEAUTIFUL BAY FARM ISLAND IN ALAMEDA**

9:49 Meet at Fruitdale BART to take the 21 bus at 10:02. We will start our walk at Otis and High St. We will be walking along the water, about 5 miles. Bring lunch.
LEADERS: Beryl Vonderheid 510-532-8340; Roberta O'Grady 510-769-8423, cell day of hike only: 510-269-0968

Sunday, September 8**OPEN DATE****Thursday, September 12****ALVARADO HISTORY TOUR & FLIGHT 93 MEMORIAL**

Meet at Union City BART to catch the **8:55** AC 97 bus. Walk is in the sun 3-5 miles, flat, sidewalks and asphalt. Bus is available. Restrooms at BART and along the route. Please **RSVP** by TEXTING 1-510-329-9826 before 9/10 for head-count. Rain or over 80 degrees will CANCEL.
LEADERS: Rita Poppenk, Dexter Barker 1-510-329-9826

Sunday, September 15**BEAR VALLEY TRAIL, PT. REYES**

9:00 Meet at Del Norte BART station where **drivers are needed** or 10:00 at the big parking lot across from the Bear Valley Visitor Center in Pt. Reyes. Out and back, no hills, through the forests and meadows to lunch at the cliff above the ocean. 8 miles RT. Restrooms at parking lot only. **BART riders and drivers, please contact** Jan by September 11. Text, email preferred.

LEADERS: Jan Lecklikner 415-971-3783, jleck.2@gmail.com; Sue Lai 510-646-2727, laipet736@gmail.com

Thursday, September 19

TREES OF UC BERKELEY CAMPUS

10:00 Meet by the metal globe sculpture at the Downtown Berkeley BART Plaza, and walk up to the campus. Visit the tallest hardwood trees found anywhere on this continent (not Redwoods). And 300-million-year-old trees, the only survivors of their family. And sacred trees from the Himalayas, with names from past languages. Trees were brought to the campus from all over the world, now over 300 different species of trees. Finish at Mulford Hall, home of the Forestry Dept., and lunch for those interested at Brown's Café nearby. On this 4-mile campus walk, we will only visit some species, but trees may have much to teach us.

LEADER: Peter Nurkse, nurkse@gmail.com, 831-331-3671

Sunday, September 22,

Drake's Head, Pt Reyes

9:00 Meet at Del Norte BART (west side nearest San Pablo Avenue) where cars are needed to drive to Estero Trailhead, Inverness, off Sir Francis Drake Highway.(restrooms at trailhead) Out and back on a mostly exposed, gently rolling, trail with about 9 miles and 1000' elevation gain. Sticks helpful. Views every step of the way. Lunch on the cliff above Limantour Beach with Pt Reyes on the right and Arch Rock on the left. Riders and drivers call Diane by 6pm on Sept 20.

Leaders: Diane Cannon 406-465-9873 & Jo Anne Schultz 510-734-9324

Thursday, September 26

PINOLE SHORES TO FERNANDEZ PARK

10:00 Meet at the parking lot at the end of Pinole Shores Drive, or take the **9:07** JR bus from El Cerrito del Norte BART to San Pablo Ave. & Crestview. Walk one block north to Pinole Shores Drive and walk west for 0.5 mile to the parking lot. This is a walk on the SF Bay Trail and then along Pinole Creek to the park for lunch. Return on opposite side of the creek. Approx. 5.25 miles, flat. **All hikers sign up** Sept. 20-25 at compasros@comcast.net (preferred) or 510-948-8385.

LEADER: Rosemary Johnson (mobile day of hike) 510-619-5728

Sunday, September 29

Heart of Richmond Art and History Walk

9:30 Meet at Richmond BART Plaza between station and parking garage (If taking BART, turn right/west after exiting ticket gates and go up stairs. If driving, OK to park for free in BART garage). We'll check out some of Richmond's ample art, heart and history on this 7 mile loop, all flat on pavement. Lunch at Marina Bay farmer's market (Brazilian, Thai, Dim Sum, Mediterranean, snacks, coffee, juices, or bring your own). RSVP requested.

Leaders: Marilyn Langlois, marilynlanglois@comcast.net, 510-710-4493, Florence Yukoi.