

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

January, February, March 2025, V13

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 67 cents per mile plus share of bridge tolls & entrance fees. For example, 2 persons including driver: \$.34/mile, 3 pers: \$.23/mi, 4 pers: \$.17/mi, 5 pers: \$.14/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, January 2

ARDENWOOD FARM

9:45 Meet at Union City BART in time to catch the #200 bus. If driving, park in the lot at the entrance to Ardenwood and meet us at the front gate at **10:15**. The entrance fee is \$5.00. We will walk around the farm, an easy 4.5-mile loop. Hopefully we will see Monarch butterflies.

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

Sunday, January 5

CROCKETT HILLS

9:30 Meet at Crockett Ranch Staging area, or **9:00** am at El Cerrito Del Norte BART. We'll do a lollypop route in Crockett Hills Regional Park, to Kestrel Loop and Big Valley. Some up and down. About 6.5 miles total. Bring lunch and layers. Rain or excessive mud cancels. **Please RSVP to Marilyn Langlois**, 510-710-4493, marilynlanglois@comcast.net

LEADERS: Marilyn Langlois, Florence Yukoi and Laurie Lau

Thursday, January 9

SF BAKERY HIKE IN THE SUNSET

10:00 Meet at the cable car turnaround, Market and Drumm St. Embarcadero station, eastern exit A1. From there we will take the N-Judah to the Tartine in the Sunset. Or meet us at Tartine at Lincoln and 9th around **10:45**. If driving, park in Golden Gate Park on Martin Luther King Jr. Road and walk to Tartine. From there we head to Devil's Teeth Baking on Noriega, and finally Rolling-Out-Cafe on Taraval. We can take the L Taraval back to BART. Not a hilly walk but a steady 5% grade to the last cafe, 6 mi. on sidewalks, about 250' elev. gain. If you want a delicious Pork Bun Kougin Amann from Rolling-Out-Café, **email kathrynrato@gmail.com** by Jan 7 so the baker can hold some back for us!

LEADER: Kathryn Rato 415-425-0973

Sunday, January 12, 2025

Clayton to Black Diamond Mines

9:30 Meet at Concord BART station, where cars are needed. Or **10:00** meet at **The Grove, 6100 Main St., Clayton. Hike gradually uphill along Black Diamond Trail to Jim's Place for lunch.** Then continue down beautiful Coal Canyon, viewing remnants of early mining. Finally, loop back to Black Diamond Trail. 8 miles. About 1,000' elevation gain/loss. Sticks helpful. Rain/mud cancels. Riders and drivers call Diane by 1/10.

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

Thursday, January 16

MISSION TO THE BAY - SF

10:00 Meet at the SW corner of 24th St/Mission BART Station (near Santana mural). Walk east through parts of the Mission (lots of murals along the way), over to Potrero Hill, and then to the east side of SF. Walk along the Bay - Great Views. Visit Dogpatch, Mission Rock, Mission Bay, and China Basin. We will walk by the Chase Center and lots of parks (Esprit, Cane Cove, Bayfront [new], and China Basin [newish]) and then head across the Lefty O'Doul Bridge to Oracle Park and the Embarcadero. Walk along the Embarcadero to the Ferry Building. Lots of options/buses to shorten the hike, if needed. Restrooms ~30-45 min after start, at lunch stop, and at end of hike. Lunch along the way. About 6-7 miles, mostly flat with 3-4 blocks of hills in the Potrero Hill area. Rain cancels.

LEADER: Kathleen Clarkson 415-647-1113 (Day of Hike only 415-438-0571)

Sunday, January 19 STAIRWAY WALK - DIAMOND HEIGHTS & UPPER NOE VALLEY/GLEN CANYON PARK

10:00 Meet at Glen Park BART. Moderate hike of approx. 7 miles, mostly paved. Lots of steps; sticks helpful.

LEADERS: Jan Proudfoot 415-647-3285, Colette Cussary

Thursday, January 23 MARTIN LUTHER KING JR. REGIONAL SHORELINE

10:00 Meet at Swan Way Staging Area, near Doolittle Drive, or **9:45** at Coliseum BART on Snell St. A bird walk for non-birders.

Binoculars will enhance experience but not necessary as ducks and shorebirds are large. 4-mile flat loop hike on mostly paved trails.

Sign up Jan. 17–22 at compasros@comcast.net (preferred) or call 510-948-8385. Light rain OK, heavy rain cancels.

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

Sunday, January 26 TILDEN PARK FROM VOLLMER PEAK TRAIL

9:25 Meet at North Berkeley BART station, where cars are needed; or **10:00** meet at Tilden Park Steam Train, at the smaller upper additional parking lot nearest to Seaview and Vollmer Peak Trailheads. 6 miles, 1200 ft elevation using Vollmer, Seaview, Lower Big Springs trail. Seaview trail downhill is littered with loose gravel, sticks useful. Restroom at parking lot. Rain cancels. Drivers and riders please RSVP by Sat 01/25 noon.

LEADERS: Sue Lai (laipet736@gmail.com), cell day of hike: 510 646 2727, Linda Margossian 510-685-1862

Thursday, January 30 ROUND VALLEY REGIONAL PARK

9:30 Meet at Antioch BART station where **cars are needed**. Or **10:00** meet at Round Valley Regional Park, 19450 Marsh Creek Road. Hike Miwok and Murphy Meadow trails to the Group Camp for lunch. Return to staging area on Murphy Meadow Trail. 8 miles, about 400' elevation gain. Sticks optional. Restrooms at staging area and Group Camp. Rain/mud cancels or modifies hike. **RSVP** Diane by 1/29.

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

Sunday, February 2nd, 2025 "Remembering Pat McDonald" Hike.

Friends of Pat often hiked at Tilden Park, among other parks, during the Pandemic lockdown.

This time I chose the simple route we enjoyed together to honor her, a positively great hiker.

9:00 meet at North Berkeley BART where cars are needed. Or 9:30 am at Little Farm parking lot, 600 Canon Drive. Berkeley. We hike up to the Wild Cat Peak via Inspiration Point taking various trails. ~ 7.5 miles with ~1000' elevation gain. **Treats will not be provided by hike leaders**. Sticks helpful. Rain/mud cancels. Hikers, riders, & drivers please email; atelier.sato@gmail.com by Friday the 31st, 6:00pm.

Leader: Sophia Garcia ; 510-326-7485 (day of hike only) & **Pam Littlejohn 510-329-0896**

Thursday, February 6 TANK HOUSES OF NORTHWEST BERKELEY

9:30 Meet at Ashby BART (restrooms or porta potty). At **9:48** take AC Transit #12 bus from MLK and Prince to end of line. Drivers meet at **10:15**, at SW corner of 6th St and Harrison. Beware of parking restrictions. From the 1860s through the 1920s, windmill-topped water towers stood on nearly every city block, pulling up water from wells into elevated redwood tanks, providing pressurized water for domestic use. On this walk, we visit five surviving tank houses. About 3 miles, flat, paved. Requires some standing. Light rain OK, heavy rain cancels. **Sign up** with Noël Jan 28–Feb 4.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk 510-923-1327 (landline, no texting); and guest leader Berkeley architect Aaron Goldstein

Sunday, February 9 LAS TRAMPAS – ROCKY RIDGE

9:30 Meet at Walnut Creek BART where **cars are needed**, or **10:00** at Las Trampas Regional Park, Bollinger Staging Area (Las Trampas public parking). From I-680, exit at Crow Canyon Road west. Head west to Bollinger Canyon Road and turn right. Head north on Bollinger Canyon to the end and turn right into the lot. Hike 5.5 miles up Rocky Ridge with 1150' gain on paved and dirt trails. Restroom at start. **Riders and drivers contact** Jim Baranowski at brnw_th@yahoo.com Feb 2 through 7.

LEADER: Jim Baranowski 925-577-1022

Thursday, February 13 POINT PINOLE REGIONAL SHORELINE

10:00 Meet at El Cerrito Del Norte BART (west side passenger pickup area) where **DRIVERS ARE NEEDED** to carpool. **10:45** meet at Point Pinole Regional Shoreline Giant Highway staging area (5551 Giant Highway). Mostly level 4-mile loop. Bring lunch. RAIN CANCELS. Drivers/riders and all **RSVP** to Karen at karntzen5@gmail.com.

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

Sunday, February 16 GREEN RANCH SITE AND FROG POND, MT. DIABLO

8:55 Meet at Walnut Creek BART where **cars are needed** to carpool to Curry Point Trailhead for a **9:45** start. State Park Pass or \$9 car fee. No water on trail. Bathroom toward end of hike. Suggest sticks. Hike 7.7 miles with 2,400' elevation gain. A clockwise loop of incredible beauty. Take Summit Trail, Oak Knoll Trail, and Green Ranch Rd to Green Ranch Site for a little look at the past. Then continue on Green Ranch Rd to the Frog Pond for lunch. Ribbit! After lunch, take Frog Pond Rd to Curry Canyon Rd and back to our cars. Be prepared for mud & poison oak. Heavy rain cancels. **Riders & drivers call** Diane by 6 p.m. on 2/14.

LEADERS: Diane Cannon 406-465-9873, Marilyn Langlois 510-710-4493

Thursday, February 20 OLD SAN PABLO TRAIL

10:00 Meet at corner of Bear Creek Road and San Pablo Dam Road, limited parking. Or pick-up at Orinda BART at **9:50**. 4.5 miles on dirt and paved trails. **Sign up** Feb 14–19 at compasros@comcast.net (preferred) or call 510-948-8385. Light rain OK, heavy rain cancels.

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

Sunday, February 23, 2025 **Movie Tour of San Francisco**

9:15 Meet at the Ferry Building (Embarcadero BART), for a 2-mile walk, or

10:15 Meet at Pier 43 1/2 at Fisherman's Wharf. (160 Jefferson St., SF)

Take a 3-hour Movie Bus Tour of San Francisco. We view locations of movies and TV shows filmed in The City, while watching actual clips on a screen. Then lunch, sack or restaurant, at the Pier. Followed by a walk or bus back to Embarcadero BART. 4 miles of walking in all. Limited to 12 people. First come, first serve. \$48 per person includes gratuity. Call Diane to sign up. Nonrefundable check to Diane reserves your spot. Must find a replacement if you can't go.

Leaders: Diane Cannon (406-465-9873) & Colette Cussary

Thursday, February 27 **10,000 STEPS: WALKING THE INVISIBLE CITY - OAKLAND**

10:00 Meet in front of Oakland City Hall (12th St BART, 14th St exit, Exit 4A, Ogawa Plaza). City Hall restrooms thru 14th St. entrance.

Explore the history of Old Oakland and Chinatown districts via their seven original public squares. Search for sidewalk markers left by the 10,000 Steps Project (2006–2010). 4 miles, flat, paved. Light rain OK, heavy rain cancels. **Sign up** with Noël, February 20–25.

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

jleck.2@gmail.com

Sunday, March 2 **CHINA WALL, MACEDO RANCH, ALAMO**

9:30 Meet at Walnut Creek BART station, where **cars are needed**. Or 10:00 meet at Macedo Ranch Staging Area, 3756 Green Valley Rd., Alamo. Parking fee \$6/\$5 seniors. Restrooms at start/end only. Hike Wall Point Rd, Briones to Mt. Diablo Regional Trail, Buckeye Ravine Trail, Stage Road Trail, and Little Yosemite Trail. The highlight is California's own China Wall! 7 miles. ? elevation gain/loss.

Sticks helpful. Rain/mud cancels. **Drivers/riders call** Diane by 6 p.m. on 3/1.

LEADERS: Diane Cannon 406-465-9873; & Colette Cussary.

Thursday, March 6 **HAP MAGEE RANCH TO DOWNTOWN DANVILLE VIA THE IRON HORSE TRAIL**

10:45 Meet at Pleasant Hill BART to **carpool** or 11:15 meet at Hap Magee Ranch Park, 1025 La Gonda Way, Danville (680 south to El Pintado Rd exit). Walk 2 miles to downtown Danville via the Iron Horse Trail. Choose from a variety of great restaurants for lunch. Then visit the San Ramon Valley Museum (opens at 1:00). Return to Hap Magee Ranch Park. Flat, paved, approx. 4-mile hike. Heavy rain cancels. **RSVP** to Karen at karntzen5@gmail.com for a ride from BART.

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

Sunday, March 9 **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. Refreshments served!

Thursday, March 13 **CARQUINEZ SCENIC DRIVE**

10:00 Meet at Port Costa Staging Area on Carquinez Scenic Drive. **Drivers needed** for BART pick-ups. 4 miles out and back on paved road. **Sign up Mar.7–12** at compasros@comcast.net (preferred) or call 510-948-8385. Light rain OK, heavy rain cancels.

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

Sunday, March 16 **ANTHONY CHABOT FROM REDWOOD ROAD SIDE**

Details to follow.

LEADER: Pam Littlejohn

Thursday, March 20 **QUARRY LAKE**

10:00 Meet at Union City BART (restroom). We will walk from Union City BART to Quarry Lake (1 mile, paved, flat) and 3 miles around the lake (mostly flat trail). Pot luck lunch! Bring finger foods such as chips & dips, crackers & cheese, small sandwiches, cut up veggies or fruits, egg rolls, lumpia, small empanadas, etc. Let's celebrate the approach of Spring!

LEADERS: Sets Amann setsamann@pacbell.net, 510-909-7734 day of hike only; **Jerry Ford 510-921-1739**

Sunday, March 23 **TBD**

LEADER: Marsha Maslan

Thursday, March 27 **SYCAMORE GROVE PARK PLUS OLIVE OIL TASTING, LIVERMORE**

8:50 Meet at Dublin/Pleasanton BART station (end of line). As you exit the station, turn right towards Pleasanton (Owens Dr), and meet at the drop-off/pick up area. Or 9:30 meet at Independence Park, 2798 Holmes St., Livermore, at the south parking lot. Walk through Sycamore Grove Park to the historic Olivina Estate for a 1.5-hr. tour of the olive oil farm and mill, plus a tasting. Entrance fee is \$10, but everyone gets a \$10 coupon towards a purchase. See <https://www.theolivina.com>. Continue to lunch, and return. Approx. 7-mile loop on paved and dirt trails, 200' elev. gain. Restrooms at park entrance and lunch. Rain cancels. **Everyone must RSVP** by 3/25 to Althea at moy@wawong.com as **headcount is needed** for Olivina tour. If taking BART, **text** Yoli Gonzalez at 510-206-7354.

LEADERS: Althea Wong 925-487-6469; Yoli Gonzalez 510-206-7354; Carol Tse 510-266-2324

Sunday, March 30 **PATWINO WORTLLA KODOI DIHI OPEN SPACE PARK**

9:00 Meet at Walnut Creek BART where **cars are needed** or 9:40 at 2061 Rockville Rd, Fairfield, CA 94534. Opened in 2024, a 1500 acre inner coastal range of Blue-Oak and Sonoma Volcanic woodland with views of Sierras and Mt. Diablo, and hosts the Doris Klein section of the Bay Area Ridge Trail. Restrooms at park. Parking \$5 cash/card. Hike a 6-7 mi loop with rolling 800-1000' elevation, depending if & where the wildflowers are blooming. Bring Lunch and ground tarp. Sticks helpful. Rain cancels. **Riders and drivers please contact Steven** (schun51@gmail.com) by March 28.

LEADERS: Steven Chun 707-761-4392 and Georgia Chun 707-761-3450