



FIRST CLASS MAIL

KNAPSACK CONTRA COSTA HILLS CLUB SEPTEMBER 2026 NEWS

Greetings CCHC members! Here are the September *Knapsack* and the new fall hike schedule.

We recommend you consult the club website at <https://contracostahills.org/index.html> for updates and additional information. Also visit our safe section in groups.io for announcements, late updates, as well as pictures and write-ups from past hikes.

Thank you for your support of the club, and see you on the trails.



August 13 – A Day at the Beach in San Francisco

PRESIDENT'S MESSAGE As we welcome September, we can enjoy some terrific hikes this month. The highlights will be on September 17, when we celebrate Jo Anne Schultz's 90th birthday at Quarry Lakes in Fremont. And the following week, after a hike to a number of landmarks in Central Berkeley led by Noël Siver, we can rejoice at Jan Lecklikner's home with an ice cream social to celebrate her sparkling new remodel. Keep in mind that there are other fun hikes this month; just check

the hiking schedule. The next quarter of hikes is in great need of hike leaders. Please contact Jim Baranowski for Thursday hikes and Marilyn Vihman for Sunday hikes. Just an alert: Marsha Maslan is leading a Saturday hike on September 5 to Tomales Point. I hope that everyone is doing well and as always thanks to those of you who generously give your time to CCHC. Take care.

Respectfully submitted, Stew Perlman

CCHC KNAPSACK – SEPTEMBER 2026

NEWS AND EVENTS

HELP NEEDED We are looking for a fourth person to handle updating of the website for part of the year. Specific technical experience is not needed, the program we use is user-friendly and Liz, Fred, and Lewis can get you up to speed and help you out. Contact Liz Howell: liz_howell@yahoo.com.

UPCOMING OUTINGS

MINDEN/GARDNERVILLE, NV, October 4-8.

Good luck to the hikers! For more info, see the [website](https://groups.io) or groups.io.

PALM SPRINGS AND JOSHUA TREE NATIONAL PARK

February 21–25, 2027, Sign-ups October 2026. Escape the Bay Area winter cold and enjoy hiking in the desert. See the last page for details!

KNOW SOMEONE WHO COULD USE A LITTLE TLC? Contact Helen Wong Johe, our new corresponding secretary, at 510-367-4148 or HJohe@yahoo.com

WELCOME to our new members

Ginger & Jorge Alaniz, Carrie Bennett & Keith Arnold, and Carla Den Dulk

OPEN HIKEs: Thursday 12/10, 12/17, 12/24, and Sunday 9/13, 10/4, 11/1, 11/8, 11/15, 11/29, 12/13, 12/20, and 12/27 are open. We need Sunday and December leaders!! If you have an idea, please contact Marilyn Vihman 510-708-3853 m.vihman@berkeley.edu or Jim Baranowski 925-577-1022 brnw_th@yahoo.com.

IN THEIR FOOTSTEPS: Here are some of our hikes over the past month. A full set of write-ups and pictures can be found under CCHChikers on groups.io. Contact Rosemary Johnson with questions.

LANDS END, July 30. Leader: Kathleen Clarkson. There's an old saying, "The worst winter I ever spent was a summer in San Francisco." No one actually knows who originally said this. Today was an exception though, with warm weather, blue skies, and gentle breezes. The hikers boarded a bus near the Hyatt Regency, and headed west to 25th Avenue where Kathleen began her well-researched hike in the upscale neighborhood of Sea Cliff, then along the Land's End Trail. Sets was the sweep, and not a soul was left behind.

The mansions visited in Sea Cliff were at times the homes of photographer Ansel Adams; actress Sharon Stone; Twitter founder Jack Dorsey; singer Linda Ronstadt; the comedian and actor Cheech Marin (now under renovation); Metallica guitarist Kirk Hammett; politician Tom Steyer; Paul Kantner of Jefferson Airplane; actor and comedian Robin Williams; and the mansion often confused as belonging to Harry Houdini, the escape artist, illusionist, and stunt performer. Houdini did perform several times in San Francisco but he

did not live here. Houdini did often stay in Sea Cliff, New York at the vacation home of his good friend and lawyer.

Views of the Golden Gate Bridge were stunning. The surf below the trail was rough, but the sound of crashing waves was somehow relaxing. A large ship went by, heading under the bridge.

Directly below were the ruins of the Sutro Baths and skating rink. After lunch they headed across the street to the site of Adolph Sutro's former estate on a hill directly overlooking the Cliff House and Seal Rocks. Now known as Sutro Heights Park, it is open to be enjoyed by everyone. Besides the CCHC hikers, there were several large groups of children from summer schools, accompanied by their teachers. After a day of visual delights, some hikers took the 38R bus back to BART. Others opted to continue the hike along the western end of Golden Gate Park to the Beach Chalet, taking the N Judah train back to BART. —Linda Malm



July 30 – Lands End Hike

QUIRKY BERKELEY NORTHEAST, August 6. Leaders: Noël Siver, Regis Amann, and Sue Fernstrom. The opposite of "quirky" could be normal, conventional, or ordinary. Today, the hunt was on for things that really were quirky... but in positive ways. The hikers took a bus to Dorothy Bolte Park. Noël had prepared an excellent script for the hike. Regis was the sweep and kept the hikers together. At the park was one of those long cement S-shaped slides. Stew sat down, pushed off, and whizzed to the bottom.

Among the many other quirky things sighted in Berkeley neighborhoods were: huge clay statues by artist Buldan Seka; an enormous fruit juice stand in the shape of an orange; a sculpture of a rooster made from recycled spoons and knife blades; a metal sculpture of a skeleton playing the saxophone; a funicular going up to the front door of a house on a hill; a wooden sculpture of a Mamma Grizzly and cubs; a Buddhist altar; a mural with squirrels called "The World is Nuts." At one point in the hike, a delightful woman invited the hikers into her backyard to look at her yard art. At Live Oak Community Center, the hikers had lunch on tables by a stream. Many beautiful trees shaded the area. Further off, little kids could be heard laughing, playing, and having a great time. Later the hikers saw: a topiary giraffe; a residence called "The Hog Farm" with a peace symbol on the side; and Thornburg Village (aka Normandy Village) -- a group of Storybook or Village-style buildings. The multi-unit residences took up most of a block. The architecture was so authentic it felt like going back in time -- or actually being in a fairytale. —Linda Malm

CCHC KNAPSACK – SEPTEMBER 2026



August 6 – Quirky Berkeley Northeast

AQUATIC PARK TO SAUSALITO, August 9. Leaders: Mike Branning and Laurie Lau. 13 hikers met at Civic Center BART to take the 19 Polk bus out to Aquatic Park where we met 5 more hikers. 18 of us circled up in front of the Maritime Museum on an overcast day. We walked over the hill past Fort Mason, along the Marina Green, and through Crissy Field. Many families were enjoying the beach here as the fog began to lift. We struggled up the hill and along the Civil War batteries to our lunch stop at a nice Golden Gate Bridge viewpoint, where we enjoyed Laurie's cookies. 5 hikers left here to try out the Round House Cafe and head home.

The remaining hikers continued across the windy bridge and actually found some sun on the Marin side, continuing down to Fort Baker and over the hill to Sausalito. Alas, we missed the return ferry by a few minutes and ended up taking the bus back to the city. All in all, a nice 9-mile stroll with some great views—plus ice cream for those who did the whole hike! – Mike Branning



August 9 – Aquatic Park to Sausalito - Lunch

SEPTEMBER HIKES

Thursday, September 3 ALAMEDA HISTORY WALK

9:45 Take the 51A bus from Broadway and 12th Street in downtown Oakland, steps from the 12th Street BART entrance. Take the 51A through the Alameda Tube and exit at the bus stop at Atlantic Avenue and Webster Streets in Alameda. Here we will meet at **10:00**. We will walk to Jean Sweeney Open Space Park (restrooms), and talk about why the park was named for Jean Sweeney. We will continue to the estuary shoreline and talk about the history of the sailing ships and the shipping industry of 100 years ago. We will follow the shoreline walk, passing the Oakland and Encinal yacht clubs and Marina. Lunch stop at the wharf at the Waterfront Deli. You can bring your lunch or purchase lunch here (restrooms). Continue along the shore to the Alameda Gateway Ferry Terminal. There we will return to Mariner Square Drive and walk past Alameda Landing Shopping Center to Willy Stargell Ave. and to the 51A bus stop on Webster St. to return to 12th Street BART. About 4 miles.

LEADER: Roberta O'Grady rogrady3736@earthlink.net; 510-769-8423 (landline); cell (day of hike only) 510-269-0968

SATURDAY, September 5 SATURDAY HIKE – TOMALES POINT
8:30 Meet at BART station, TBD after I know who is attending. **All** hikers, drivers, riders **must email** Marsha Maslan by 5 p.m., Thursday, September 3. I will then figure out carpools and departure time and place based on who is coming from where. Hike is 9+ miles. It will be a long day especially if we opt for an ice cream stop after the hike. Note, this is during the rut for the elk so we will hope to see some action!
LEADER: Marsha Maslan, mmaslan9@gmail.com, 510-219-8732 cell day of hike only

Thursday, September 10 REINHARDT REDWOODS

9:00 Meet at Rockridge BART where **drivers are needed** to go to Skyline Entrance, Reinhardt Redwoods at **9:30**. East Ridge Trail to Prince Trail, Stream Trail to lunch in the Redwood Grove (tables and restrooms), return on the Stream Trail to parking lot. Sticks helpful. Approximately 4-5 mi., 400' climb. RSVP helpful.

LEADERS: Carol Savio 415-203-8390 (c), 510-907-3055 (h); Laurie Lau 510-508-3494

Sunday, September 13 OPEN DATE

Thursday, September 17 JO ANNE SCHULTZ 90TH B'DAY POTLUCK/HIKE, FREMONT

10:00 Meet at Union City BART. Hike 1.5 mile to Enseñada North BBQ site in Quarry Lakes, then 3-mile optional hike around the lakes back to the picnic site. Lunch will be potluck, to celebrate Jo Anne's 90th birthday. Please bring finger foods like cut up veggies or fruits, small sandwiches, empanadas, egg rolls, cheese/crackers, etc. Leaders will provide dessert, water, and plates/utensils for those who do not bring their own. 1.5-mile walk back to BART. Please **RSVP** Jan Lecklikner at 415-971-3783 (text preferred) or by email (jleck.2@gmail.com) by September 10. Let us know that you will be attending, what potluck food item you will be bringing, and if you need a ride to/from BART and/or would like to have your food item transferred from BART. Parking is \$5 or free with East Bay Regional Park pass. There is an optional free parking lot on Isherwood Way (10-min walk, go left out of the lot).

LEADERS: Sue Elliott 925-451-3307, Jan Lecklikner 415-971-3783, and Liz Howell

Sunday, September 20 BARNABE MOUNTAIN

Details to follow

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

Thursday, September 24 NEIGHBORHOOD HIKE AND ICE CREAM SOCIAL

10:00 Meet at Downtown Berkeley BART. (Restroom is available inside BART station.) Visit landmarks in central Berkeley. Lunch and restrooms at San Pablo Park. Then check out Jan's remodel and have ice cream. Flat, paved. 4 miles. From Jan's walk to Ashby BART (0.8 mile = 19 minutes) or take AC Transit #27 from bus stop at Ashby Ave and Acton Ave. **RSVP** to Jan on Sept 21–23. Contact Noël if you want a copy of the script.

LEADERS: Noël Siver, noelsiver2@yahoo.co.uk, 510-923-1327 (landline, no texting); Jan Lecklikner 415-971-3783; Diane Cannon 406-465-9873

Sunday, September 27 CLAREMONT AND STRAWBERRY CANYONS

9:15 Meet outside Downtown Berkeley BART station (there is a restroom before exiting the BART). Hike through UC Berkeley campus to College Ave, then Dwight Way and Clark Kerr Trail to Panoramic Hill. We will then take the semi-loop of Upper Jordan, Sherwood Forest (lunch stop) and Lower Jordan in Strawberry Canyon, back to UC campus. Sticks highly recommended. Approximately 5.5 mi., 1000' climb (800' in the first 2 miles). 50-50 pavement-trail. Optional: gelato at Almare at the end of hike. **RSVP** to LiHui by 6 p.m., September 26.
LEADERS: LiHui Tsai, LiHui_Tsai@yahoo.com, 707-687-9969; Marsha Maslan, mmaslan9@gmail.com, 510-219-8732

Editor: James Baranowski brnw_th@yahoo.com

Palm Springs & Joshua Tree National Park

Outing date: February 21-25, 2027 Signups: October 2026

Escape the Bay Area winter cold and enjoy hiking in the desert.

Explore downtown Palm Springs, Palm Canyons, and Joshua Tree National Park.



Downtown Palm Springs



Indian Canyons

Joshua Tree National Park



We will hike two locations in Joshua Tree National Park, the Blackrock Canyon and Cottonwood Spring areas. The desert will have a variety of rock formations, yuccas, blooming flowers in Feb., cacti, and birds.

Daily Agenda

Sunday: Arrive, check into Palm Springs Hotel.

Monday: Black Rock area in Joshua Tree.

- West Side Loop: 4.5 mi, 800'
- Panoramic Loop 6.6 mi, 1300'

Tuesday: Indian Canyons near Palm Spring

- Andreas Canyon 1 mi, 180' (All)
- Palm Canyon and return 3.5 mi, 400'
- Stone Pools 6 mi, 1000'
- Optional rigorous hike, The Ladders

Wednesday: Cottonwood Springs in Joshua Tree.

- Lost Palm Oasis 7.4 mi, 1100' out and back
- Shorter options are to turn back sooner.

Thursday: Travel home

Details of each day and each hike along with the difficulty and the hike rating will be included in the itinerary that will be sent to participants when sign-ups are closed.