THE CONTRA COSTA HILLS CLUB
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Website: www.contracostahills.org

FIRST CLASS MAIL

KNAPSACK CONTRA COSTA HILLS CLUB

NOVEMBER 2026 NEWS

Greetings CCHC members! Here are the November *Knapsack* and an updated 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.



October 11 – Fleet Week Blue Angels

PRESIDENT'S MESSAGE As we have recently experienced our first rain of the season, hike leaders and hikers will need to be cognizant of the weather conditions on the Thursday and Sunday hikes. If you informed Jim and Marilyn to include in the hike schedule that the hike will be canceled in case of rain, please let the potential hikers know if you decide to cancel. The meteorologists are telling us that we will have rain, so please pay attention to the weather forecasts. The past several weeks have included a wonderful variety of hikes and in mostly good weather. Don't forget that December 9 is

CCHC KNAPSACK – NOVEMBER 2026

our Holiday Luncheon, so send your check to Lucy if you wish to join us for a most excellent time. And as I am inclined to do, thank you to the hike leaders and to those of you who continue to support the Club with your time and energy as an officer. Stay well and have a happy and healthy Thanksgiving, - Stew

NEWS AND EVENTS

HOLIDAY LUNCHEON - By popular demand, we will once again gather at **MONA LISA MARE E MONTI** in San Francisco's North Beach. Be there Wednesday, December 9, 2026 11:30 – 2:30. RSVP to Lucy Perdichizzi with your check $50 members, $72 guests by December 1 – limit 60 happy people! See RSVP and more information here, this schedule, or in groups.io.

CONSERVATION CORNER - The Committee's donations for October were Berkeley Partners for Parks, The California State Parks Foundation, Save Mt. Diablo, Pt. Reyes National Seashore Association, Regional Parks Foundation and Trust for Public Lands. The club hike on Sunday, October 25 gave those who were there a special look at one of the parks of Solano Land Trust, an organization to which we contribute. Steven and Georgia Chun with Jo Anne Schultz led us on a stunning 6-mile hike in Patwino Warrtla Kodoi Dihi Park, the Southern Rock Home of the Patwin People. We hiked among the oak woodlands and chaparral landscape with stunning views of Mt. Diablo. Steven told us the story of the park and pointed out the different species of oaks and other plant life to enhance our hiking experience. Through our hikes we can appreciate how our contributions contribute to the preservation of such beautiful land.

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. Contact Liz Howell: liz_howell@yahoo.com.

CARPOOLS – Note the suggested rate for the entire car (including driver) is 76 cents per mile plus share of bridge tolls and entrance fees.

UPCOMING OUTINGS
PALM SPRINGS AND JOSHUA TREE NATIONAL PARK
February 21–25, 2027, Sign-ups took place October 11–24 2026. Escape the Bay Area winter cold and enjoy hiking in the desert. See the website for details.

THANK YOU Beth Johnke for taking over the Extracurricular from Lois Switzer. And thank you Lois for the Extracurricular! Your efforts are appreciated.

WELCOME to our new members
Andrea Schacter and Christine Ganser

OPEN HIKES: Thursday 12/24, and Sunday 11/8, 11/29, 12/13, 12/20, and 12/27 are open. Now is the time to start thinking about hiking in the winter. The schedule is wide open! We also need Sunday 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.

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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.

REINHARDT REDWOOD PARK, October 1. Leader: Jim Baranowski. A beautiful day to hike the Reinhardt Redwood Regional Park in Oakland. Due to some trail closures, the original route had to be changed. Our leader Jim Baranowski led eight of us along the Stream, Bridle, Orchard, French, and Chown trails. The weather was a bit warm; however, the many 150+ year-old redwoods shaded us along the way as we hiked 3.5 miles, 510' elevation gain. The trail had many fallen leaves, some ferns, and lots of poison oak. Many thanks to Jim for the goodies and for leading this wonderful hike. – Wanda Fong



October 1 – Halfway point on Reinhardt Redwood hike

GOLDEN GATE BRIDGE TO SAUSALITO, October 8. Leaders: Rita Poppenk and Dexter Barker. Heavy fog greeted our group of 10 as we departed the Golden Gate bus at the Visitor Center. Walking along the bridge there were no views. Finally, we entered Sausalito with clear blue skies and great views. Our hiking along the trails took us to Fort Baker, Battery Yates (cement gun batteries were built to protect the Bay's military bases between 1882 and 1905, these batteries were used until 1946) and Horseshoe Bay cove. Standing there we could see Lime Point historic lighthouse and listen to the constant foghorn.

During this hike we went a combined total of 100 stair steps. Now we are hiking towards downtown Sausalito along the bay. We did a short tour of the businesses as we made our way to Viña del Mar Park for lunch. At the end of lunchtime, we were lucky to see the Blue Angels out for their practice. Our hike was finished as we left Sausalito and ferried to San Francisco's Ferry Building. 5.6 miles

w/604' elevation gain. What a wonderful time with our great leaders. Thank you, Rita and Dexter! – Wanda Fong



October 8 – Golden Gate Bridge to Sausalito

SF VIEWING OF BLUE ANGELS, October 11. Leaders: Sets Amann, Regis Amann, Carol Savio. On a sunny, clear day, ten of us made our way to the Muni #19 bus to travel on a very slow, crowded Polk Street. We off boarded at Francisco and Polk, where we met our eleventh hiker. Soon we discovered that there were an incredible number of people who had come to a variety of viewing spots to see the Blue Angels perform their breathtaking aerial maneuvers. As we ventured to our final destination, we saw thousands of people who had found their places to watch the show. Many gathered at Fort Mason, the Marina Green, and finally Tunnel Tops.

As we walked to find our place to view the acrobatics, we could see and hear a number of jets from the Air Force, Marines, and even a United 777, take to the sky before the Blue Angels appeared. There was no comfortable seating available for all of us, so we had to carve out a small grassy area to wait until the Blue Angels finally appeared. Breathtaking does not do justice to their remarkable flying feats. We watched as the jets roared across the Golden Gate into view while the throng let out roars of delight and approval. There were lots of photos being taken as the jets completed a vast variety of moves. Sometimes one jet would fly across the sky emitting a contrail, while other times there were four jets almost touching each other as they flew vertically into the sky also leaving behind a long trail. The sky was filled with the performance for an hour.

As the show neared its conclusion, some of the Club hikers made their way to go home, while four of us stayed to the end and braved the rush to the Presidio Go bus. A glorious afternoon. If you go to CCHCgroups.io, you will see photos of the Blue Angels in all their glory. — Stew Perlman

MINDEN, NEVADA OUTING, OCTOBER 4 – 8. Welcome back hikers!



October 5 – River Fork Ranch

DAY 2 AM – RIVER FORK RANCH NATURE CONSERVANCY, October 5. Leaders: Jan Lecklikner and nature conservation and birding guide Doug Stinson. From the Holiday Inn Express we carpooled 3 miles to the River Fork Ranch Nature Conservancy. It's an 800-acre riparian preserve at the confluence of the east and west forks of the Carson River. Originally established as a historic working cattle ranch on a floodplain, the property was purchased by The Nature Conservancy in 2000 to manage it as a protected nature preserve. The property is open from dawn to dusk for hiking, wildlife viewing (bears, pumas, mink, mule deer, and bald eagles can be seen there), and nature photography.

Shortly after we started on the trail along the east fork of the Carson River, we were met by our guide, Doug Stinson. Even though he specializes in birds, Doug is a mine of information about the flora and fauna of the area. We saw mallard ducks in the river, rubber rabbitbrush shrubs with bright yellow late-summer flowers, chicory in bloom, cottonwood trees, lots of owl scat under the trees, cattails along the bank of the river, the stumps of two trees cut down by beavers who used to occupy the east fork of the river, three red-tailed hawks perching on a horizontal iron pole, showy milkweed with seed pods dispersing their seeds, a monarch caterpillar feeding on a leaf of a milkweed plant, southern cabbage (aka checkered white) and checkerspot butterflies on common blanket flowers. The views both north and south—accented by fluffy white clouds—were wonderful.

At the base of the Carson Mountain Range, we could see the outlines of the buildings of the small town of Genoa (pop. ~1,284). Founded in 1851, Genoa is Nevada's oldest permanently settled population.

A loop took us to the west fork of the Carson River with great views to the south. After a total of 2.25 miles from where we started our hike, we arrived at the Whit Hall Interpretive Center. Built in 2010 to house educational displays, the facility is LEED Platinum certified, featuring sustainable architecture elements like active/passive solar power, passive geothermal heating/cooling, and a constructed wastewater wetland.

From the center we walked straight back to where we had parked our cars. By then most of the clouds had vanished, the cool breeze was no more, and the temperature was warming up.

Thank you to Jan Lecklikner, her long-time friend NJ Thompson who lives nearby, and our wonderful guide Doug Stinson for an excellent introduction to this area of western Nevada. – Noël Siver



October 5 – Fay Luther Loop

DAY 2 PM – FAY-LUTHER LOOP TRAIL, October 5. Leaders: Helen Johe, Lynne Vogensen, Ed Osada. Any reservations the group had about the weather being too hot dissipated with a short rain shower

as we ascended toward Jobs Peak. Under an overcast sky, we climbed through the scrub desert, passing sage, mugwort, and rubber rabbitbrush. Several members took time to sample the vanilla scents of the Ponderosa pines. Crossing back into Nevada, we stopped to take a photo at a sign indicating the border of California. Starting at an elevation of 4820 ft., we hiked 3 miles over 2 hours, with an elevation gain of 325 ft. – Cynthia Robinson



October 6 – Carson Pass to Winnemucca Lake

DAY 3 – CARSON PASS TO WINNEMUCCA LAKE, October 6. Leaders: Jan Lecklikner and Helen Johe. The hike to the lake was moderate with a 500 feet elevation gain. The temperature of the hike was pleasant 75 degrees and a slight breeze with an elevation of 7600 ft. The Sierra crest had whitebark pines and ponderosa trees. Heading northbound with views of Caples Lake to Winnemucca Lake the wind picked up a bit. Arriving at Winnemucca Lake with a few trees and lots of boulders we stopped for lunch. One brave hiker took a quick dip in the frigid 50-degree alpine lake, 8,800' elevation. On the return to the Carson Pass Visitor Center, hikers noticed some downed trees that appeared to be interesting bark patterns which had a hard brittle feel. Dropping gradually in elevation the hikers took a side trip to Frog Lake. However, in October the lake appeared more like a small pond. Some brook trout were visible from the shore. The last leg of the trip we located the trail to view Red Lake to the south. Then returning to the Carson Pass Visitor Center! Cheers! – Cathy Russo



October 6 – Woods Lake to Carson Pass

DAY 3 – WOODS LAKE TO CARSON PASS, October 6. Leaders: Ed Osada and Lynne Vogensen. After leaving one car at Carson Pass, 11 hikers piled into two cars and began our challenging, seven-mile/1400' elevation hike from Woods Lake Trailhead. Shortly we were winded but inspired by looking down upon Woods Lake. The air quality was crystal clear! We spotted the ruins of an old truck with wooden spokes, hard to guess its age. The climb was steep in sections, often aided by carved steps. Our lunch stop was at Round Top Lake where some waded in the icy waters. Most of the difficulty behind us, we relaxed our pace, passing Winnemucca Lake and stopping at Frog Lake, with a view to our parking spot. Alas, the last mile seemed the longest, relieved as we were to finish.
Thanks, Ed Osada and Lynne Vogensen, for a beautiful hike! – Jan Proudfoot



October 7 – Castle Rock Loop, Tahoe Rim trail

DAY 4 – CASTLE ROCK LOOP, October 7. Leaders: Helen Johe and Jan Lecklikner. On October 7 we hiked a moderate, forested loop near Castle Rock, led by Helen and Jan. The weather was lovely, sunny and cool. We followed the Castle Rock Trail to the Tahoe Rim Trial and the Kingsbury North Spur. Our first stop was Castle Rock where we had filtered views of Lake Tahoe. Castle Rock is known for rock climbing as well as lovely views, but we only saw the views. As we hiked, we passed manzanita, chinquapin, white fir, Jeffey pine, and a few elusive birds. The trail was enhanced by the abundance of rocks for resting. Noël S, Cynthia R, Helen J, Jo Anne S, Angie T, Mike B, Roberta O'G, Jan L, Sylvia K, and I made our group of ten and I believe we all enjoyed the hike.
This is my first multi-day outing with the club and I am in awe of the leaders (Jan Lecklikner, Ed Osada, Lynne Vogensen, and Helen Wong Johe). We had first-rate hiking choices, a lovely hotel, and an excellent last night meal. During the trip we were always well-informed and our activities were efficiently organized. I give my thanks to all of the leaders for their time and effort and to my fellow participants for their welcoming and friendly attitudes. 4 miles, 570' climb. – Sara Hayes



October 7 – Dinner at JT's Basque Restaurant

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