

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

May, June 2026 **V17**

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. If you are sick, please wear a mask or consider sitting out the hike! **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. **Signups on Hikes** If you plan to lead a hike and are wondering about having members signup ahead of time, remember that signups are not required except in the case of carpool pickups, museum or luncheon reservations, or similar events where a headcount is necessary. Otherwise, no advance signup is needed, as it is the hiker's responsibility to contact the leaders. **CARPOOLING:** Be prepared to wear a mask if requested. Discuss with the hike leader when signing up. New suggested rate for the entire car (including driver) is 72.5 cents per mile plus share of bridge tolls & entrance fees. For example, 2 persons including driver: 36 cents/mile, 3 pers: 24 cents/mi, 4 pers: 18 cents/mi, 5 pers: 15 cents/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

PLEASE MAKE SURE TO CONSULT THE WEBSITE FOR CHANGES! Hikes may change. We will update as conditions evolve.

Sunday, May 3

BOLINAS RIDGE OUT AND BACK

9:00 Meet @ Del Norte BART, west side near San Pablo Blvd., where **cars are needed**. Drive to Bolinas Ridge/McCurdy Trailhead at junction of West Ridgecrest Blvd. & Bolinas-Fairfax Rd. Hike 7 miles - 1000' elevation gain/ loss. Sticks helpful. No water or restrooms. Parking Very Limited! **All** hikers and drivers **must call/text** Diane by 5/1 for optimal carpools.

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

Thursday, May 7

MITCHELL CANYON, GLOBE LILIES, CLAYTON

9:06 Meet at Walnut Creek BART pickup area next to parking building, or **9:40** at Visitor Center next to restrooms, 96 Mitchell Canyon Rd. Out-and-back with a little loop in the middle to view globe lilies, on mostly shaded dirt trails. Moderate hike, 5 miles w/ 450' elevation gain. Park entrance \$5-\$6 per car, cash only, or bring your State Park Pass, or check with your library to borrow a State Park Pass. Bring water, poles (if muddy), snack or lunch. Rain cancels. Riders & drivers **text or call** Wanda Fong (510-303-4454) by May 5.

LEADERS: Sharon Wang 510-468-1945, Althea Wong 925-487-6469, Wanda Fong

Sunday, May 10

OPEN DATE

Thursday, May 14 STAIRWAY WALK NOB HILL

10:00 Meet at Market/Hyde Streets at Main Library (Civic Center BART) (restrooms). Walk uphill and explore little-known streets as well as major landmarks. End at Powell Street BART. Approx. 4-5 miles.

LEADER: Jan Proudfoot 415-647-3285

Sunday, May 17 BRIONES REGIONAL PARK

9:30 Meet at North Berkeley BART. Or **10:00** Bear Creek Staging Area. Short hike, 4.6 miles, 660' elevation gain, or 5.1 miles, 760'. Up Deer Creek Trail, back on Abrigo Valley Trail. Call 510-526-4944 or email mpetrof@hotmail.com by **Friday, May 15** to arrange rides.

LEADER: Mark Petrofsky: 510-229-2107 day of hike only. Please leave a current phone number if you email me. If anyone would like to provide snacks, let me know.

Thursday, May 21 MISSION MURALS IN SAN FRANCISCO

10:00 Meet outdoors at 24th St. BART plaza (corner of Mission and 24th St). Walk through some of the many Mission district murals, taking time to consider each mural. Like looking at paintings in a museum. But not just visual, also political, cultural, social, and entertaining aspects. Including the Precita Eyes Mural Arts Center, a resource for Mission murals, and the Women's Building, four stories high, completely covered with a mural by seven women. Length will depend on stops, but we'll end at 16th St. BART by noon. Many choices for optional lunch. Late comers OK, call leader, we'll only be on 24th St. for a while.

LEADER: Peter Nurkse, nurkse@gmail.com in advance, or 831-331-3671 on day of walk

Sunday, May 24 REDWOOD TO HUCKLEBERRY

8:30 Meet at Ashby BART or Walnut Creek BART, where **cars are needed** or **9:00** meet at Redwood Regional Park Skyline Gate. Take Stream Trail with various connectors to Huckleberry Preserve. Hike back via Upper Huckleberry Loop, Eastridge to parking lot. Sticks needed. ~7.5 miles with ~1200' elevation gain. **All** hikers and drivers please **RSVP** to Sophia by email, atelier.sato@gmail.com, by 6 p.m., May 22.

LEADERS: Sophia Garcia, 510-326-7485 (day of hike only) and Lynne Vogensen, 925-899-4030

Thursday, May 28 A WALK ACROSS ALAMEDA

9:40 Meet at Fruitdale BART to catch the #31 bus at 9:47. We will start our walk at Veterans Ct. We will pass many beautiful parks and many beautiful Victorian homes. 4 miles, not a loop.

LEADERS: Beryl Vonderheid, 510-532-8340; David Jadeson, cell day of hike only, 510-493-6721

Sunday, May 31 OPEN DATE

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

**Hike cancelled – heat
Rescheduled on Thursday, June 18**

SATURDAY, June 13

DIAS RIDGE/REDWOOD CREEK LOOP, MARIN

HIKE CHANGE – TO COOLER AREA

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

9:00 Meet at DelNorte BART, west side, where **cars are needed**. Or **9:45** at Dias Ridge Spur Trail, 52 Panoramic Highway (shoulder parking only). Hike Dias Ridge to Muir Beach (restrooms), where we'll have lunch. Return by way of Redwood Creek and Miwok Trails. 6 miles/900' elevation loss/gain. Sticks helpful. Riders and drivers call Diane.

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

Thursday, June 18

BLAKE GARDEN, KENSINGTON

9:30AM Meet at El Cerrito Plaza BART, Hike city streets to UC Berkeley's Blake Garden. Bring bag lunch at garden then return to BART. About 3.5 miles, elevation gain 530', sticks helpful. Restrooms at BART and at Garden.

Leaders: Lily Ho 510-898-1438, Connie Gee 510-528-3421. On day of hike Lily's cellphone 734-649-8250.

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 the Lafayette BART station **where drivers 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 start. (There is ample street parking along Via Granada.) The hike will start on an uphill path to the Lafayette Reservoir Rim Trail: 6 miles with ca. 1,200' elevation gain. Sticks recommended. First part of hike is shaded. No restrooms at start or end of hike, but available at lunch site. Rain or muddy conditions cancels. All drivers and hikers must **contact Harry Fong** at 408-772-2460, harrymf949@gmail.com or Cathy Kong at 414-845-3131, ckong8888@gmail.com

by June 26.

LEADERS: Harry Fong (408-772-2460, harrymf949@gmail.com)
Cathy Kong (414-845-3131, ckong8888@gmail.com)

WE NEED HIKES FOR THE SUMMER!!

The only dates currently taken in July, August, or September are a Birthday Potluck for Jo Anne Schultz in Fremont, Sunday, September 13, leaders Sue Elliott, Jan Lecklikner, and Liz Howell; and a South Berkeley hike on Thursday, September 24.

There are plenty of great hikes to do over the summer months:

- Lands End or anywhere along the coast
- West Marin
- Along the Bay, or the west side of the East Bay Hills
- Carquinez Strait
- City hikes in SF or around the Bay
- Even shady hikes in the San Ramon Valley

Check out past hikes [here](#) in the Website under Hikes, Outings > Hike Schedule Archive. Or check out the wealth of information in All Trails, or the many publications devoted to walks and hikes in our beautiful Bay Area.

If you have an idea, or would like some help, **please contact** Marilyn Vihman 510-708-3853 m.vihman@berkeley.edu (Sunday)
Jim Baranowski 925-577-1022 brnw_th@yahoo.com. (Thursday)

PLEASE SIGN UP!!!!