



FIRST CLASS MAIL

# ***KNAPSACK*** CONTRA COSTA HILLS CLUB JUNE 2026 NEWS

Greetings CCHC members! Here are the June Knapsack and the new hike schedule for July-September.

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.



May 21 – Mission Murals in San Francisco

# CCHC KNAPSACK – JUNE 2026

**PRESIDENT'S MESSAGE:** As May comes to a close and June invites us to warmer days, we are rich with a variety of hikes this month; however, we need hike leaders for the next quarter. Please contact Jim Baranowski for Thursday hikes and Marilyn Vihman for Sunday hikes. Note that the Annual Fremont Picnic will take place at Quarry Lakes on June 25. So come with an appetite and good cheer. The Club is looking for a dutiful member to join Liz, Fred and Lewis as our Website Committee. They will be more than helpful. I have been making this request before. But if you choose to become the newest member, you will go to heaven! I want to thank those of you who lead our hikes and/or serve as one of our valued officers. Stay well. Hope to see on a hike soon, Stew

## NEWS AND EVENTS

**ANNUAL PICNIC – NEW LOCATION!** The picnic has moved to the Ensenada North BBQ area in **Quarry Lakes** Regional Recreation Area. If taking BART, be at the **Union City** Station. Don't forget to RSVP to Jerry Ford 510-921-1739 (text preferred) with your entrée choice by June 22!

## UPCOMING OUTING

**MINDEN/GARDNERVILLE, NV**, October 4-8. Sign-up only between June 1-13 by email to Lynne Vogensen at [mslynne33@yahoo.com](mailto:mslynne33@yahoo.com).

Discover the hidden secrets where the Nevada high desert meets the California High Sierras. For more info, see the website or [groups.io](http://groups.io).

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

## WELCOME to our new members

Zelda Bronstein, Pamela Cross, Holly Ruehlin, Mary Starkey, and Sue M. Travis

**OPEN HIKES:** Thursday 6/18, 8/20, 9/3, 9/17. Lots of Sundays open: 6/7, 6/21, 7/5, 7/19, 8/2, 8/16, 8/23, 9/6, 9/27. We need leaders!! If you have an idea, please contact Marilyn Vihman 510-708-3853 [m.vihman@berkeley.edu](mailto:m.vihman@berkeley.edu) or Jim Baranowski 925-577-1022 [brnw\\_th@yahoo.com](mailto: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](http://groups.io). Contact Rosemary Johnson with questions.

**PLEASANTON RIDGE, PLEASANTON**, April 26. Leaders: Diane Cannon and Marilyn Langlois. The weather prediction for the Pleasanton Ridge hike predicted 15 to 50% precipitation for one to three hours during our hike. Then no rain, mostly cloudy, cold

gusts at the ridge, and lovely sunshine in the afternoon. We met at Castleridge Trailhead which opened in 2018 providing easier access to northside trails. At the trailhead we were greeted by welcoming “baa baas” from the field. Taking Courdet Trail put us into a cardio workout right away; 1,000 feet elevation gain over two miles. Black oak and California bay gave a good amount of shade, sticky-monkey cascading down the valley, white yarrow popping up here and there among the dark green. On the Ridge Trail, fabulous views of Mt Diablo, Brushy Peak, and Las Trampas, etc. in the far distance. Lovely to see all the mountain ranges we have hiked.



Today fields were not full of wildflowers, though they were wildflower treasure-hunting grounds. Ithurriel's spear, low-rise lupine, narrow-leaf mule's ear, blue dicks, blue-eyed grass, and a lonely yellow mariposa

hiding in the grass. Marilyn L. found an unexpected working drinking fountain in the middle of a field. We tasted the water. After lunch, on the Sinbad Trail, we were pleasantly surprised by a magnificent valley oak with lace lichen hanging and swinging from its branches. Strangely graceful. California is the first state to adopt a lichen as a state symbol. Lace lichen is a combination of fungi and algae. Both organisms benefit from each other and have a symbiotic relationship. They provide food, habitat, and nesting material for animals.

Towards the end of our hike, in Kilkare Canyon, Sinbad Trail provided riparian shade and peaceful water sounds. Via Shady Creek Trail we finished our hike, a good exertion, dreaming about ice cream. ~11 miles with ~1700' elevation gain. Thank you, Diane and Marilyn L. for leading a challenging hike today, and Diane for treats. We all appreciated each other enjoying our hike today. – Sophia Garcia



April 30 – Claremont/Rockridge Great Estates

**MITCHELL CANYON, GLOBE LILIES, CLAYTON**, May 7. Leaders: Althea Wong and Wanda Fong. BART ride on the 7th of May '26, from the rather chilly East Bay to a much warmer Clayton, Mitchell Canyon. After Lafayette there was a hint of sun promising a nice hike day. Today's hike was 4.3 miles with 430' elevation gain.

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Every year it's difficult to predict the best wildflower timing. Today we found, more or less, most wildflowers still blooming on Mitchell Canyon Road, Red Road/Black Point, and Globe Lily Trail towards our lunch spot. Elegant clarkia, winecup clarkia (aka farewell-to-spring), Ithuriel's spear, blue dicks, sticky monkey, cobweb thistle, white and yellow mariposa lily, Mount Diablo fairy lantern (aka globe lily), clustered broomrape, wild rose, Chinese houses, and more. Most of the wildflowers might be finishing their prime season.



The quite dynamic landscape, intimate Mitchell Canyon trail flanked by the hills, shady peaceful Mitchell Canyon Road with sound of the creek with seep monkeyflower. Silvery blue, California sister, and swallowtail butterflies

caught our eyes in the air. Hawks and many migrating birds in the blue sky and behind the bush. Abundant fresh green poison oak on both sides of the trails. Big pine cones from Coulter pine. Graceful foothill pine (aka gray pine or ghost pine) adding a different shade of pale gray-green here and there.

We hiked one of the most beautiful, peaceful and heart-content routes of Mt. Diablo's foothills. Just for curiosity, here is the meaning of some wildflower names: Ithuriel's spear originates from John Milton's Paradise Lost. In the poem, the angel Ithuriel uses his spear to uncover Satan in his true form.



Globe lilies symbolize enchantment, delicate beauty, hidden treasure, woodland magic, and spring renewal. Mariposa lily, known as "butterfly" in Spanish symbolizes unconditional love, maternal warmth, nurturing, and resilience.

Thank you, Althea, Wanda, Carol, and Yoli for leading the hike, and Althea for her homemade treat. Thank you, drivers and hikers, for gathering to share our love of wildflowers. – Sophia Garcia



May 3 – Bolinas Ridge Out and Back



May 14 – Gold Court landscaped pathway, Stairway walk Nob Hill **STAIRWAY WALK NOB HILL**, May 14. Leaders: Jan Proudfoot, Noël Siver. The day started with sunny skies and a gentle breeze. Jan shared her famous peanut butter ball treats. Noël was the sweep, and later shared links about places seen on this hike (see links on groups.io). Jan led the hikers up Hyde Street where several hikers pointed out places where they had actually lived when they first moved to San Francisco. Parts of Hyde Street are in the Tenderloin district which is known, among other things, for its many beautiful historic apartment buildings. The name "Tenderloin" comes from a district of the same name in New York. The hikers saw a mural called "Papillon" with butterflies and poppies painted on two sides of a building. The upward slope of the hike gradually increased. Down a dead-end street, like an alley, the group found a small, single-family home, literally surrounded by high-rise apartments --perhaps it was a survivor of the 1906 earthquake and fire? There were many other narrow dead-end streets where the tightly-spaced homes appeared to have been slipped in sideways. It made the front doors seem more like side entrances. There were even a couple of hidden "earthquake shacks" that were still in use. The hikers came upon a large water pressure tank used by the San Francisco Fire Department. They saw the apartment building where the writer Dashiell Hammett had lived and finished his noir masterpiece "The Maltese Falcon." They were invited inside a large building called "Clay-Jones Apartments" by a friendly doorman who let them look around the lobby. The corner outside this building attracts photographers for a view of San Francisco like none other -- looking down on the Pyramid Building, the Bay Bridge, and more. The word "Nob" in Nob Hill is related to the British slang for someone of high social standing. It's a contraction of the word "Nabob" -- a person of wealth, power, or aristocracy. The wealthy men known as the "Big Four" -- Stanford, Huntington, Hopkins, and Crocker were "Nobs." As the hikers arrived atop Nob Hill they saw the Fairmont, Mark Hopkins, and the Ritz Carlton hotels. They also saw Grace Cathedral and the famous statue of Tony Bennett. They were soon surrounded by large crowds from a graduation event for the Academy of Art University that took place nearby. It was like an outdoor party with loud talking, laughter, photos being taken, and good cheer all around. The hikers ate lunch in Huntington Park among the graduates and their families. When the hikers tried to peek into some of the big hotels nearby, they weren't as warmly greeted as they were earlier at the apartment building with the nice doorman. They did see the outside of the Brocklebank Apartments which was in the films "Dirty Harry,"

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“Tales of the City,” and Hitchcock’s “Vertigo.” They crossed an intersection of three cable car lines. They walked by an enormous stone wall near the remains of a former WWII radio site. Today the hikers saw many of the old classic architectural and historical sites, plus many new things they had never seen before. San Francisco is full of surprises. – Linda Malm



May 21 – Carnival Mural, Mission Murals in San Francisco

**BRIONES REGIONAL PARK**, May 17. Leader: Mark Petrofsky. Most of Briones Regional Park was once Rancho Boca de la Cañada del Pinole and Rancho San Felipe. Cattle raising and fruit growing was the main use of the land until the beginning of the twentieth century when much of the land became part of the water district. In 1966 the watershed lands became part of the Park District. Six hikers joined Mark, our leader, at the Bear Creek Staging Area. We could not have had a more beautiful day to enjoy this park. The green hills are starting to fade to brown, but the spring flowers, especially hemlock and poppies (a few were white) were covering many of the hills. As we started out on Bear Creek Trail, we stopped to admire a great blue heron who was stalking its prey nearby. We ascended Bear Creek Trail to Old Briones Road Trail. We followed Old Briones Road Trail to Briones Crest Trail. From here we had beautiful views all the way to the Bay and Marin hills.

We stopped for lunch where there was ample seating on several fallen trees. Our return to Bear Creek Staging Area was by Abrigo Valley Trail. Elevation gain was estimated to be about 660 feet, and the hike was a little over 5 miles. Thank you, Mark for this beautiful hike. – Roberta O’Grady



May 24 – Redwood to Huckleberry hike

## JUNE 2026 HIKES

### Thursday, June 4 SEAVIEW TRAIL, TILDEN PARK

**10:00** Meet at Orinda BART (pickup area) where **cars are needed**, or **10:30** at Tilden Steam Train overflow parking for the Seaview Trail trailhead. Out and back on Seaview Trail with possible detour to Vollmer Peak, 3.5 miles and 673’ gain. Those that want a workout can go 6 miles and 1282’ gain. Lunch at nice lookout on trail. Some shade, pavement, and rocky dirt. Sticks are useful. Restroom at start/end. Drivers and riders, **text or email** Jim.

**LEADER:** Jim Baranowski brnw\_th@yahoo.com 925-577-1022

### Sunday, June 7 OPEN DATE

### Thursday, June 11 BLAKE GARDEN, KENSINGTON

**9:30** Meet at El Cerrito Plaza BART. Hike city streets to UC Berkeley’s Blake Garden. Bag lunch at garden then walk downhill to Kate and late beloved Nancy’s house for ice cream. Loop hike, about 4 miles, 530’ elevation gain, limit to 20 people. Reservations on 6/9-6/10

**LEADERS:** Lily Ho 510-898-1438; Connie Gee 510-528-3421. On day of hike call Lily’s cellphone 734-649-8250

### SATURDAY, June13 MAGUIRE PEAKS LOOP, SUNOL WILDERNESS

**Note the move from Sunday to Saturday, for this hike only.**

**8:30** Meet at West Dublin/Pleasanton BART, south side, where **cars are needed**, or **9:00** Meet at Sunol Visitor’s Center, (bathrooms) 1895 Geary Rd., to pay \$5 parking permit, and take as few cars as possible to the trailhead, because of limited parking. Caravan to Upper Maguire Peaks Trailhead, mile marker 1.28 Welch Creek Rd. Hike 6 miles, 1200’ elevation gain/loss. Open, grassy hills, woodlands, wildflowers, rewarding views to the north of San Antonio Reservoir and Mt. Diablo. Ticks. Excessive heat cancels. **Call Diane** by 6/12 to sign up.

**LEADERS:** Diane Cannon 406-465-9873 and Colette Cussary

### Thursday, June 18 OPEN DATE

This was the Big Trees and Sequoia/Bayview trails hike in Oakland.

### Sunday, June 21 OPEN DATE

### Thursday, June 25 ANNUAL PICNIC, FREMONT

**10:00** Meet at Union City BART. Hike 1 mile to picnic site in Quarry Lakes, then 3 miles around the lakes to the “Ensenada North” BBQ site. One-mile walk back to BART. **RSVP** to Jerry Ford by June 22nd with your choice of burger, hot dog, tilapia, or vegetarian. Free for members, \$5 for guests. Parking is \$5 or free with East Bay Regional Park pass. There is an optional free parking lot on Isherwood Way.

**LEADERS:** Jerry Ford 510-921-1739 (text preferred), Sylvia Kwan 925-691-5168, Frank Martin 510-460-8725, Stew Perlman 510-999-1706

### Sunday, June 28 LAFAYETTE RESERVOIR RIM TRAIL VIA MORAGA RD.

**9:15** Meet at Lafayette BART station where **cars are needed** for a short drive to the starting point at the corner of Moraga Road and Via Granada Street in Lafayette or **9:45** meet at the start. Ample street parking along Via Granada. Meet at corner where hike will start on uphill path to Lafayette Reservoir Rim Trail. Hike is 6 miles with around 1,200’ elevation gain. Sticks recommended. First part is shaded. No restrooms at start or end of hike, but they are available at the lunch site. Rain or muddy conditions cancel. **All drivers and hikers must contact** Harry or Cathy by May 29.

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

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Please contact James Baranowski at [brnw\\_th@yahoo.com](mailto:brnw_th@yahoo.com) if you have a comment or contribution. Thank you for your support.