

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

July, August, September 2026 **V10**

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 and drink it. Bring lunch unless stated otherwise. Sticks and 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. **Sign-ups on hikes** If you plan to lead a hike and are wondering about having members sign up ahead of time, remember that sign-ups 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 sign up 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.

Thursday, July 2

SF CITY COLLEGE AREA MURALS

10:00 Arrive at Glen Park BART station. We will walk to SF City College to view murals and outside area, as well as Sunnyside Conservatory. Individuals may consider buying lunch at the end of hike at a bakery on Mission. Then we can all eat together! No sticks needed. 5 miles.

LEADERS: Kathryn Rato, Kathrynrato@gmail.com, 415-425-0863; Cathy Kong

Sunday, July 5

OPEN DATE

Thursday, July 9

HAYWARD REGIONAL SHORELINE

9:30 Meet at Bay Fair BART (use restrooms). 10:03 catch the #93 Bus (Bay Fair BART). Off-load at Via Nueva after about a 10 min. ride. Walk about 0.75 mile to an outhouse on the Bayshore Trail. Staying on the Hayward Regional Shoreline/SF Bay Trail, we will walk 4.6 miles total on a flat, asphalt/hard-packed dirt trail with little or no shade. Lunch/finish (Horatio's and El Torito are nearby) at the San Leandro Marina Park with beautiful flush toilets! Return to Bay Fair BART by #35 bus at Aurora Dr/Fairway Dr, about 32 min. ride. Hikers **RSVP** Rita. 80 degrees & above **CANCELS!**

LEADERS: Rita Poppenk 510-329-9826; Dexter Barker 510-329-9825

Sunday, July 12**ROCKY RIDGE, LAS TRAMPAS WILDERNESS**

9:00 Meet at pick-up area outside Walnut Creek BART or **9:30** at the Las Trampas public parking/staging area, at the west end of Bollinger Canyon Road (37.8159, -122.0497). Up to and around the tower, then Rocky Ridge and Elderberry trails. 5.5 miles, 1250' gain, paved and dirt. Some shade on the way down and hopefully a breeze on the ridge. Sticks may be helpful. Drivers and riders, or if you want driving directions, **please contact** Jim, July 9–11. AllTrails map: <https://www.alltrails.com/explore/custom-routes/elderberry-rocky-ridge-5b5c2e6?u=i&sh=r60yht>

LEADER: Jim Baranowski, 925-577-1022, brnw_th@yahoo.com

Thursday, July 16**EASTERN PACIFIC HEIGHTS**

10:00 Meet at Main Library at Grove/Larkin Streets (restrooms) at Civic Center BART. Walk uphill to beginning of walk at California Street and Van Ness Avenue to explore Victorian and Edwardian landmarks. Some moderate hills. Lunch and restrooms at Lafayette Park. Approx. 4-5 miles. Return by 22 Fillmore bus to 16th Street BART. Contact Noël if you want a copy of the script.

LEADERS: Noël Siver, noelsiver2@yahoo.co.uk, 510-923-1327 (landline only, no texting); Jan Proudfoot 415-647-3285

Sunday, July 19**SAN PEDRO VALLEY PARK - PACIFICA**

9:15 Meet at Daly City BART to board Samtrans 110 at **9:22** to arrive near San Pedro Valley Park at **10:05**. Approx. 7-mile moderate hike. **RSVP** Jan Proudfoot - jan.proudfoot@yahoo.com. (415) 647-3285

LEADER: Jan Proudfoot (415) 647-3285

Sunday, July 19**OPEN DATE****Thursday, July 23****HAMILTON WETLANDS (NOVATO)**

8:30 Meet at El Cerrito Del Norte BART to take 8:37 Golden Gate Transit 580 bus to San Rafael Transit Center. Depending on arrival time, take 9:19 or 9:52 SMART train (or if you're coming from SF via ferry to Larkspur the 9:12 or 9:44 SMART) (free for 65+) to Novato/Hamilton station, arriving at 9:30 or 10:02. Loop hike of 6 1/2 flat miles along levees and through former Hamilton Air Base, with a short hill near start and end. Hot weather may shorten distance. All hikers please notify Mike (email preferred) if you are coming or would like directions to drive direct to Hamilton.

LEADERS: Mike Branning, 510-734-5041, mlbran1@yahoo.com; Laurie Lau 510-508-3494

Sunday, July 26**SF SUNSET DUNES PARK, OCEAN BEACH**

9:00 Meet at Embarcadero BART (outside the Hyatt Regency) to take the N Judah streetcar at 9:15 to terminal at La Playa (Ocean Beach). Approximately a 50 min. ride through various, very interesting, SF neighborhoods. Public restrooms available at terminal end, or at either of two cafes, Beachside or Java for a coffee/snack as well. Group will gather in front of Java Cafe to begin the walk at approximately **10:30** for those wishing to join without the train ride. Walk will be on asphalt to view art works, musicians, and ocean views. Single porta potty available at Noriega St. intersection. Lunch stop will be at Sloat Blvd. (SF Zoo) on the sand dunes, no tables. Public restrooms available. Hikers can return at this point with a beach walk on the sand at low tide, or continue to the base of Fort Funston (also on the beach). Approximately 4-5mi, flat.

LEADERS: Carol Savio 415-203-8390 cell, 510-907-3055 home-message; Sets Amann 510-489-8096

Thursday, July 30

LANDS END

10:00 Meet at Hyatt Regency at the corner of Market and Drumm St (Embarcadero BART). Take Muni #1 California bus to Seacliff. Hike through the Seacliff neighborhood and then along Lands End path. Lunch at Ranger Station/Sutro Bath/View Area and then down to Golden Gate Park. Hike around western end of GG Park and then hop a bus/metro back to BART. Paved and dirt trails. Restrooms at BART, Hyatt, Ranger Station/Lunch, and Beach Chalet.

Around 4-5 miles, 300' elevation gain.

LEADER: Kathleen Clarkson 415-647-1113, 415-438-0571 (day of hike)

Sunday, August 2

OPEN DATE

Thursday, August 6

QUIRKY BERKELEY NORTHEAST

9:30 Meet at Downtown Berkeley BART (restroom). At 9:45 take AC Transit bus #67 from NE corner of Allston Way and Shattuck Ave. From Dorothy Bolte Park walk mostly, but not entirely, downhill to see quirky sculptures, a giant orange kiosk, and a Buddhist altar in NE Berkeley. Lunch in Live Oak Park (restroom). 4 miles. Contact Noël if you want a copy of the script.

LEADERS: Noël Siver, noelsiver2@yahoo.co.uk; 510-923-1327 (landline, no texting); Steve Zalewski 925-549-1932

Sunday, August 9

AQUATIC COVE TO SAUSALITO

9:30 Meet at Market and Hyde (Civic Center BART) to catch 19 Polk bus to end of line at Beach and Polk (Aquatic Park) or meet at **10:10** in front of Maritime Museum. Walk 9 miles with 550 ft elevation gain past Fort Mason, through marina, Crissy Field, over Golden Gate Bridge, down to Fort Baker and into Sausalito. Return to SF by Golden Gate 120 bus (runs every 30 minutes) or 3:20 ferry to ferry building. All hikers please **RSVP** to Mike (email preferred) mlbran1@yahoo.com by 6pm on August 8.

LEADERS: Mike Branning 510-734-5041 and Laurie Lau 510-508-3494

Thursday, August 13

A DAY AT THE BEACH IN SAN FRANCISCO

10:00 Board 5R bus at Montgomery and Market (Montgomery BART). We will start our walk at the end of the line, walking along the beach. Bring lunch. About 4-5 level miles.

LEADERS: Beryl Vonderheid 510-532-8340 (landline); David Jadeson cell day of hike 510-493-6721

Sunday, August 16

OPEN DATE

Thursday August 20

UNION CITY, ALAMEDA CREEK

10:00 Meet at Union City BART (restroom in BART). We will hike from Union City BART to Alameda Creek, walk around the Creek and to "Dim Sum" for lunch. Mostly flat walk on city streets and creekside trails. 3-to-4-mile easy walk. Option to take BART back at the end of walk or join Dim Sum Lunch. **RSVP** for lunch between Aug 1 and 16.

LEADERS: Sets Amann 510-909-7734 email (preferred) setsamann@pacbell.net; Regis Amann day of hike 510-364-4103

Sunday, August 23

OPEN DATE

Thursday, August 27

UC BERKELEY TOUR

10:00 Meet at the main entrance to Downtown Berkeley BART, at the corner of Shattuck and Center. This tour is about campus rocks, maps, politics, landscape, architecture, construction, demolition, reading, paleontology, insects, Uncle Zeb, lumber, and similar subjects, some of each. Just not bears or sculptures. Alumni are welcome to provide more contributions. 4 miles, 400 ft. elevation.

LEADER: Peter Nurkse 831-331-3671

Sunday, August 30

DRY CREEK TO TOLMAN PEAK

9:00 Meet at Union City BART (restroom) where **cars are needed** to drive to Dry Creek Pioneer Regional Park. Dry Creek to Tolman Peak, a 5-mile loop. This route offers scenic views of the surrounding region with a full 360-degree view of the park and surrounding cities. We will travel to grasslands and shady woods with some steep inclines. **Drivers and riders MUST sign up at darlenechoy@gmail.com on August 26-28.**

LEADERS: Isabel Rogne 510-512-8778, Darlene Choy 510-441-3825. Darlene's cell morning of hike only 510-372-3694

Thursday, September 3

OPEN DATE

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
FREMONT

JO ANNE SCHULTZ 90TH BIRTHDAY POTLUCK,

10:00 Meet at Union City BART. Hike 1 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 Pot Luck, to celebrate Jo Anne's 90th birthday. Please bring some finger food like cut up veggies or fruits, small sandwiches, empanadas, egg rolls, cheese and crackers, etc. Leaders will provide dessert, water and plates/utensils for those who do not bring their own. One-mile walk back to BART. For those who would like a ride to/from BART to the picnic site and/or would like to have their potluck food items transferred from BART, please contact Jan Lecklikner at 415-971-3783 (text preferred) by September 7. **RSVP** to Liz Howell liz_howell@yahoo.com by September 10 to let us know you plan to attend and what you will bring. Parking is \$5 or free with East Bay Regional Park pass.

There is an optional free parking lot on Isherwood Way.

LEADERS: Sue Elliott 925-451-3307, Jan Lecklikner 415-971-3783, and Liz Howell 415-425-5538

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

Details to follow. Contact Noël if you want a copy of the script.

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

Sunday, September 27

OPEN DATE