

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

July, August, September 2026 **V19**

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 signup 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 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.

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

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 25th Ave. Hike through the Seacliff neighborhood and then along Lands End path. Lunch at Ranger Station at Lands End Overlook. Can hop #38R Muni back to BART. **OR** hike through Suto Heights Park and down to Golden Gate Park. Then can hop the #5R Muni **OR** hike along the western end of GG Park to the N Judah Muni stop at the Great Hwy. Paved and dirt trails. Sticks helpful. Restrooms at BART, Hyatt, Lunch stop, and Beach Chalet. Around 4-6 miles, 300-400 elevation gain.
LEADER: Kathleen Clarkson 415-647-1113, 415-438-0571 (day of hike)

Sunday, August 2

Ferry Building to Tunnel Tops via Lombard Gate

9:30 Meet in front of Ferry Building. Walk 7.4 miles with 500 ft elevation along Embarcadero to Marina Green, Palace of Fine Arts entering Presidio at Lombard Gate and across the Presidio to Tunnel Tops. Lunch at Tunnel Tops. Hikers can return to the Ferry building along the Embarcadero or take the Presidio Go Shuttle from the Presidio Transit Center.
LEADER: Cynthia Robinson 510-467-5111.

Thursday, August 6

QUIRKY BERKELEY NORTHEAST

9:30 Meet at Downtown Berkeley BART (restroom). Please be on time. At 9:45 take AC Transit bus #67 from NE corner of Allston Way and Shattuck Ave. Get off at 533 Spruce. From Dorothy Bolte Park walk mostly, but not entirely, downhill to see quirky sculptures, a Giant Orange kiosk, a funicular, and a Buddhist altar in NE Berkeley. Lunch in Live Oak Park (restroom). Hiking poles recommended for some steep downhill sections. 4 miles. **RSVP** to Noël, Aug 1-5.
LEADERS: Noël Siver 510-923-1327 (landline, no texting) noelsiver2@yahoo.co.uk; Regis Amann cell day of hike 510-364-4103; Sue Fernstrom cell day of hike 510-363-1788.

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 **38R** 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

RODEO BEACH TO TENNESSEE BEACH VIA HILL 88

9:15 Meet at El Cerrito Del Norte BART, where cars are needed to drive to Rodeo Beach Coastal Trailhead in Marin (**Restroom**). **10:15** Up to Hill 88, with beautiful views from Battery Townsley & salamander pool, and return (4 miles, 1000'); or continue to Tennessee Beach for lunch (restroom available) and return (4 miles, 1800'). Possible fog and windy conditions. Poles needed. **All riders and drivers please text** Cathy Kong (415-845-3131) by 8/15.
LEADERS: Bill Chen 707-319-1283, Cathy Kong

Thursday, August 20

REINA DEL MAR, PACIFICA & COAST HIGHWAY

9:00 Meet at Daly City BART, meet near restroom [there is one (1) stall!] to board the 9:22 SAMTRANS **110** bus. Off-board at Marina del Mar stop. Hike 3-4 miles total on paved, flat Pacifica Quarry Running Trail to Rockaway Beach with restrooms, coffee, brunch (?). Climb easy hill with paved switchback trail to Pacifica State Beach, TACO BELL CANTINA [restrooms]. Return on bus from Linda Mar Park & Ride to Daly City BART 12:55, 1:25, 1:55, 2:25...pace dependent. 80 degrees & above cancels.

LEADERS: Rita Popenk 510-329-9826 (text preferred), Dexter Barker 510-329-9825

Sunday, August 23

POINT PINOLE REGIONAL SHORELINE

9:30 Meet at El Cerrito Del Norte BART station where drivers are needed or meet at **10:00** at Dotson Family Marsh Staging Area at the end of Goodrick Ave. An easy and cooler hike along the bay for the summer. Walk along the Bay Trail, Owl Alley Trail, Fishing Pier and Bay View Trail. Hike offers scenic views of marshes, groves of eucalyptus trees and stunning views of San Pablo Bay along paved and gravel paths for 6.6 miles and 220' elevation gain. Several restrooms along the whole trail. Please RSVP to Harry Fong, harrymf949@gmail.com or Cathy Kong, ckong8888@gmail.com by August 22.

LEADERS: Harry Fong 408-772-2460 and Cathy Kong 415-845-3131

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

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

10:00 Meet at Union City BART. Hike 1 mile to Ensenada 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 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. One-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 Berkeley Downtown 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 6pm September 26.

LEADERS: LiHui Tsai, LiHui_Tsai@yahoo.com, 707-687-9969; Marsha Maslan, mmaslan9@gmail.com, 510-219-8732