

# CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

## JULY 1 – SEPTEMBER 30, 2017 **Version: 4**

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**Selected Guidelines: Leaders:** Appoint a rear leader; wait at intersections for all to catch up. **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. **Carpooling:** When cars are needed, call leader before the hike with offer to drive. Hikers needing rides **must** also call. Riders are to share expenses with drivers. Suggested rate is 15-cents per mile plus share of bridge tolls & entrance fees.  
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**For most agencies, call 511 & state agency for which you need information.**

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**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.**  
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**This symbol ☺ indicates a short hike is offered with the longer hike.**

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**This Schedule is posted on our website: [www.contracostahills.org](http://www.contracostahills.org)**  
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### **Sunday, July 2**

#### **TILDEN REGIONAL PARK**

**9:00** meet @ North Berkeley BART where **cars are needed** to drive to Tilden Park Environmental Educational Center parking lot. We hike through shady trails, Upper Packrat, Wildcat Peak, Laurel Canyon, and Pine. ~ 7 miles and ~ 1000' elevation gain. Sticks useful. Light rain ok. **All hikers must email or call by 6 pm. Saturday, 7/1.**

**LEADERS:** Sophia Garcia 510-549-2413, ateliersato@sbcglobal.net & Amy Huang 510-545-3583

### **Thursday, July 6**

#### **PRESIDIO, SF**

**9:15** meet in front of Hyatt Regency Hotel (Drumm Street/Embarcadero BART) to board PresidiGo Shuttle to Presidio Transit Center. Restrooms. **10:00** tour departs to Main Parade Ground, Old Officers' Club (museum), Earthquake Cottages, Sean Connery's Quarters in "Presidio," Crissy Field, and more. Bring or buy lunch. 5 mi, mostly level. Rain shortens.

**LEADER:** Mary Johnson 415-272-6067 or Freespiritours@sbcglobal.net

### **Sunday, July 9**

#### **GG BRIDGE TO SAUSALITO**

**9:15** exit Embarcadero BART & meet @ Ferry Bldg @ **9:30**. Hike 11 miles along Embarcadero, Fisherman's Wharf, Crissy Field, & across GG Bridge to Sausalito. Return via ferry to Ferry Bldg (Clipper, \$5.75 seniors, \$11.75 adults) or GG Transit bus to downtown S.F. (Clipper, \$2.75 seniors, \$5.50 adults exact change).

**LEADERS:** Mike Branning 510-734-5041 cell and Fran Leighty 925-944-9068

### **Thursday, July 13**

#### **YERBA BUENA COVE, TELEGRAPH HILL & CHINATOWN**

**10:00** meet at Hyatt Regency (Embarcadero BART). Interesting neighborhoods, including the site of the original Bank of America. Lots of hills & staircases, most with handrails, and the 400-plus Filbert Street Steps (not to worry, we descend these). Maybe the wild parrots will be there? About 5 miles. Come enjoy the diversity of this beautiful city.

**LEADER:** Lucy Perdichizzi, lucyperd@sbcglobal.net, cell day of hike 510-410-1285

**Sunday, July 16**

**MOUNT TAM SOUTHSIDE**

**9:20** meet at Del Norte BART where **cars are needed**. Reconvene at the Deer Park trailhead on the Muir Woods Road, on the right about a half mile past the Muir Woods parking lot. 8-9 mi, ~1500 ft elevation early in the hike. **Drivers & riders contact leader.**  
**LEADER:** Celeste Burrows, at celesteburrows@sbcglobal.net or 510-601-1211. Day of hike only, text (best) or call to 510-388-5129.

**Thursday, July 20**

**CLAREMONT CANYON WALK**

**10:00** meet at Rockridge BART. Rockridge/Claremont neighborhood walk to Claremont Canyon. Mostly level sidewalks with steep dirt trail climb at end. 5.5 miles, 650 feet, sticks useful. Bring lunch and snacks.

**LEADERS:** Bonnie Macbride 510-610-9807 macbride.bonnie@gmail.com & Suresh Gadad 925-785-4481

**Sunday, July 23**

**MARIN MUNICIPAL WATER DISTRICT EAST**

**8:15** Meet at Del Norte BART where cars are needed to drive to Deer Park in Fairfax. We will hike south towards Lake Lagunitas and Phoenix Lake, where hikers have the option of circling back to Deer Park for a shorter hike. We continue south on Eldridge Grade & Tucker Trails then return via Bill Williams & Yolanda Trails. ~10 miles (6.5 or 7.5 for shorter hike depending on which side of Phoenix Lake is hiked). ~1200 for the full hike.

Mostly shady, bicycle free, varied forests. **All hikers must call or email by 6pm.**

**Saturday, 7/23. Thank you.**

**Leaders:** Mark Petrofsky 510 526-4944, mpetrof@hotmail.com & Sue Lai 510-646-2727 cell, day of the hike.

**Thursday, July 27**

**MISSION BAY LOOP HIKE, SF**

**10:00** meet at Powell Street BART in front of the Westfield Shopping Center. Explore Mission Bay district and two parks, on to SF Bay Trail and along the bay to Embarcadero BART for the ride home. Easy, level walk of 5.5 miles.

**LEADERS:** Judy Matthew 925-918-1195, Pat McDonald 925-443-2917

**Sunday, July 30**

**COLMA CEMETERIES**

**9:30** meet @ So. San Francisco BART & tour Holy Cross, Pet's Rest, & Cypress Lawn cemeteries. About 5 miles, 200' elev. gain. View the monuments & mausoleums of famous San Franciscans & some breathtaking stained glass.

**LEADERS:** Patricia Derickson 925-685-1614 (cell) 925-876-3278 & Gloria Navarra

**Thursday, August 3**

**ZIELE CREEK GARIN PARK, HAYWARD**

**9:30** meet @ South Hayward BART (passenger pickup) where **cars are needed** to drive to Garin Park (1320 Garin Ave. - EBRPD fees may apply), or meet at trailhead **9:45** in front of restrooms. Paved and dirt trails. Single track, some shade, sticks helpful. Moderate + 4.5 miles 1200' elev gain. **Riders and drivers must call.**

**LEADERS:** Wanda Fong 510-303-4454, Rose Susoeff 925-315-1670, Ellen Chen 925-389-1845

**Sunday, August 6**

**MOUNT TAMALPAIS – ROCK SPRINGS**

**9:00** meet at El Cerrito Del Norte BART where **cars are needed**. Drive to Rock Springs parking lot. 7 mile hike with ~500 ft elevation. Lunch at West Point Inn.

**LEADERS:** Anne Herrick and Patricia Derickson. **Call Patricia at 925-685-1614 to arrange car pools.** Patricia's cell phone day of hike only 925-876-3278.

**Thursday, August 10      POINT PINOLE AND BUFFET**

**9:30** meet @ El Cerrito Del Norte BART (passenger pickup) where **cars are needed** to drive to Point Pinole. Moderate 4+ miles with bay view. At noon drive to Empire Buffet for an all you can eat Chinese buffet lunch, ~ \$10.00. Riders & drivers must call on Tuesday.  
**LEADERS:** Lily Ho 510-898-1438 and Mary Huang 510-236-8258. Lily's cell morning of hike only 734-649-8250

**Sunday, August 13      FORT CRONKHITE, TENNESSEE COVE VIA COASTAL TRAIL**

**9:15** meet @ Del Norte BART where **cars are needed** to drive to Fort Cronkhite in Marin. Others meet at **10:00** by restrooms and Coastal Trailhead at far west side of Fort Cronkhite parking lot. 7.2 miles in and out with 1700 ft elevation gain. Optional shorter 4 miles and 850' gain to return from Wolf Ridge. Sticks recommended. **Riders and drivers call** Yvonne 925-437-8472 or [y\\_vanchen@yahoo.com](mailto:y_vanchen@yahoo.com).  
**LEADERS:** Bill Chen 707-319-1283 [wm\\_t\\_chen@yahoo.com](mailto:wm_t_chen@yahoo.com). & Yvonne Van-Chen

**Thursday, August 17      DOWNTOWN OAKLAND**

**10:00** meet at Latham Square nr 1600 Broadway (12th or 19th St BART). We will visit the powerful Champions for Humanity sculptures, Alice St. mural project, roof garden at the Kaiser Ctr, & wall paintings of dragons in Chinatown. Light rain OK. 4 miles on city streets.  
**LEADERS:** Noël Siver [noelsiver2@yahoo.co.uk](mailto:noelsiver2@yahoo.co.uk) or 510-923-1327 (landline, no cell) & Lucy Perdichizzi 510-601-7273 (cell day of hike 510-410-1285)

**Sunday, August 20      POINT RICHMOND**

**10:16** arrive at Richmond BART; take AC Transit bus #72M at 10:29. If driving, meet at Richmond Plunge, 1 E. Richmond Ave., Richmond. Parking available to left of building. 5 miles; total elev gain: 315 feet. We will visit the fabulous Wave Garden and Ferry Point.  
**LEADERS:** Noël Siver 510-923-1327, [noelsiver2@yahoo.co.uk](mailto:noelsiver2@yahoo.co.uk) and Mary Ulrich [mulrich@sbcglobal.net](mailto:mulrich@sbcglobal.net), cell day of hike only 925-876-0803.

**Thursday, August 24      COIT TOWER LOOP HIKE**

**9:45** meet at Embarcadero BART outside the Hyatt at the Justin Herman Plaza - next to Market Street and the Embarcadero. Restrooms in one mile at Coit Tower. On to Lombard Street, Ina Coolbrith Park, Cable Car Museum, and return to Powell Street BART. 4.5 miles, 880 foot elevation gain including 400 stair steps up to Coit Tower.  
**LEADERS:** Judy Matthew 925-918-1195, Rose Susoeff 925-462-7854, Pat McDonald 925-443-2917

**Sunday, August 27      BEAR VALLEY, POINT REYES**

**8:45** meet at El Cerrito Del Norte BART, **cars needed** for car pool to Bear Valley Visitor Center. 9 mile loop, approx 1500 feet gradual elev. gain on Horse trail, up to Sky Camp.  
**ALL DRIVERS AND RIDERS MUST CALL DOROTHY BY 6 P.M. ON SATURDAY.**  
**LEADERS:** Anne Herrick and Dorothy Kaplan 510-524-8365, e-mail [dotkap@usa.net](mailto:dotkap@usa.net), cell 510-821-4278 (day of hike only)

**Thursday, August 31      QUIRKY NORTHWEST BERKELEY**

**10:00** meet @ North Berkeley BART. Exploration of quirky culture (artwork, murals, front yard sculptures) in Northwest Berkeley. 4.3 miles, on pavement, mostly flat.  
**LEADERS:** Noël Siver 510-923-1327; [noelsiver2@yahoo.co.uk](mailto:noelsiver2@yahoo.co.uk) and Lily Ho [lichuanho@aol.com](mailto:lichuanho@aol.com), cell a.m. of hike only 734-649-8250

**Sunday, September 3 MOUNT TAMALPAIS - BOOTJACK**

**9:00** meet at El Cerrito Del Norte BART where **cars are needed**. Drive to Bootjack parking lot. (\$8 parking fee per car.) Loop hike 7 miles, approx 800 ft elevation gain.

**LEADERS:** Anne Herrick and Bill Motzer. **Please call Bill at 925-247-0811 before 6 p.m. on Saturday (no e-mails)**. Bill's cell phone day of hike only 925-337-1710.

**Thursday, September 7 OLD ALAMEDA CREEK TRAIL**

**8:45** meet at Union City BART, west side. 9:03 board bus to Union Landing. (CLIPPER) Hike/walk paved ~5 miles. Visit Flight 93 Memorial. 95% sun, 5% shade. Bus runs once an hour from 12:40 p.m. to Union City BART.

**LEADERS:** Rita Poppenk 510-329-9826 & Dexter Barker 510-471-2610

**Sunday, September 10 QUIRKY SOUTH BERKELEY**

**10:00** meet @ Ashby BART, inside ticket hall. An urban walk through south Berkeley neighborhoods with lots of stops to get acquainted with some of the city's quirky material culture, including an artist's garden only open on Sundays. 6 mile paved walk, moderate elevation change.

**LEADERS:** Noël Siver 510-923-1327, noelsiver2@yahoo.co.uk and Sue Fernstrom suefernstrom@comcast.net, cell a.m. of hike only 510-363-1788

**Thursday, September 14 EL CERRITO DEL NORTE TO BERKELEY BART**

**10:00** meet @ El Cerrito Del Norte BART. Walk on the Ohlone Greenway to El Cerrito Plaza BART and have a 15 minute coffee break at the Junket. Lunch at a park along the way. Optional side trip to Monterey Market, ending at North Berkeley BART. Five mile easy level walk.

**LEADERS:** Beryl Vonderheid 510-532-8340, Nancy Stout 510-525-6106, Kate Steinel 510-527-8913

**Sunday, September 17 TOMALES BAY STATE PARK**

**9:15** Leave east parking lot @ Del Norte BART where **cars are needed**. For those driving: drive thru Inverness to Camino Del Mar (off Sir Francis Drake Blvd.), turn right, park @ end of road, meet at **10:30**. Out & back hike, ~8 mi, w/lunch @ Hearts Desire Beach w/restrooms. Sticks optional. **Riders & drivers must email** (smellio@sbcglobal.net) or call. Sue's cell a.m. of hike only 925-451-3307.

**LEADERS:** Sue Elliott 925-672-0533 and Chris Smith 925-672-7020

**Thursday, September 21 PIEDMONT RAMBLE, OAKLAND**

**10:00** meet @ Rockridge BART to walk thru tree-lined residential areas w/several stairways, 6 mi & 400' elev. gain, on sidewalks. Lunch @ Piedmont Park; stop at Fenton's Creamery for ice cream lovers. End @ MacArthur BART.

**LEADERS:** Fran Leighty 925-944-9068 & Reyenne Freeman cell 925-518-4962

**Sunday, September 24 PERKINS CANYON - MT DIABLO STATE PARK**

**9:30** meet @ Walnut Creek BART where **cars are needed**. Reconvene **~10:15** at large parking area on first right ~0.10 mi. up Morgan Territory just past junction of Marsh Creek and Morgan Territory Rds. (Park on left at trailhead parallel rd.) Hike ~3-4 mi w. 350-400' elev. gain, viewing old mercury mine, canyon, rhyolite volcanic domes, historic rock dams. Sticks helpful. No water/restrooms. Rain cancels. **Drivers and riders must call Diane**.

**LEADERS:** Diane Cannon: 406-465-9873 and Bill Motzer 925-247-0811; cell day of hike only: 925-337-1710

**Thursday, September 28 SKYLINE COLLEGE TO SWEENEY RIDGE - SAN MATEO**  
**9:40** board SamTrans #140-Palmetto bus @San Bruno BART; arrive Skyline College @  
**10:04** Bus fare: Sr. \$1, Adult \$2, each way. Hike up the ridge where Spanish first saw SF  
Bay in 1769; Sticks recommended for 5 mile R/T or 7.2 mile to Portola Gate. 500' elev.  
gain, lots of stairs. NOTE: Allow for a long day, travel time 1.5 hours each way.  
**LEADERS:** Rose Susoeff 925-462-7854 (cell 925-315-1670 day of hike only) & Pat  
McDonald 925-443-2917.

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**APPLICATION FOR MEMBERSHIP – CONTRA COSTA HILLS CLUB**

Dues are \$15 per person or \$10 per person for 2 or more people living at the same  
address. Dues are payable upon joining and on each April 1 thereafter. Complete this  
form, enclose with a check payable to CCHC, and mail to the Membership Secretary:

**Connie Gee – 1121 Brighton Avenue, Albany, CA 94706** ([cbgee2014@yahoo.com](mailto:cbgee2014@yahoo.com))

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ e-mail \_\_\_\_\_

Cell # \_\_\_\_\_ Check here for day of hike only \_\_\_\_\_