

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE JULY-AUGUST-SEPTEMBER 2019, V14

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.

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

EAST BAY SKYLINE NATIONAL RECREATION TRAIL

The 4 Sunday hikes in July cover different sections of the Skyline Trail

These are point-to-point hikes with car shuttles. If you are available, or you know anyone available to help with car shuttle at the beginning and/or end of the hikes, please let leaders know.

Thursday, July 4 INDEPENDENCE DAY

Happy July 4! If there is no hike, watch a parade! There are parades in Fremont, Alameda, Orinda, Pleasant Hill, and Danville!

GUIDE: <https://www.nbcbayarea.com/brchannel/Fourth-of-July-Bay-Area-Events-Guide-212791711.html>

Sunday, July 7 SKYLINE TRAIL SECTION 1: ALVARADO TO INSPIRATION POINT

9:15 Meet @ N Berkeley or Orinda BART -or- **10:00** at Alvarado Staging Area (has restroom), 5845 Park Ave, Richmond. Bring lunch, poles helpful. ~7.1 miles with 1220' gain with great views!! Hike ends at Inspiration Point, Tilden Park. **Separate start & end trailheads, all hikers/drivers MUST contact** Steven sjoc51@comcast.net 707-448-8378 (landline) by Sat 7/6, 6 pm to arrange carpools and shuttles. Early confirmation and any shuttle-only drivers very much appreciated.

LEADERS: Steven Chun 707-761-4392 (hike day only), Mark Petrofsky mpetrof@hotmail.com, 510-526-4944 (no texting)

Thursday, July 11 100th Anniversary Hike: CCHC HISTORY IN JOAQUIN MILLER PARK

9:20 Board #39 bus (runs hourly!) at Fruitvale BART. Exit at Sanborn Drive (Robinson Drive). Or **9:45** meet at parking lot at Ranger Station on Sanborn Drive (restroom). About 6 miles with ~1000' gain, past Woodminster Cascade, Miller Cottage, & Inspiration Point on Bishop Walk and Sinawik trails. Sticks recommended. **All hikers MUST email** Jo Anne at joschultz@gmail.com.

LEADERS: Jo Anne Schultz cell 510-734-9324 and Roberta O'Grady 510-769-8423

Sunday, July 14 SKYLINE TRAIL SECTION 2: INSPIRATION POINT TO SIBLEY PARK

9:30 Meet at North Berkeley or Orinda BART -or- **10:00** at Inspiration Point, Tilden Park. ~ 6 miles, 1300' elevation gain. Sticks helpful. Restroom at both ends of hike and at lunch by train station. **Separate start & end trailheads, all hikers/drivers MUST contact** Amy 510-545-3583, or a.huang18@yahoo.com by Sat. 7/13, 6 pm to arrange carpooling and one-way shuttle.

LEADERS: Bill Chen 707-319-1283 wm_t_chen@yahoo.com, Amy Huang cell 510-316-6481 hike day only

Thursday, July 18 LAKE CHABOT BY BART & BUS!

9:30 Circle-up at San Leandro BART to catch the **9:50** Foothill Square #35 bus. Get off at Estudillo & MacArthur. Walk 0.5 mi to Chabot Park. Hike West Shore/Bass Cove trails and back to bus stop. Restrooms at San Leandro BART, Chabot Park, & outhouses along trails. 5-6 mi, moderate. Sticks advised. SHADE! Bring lunch & ample water. No water available on trail. **All hikers MUST notify the leaders. Anyone DRIVING to the trailhead please DO NOT go to the Marina at Lake Chabot. We will not be there! Drive to CHABOT PARK at the end of ESTUDILLO AVENUE in SAN LEANDRO. It's a city park with free parking. Meet near restrooms, 1698 Estudillo Ave., San Leandro, CA 94577 (GPS)**

LEADERS: Rita Poppenk 510-329-9826 (cell) & Dexter Barker 510-471-2610

Sunday, July 21 SKYLINE TRAIL SECTION 3: REDWOOD REGIONAL PARK, SKYLINE GATE TO MACDONALD GATE

9:15 Meet at MacArthur BART or **10:00** at Sibley R.P. or (for most of us, due to the exigencies of shuttling people) **9:30** at MacDonald Gate (Redwood Road, 1/2 mile west of the Redwood Park entrance). ~7.9 miles with 400' gain, 1300' drop. We will need double the usual number of drivers. **All hikers/drivers MUST contact Mark 510-526-4944 (no texting) by Fri 7/5, 6 pm (preferably earlier in the week) to arrange carpools and shuttles.**

LEADERS: Mark Petrofsky 510-526-4944 (landline) mpetrof@hotmail.com; Bill Motzer 925-247-0811, day of hike cell 925-337-0710

Thursday, July 25 A WALK ACROSS ALAMEDA - PART 2

9:55 Board 51A bus for Alameda at Broadway and 12th St. (Oakland Civic Center, 12th St BART). Get off at Webster and Atlantic. We will start our walk on a new trail. We will see Victorian homes, and have lunch by the water. 5-mile, level, loop hike.

LEADERS: Beryl Vonderheid 510-532-8340, cell (day of hike only) 510-207-4042. Nancy Stout 510-525-6106. Kate Steinel 510-527-8913

Sunday, July 28 SKYLINE TRAIL SECTION 4: MACDONALD TRAIL PARKING TO REDWOOD CANYON GOLF COURSE

8:30 Meet at N Berkeley or Orinda BART or **9:00** Meet at Castro Valley BART. **9:15** All meet at Redwood Canyon Golf Course (restroom), 17007 Redwood Rd, Castro Valley. Bring lunch, poles helpful. ~9.3 miles with 1050' gain. **Separate start & end trailheads, all hikers/drivers MUST contact Susie shuhuang7812@gmail.com or 415-818-7905 by FRIDAY, 7/26 8:00 pm to arrange carpools and shuttles. Early confirmation and any shuttle drivers are very much appreciated.**

LEADERS: Mark Wang 925-368-8041, Susie Huang 415-818-7905 shuhuang7812@gmail.com

Thursday, August 1 PICTURESQUE PIEDMONT

10:00 Meet at Rockridge BART (restrooms). Walk to Chapel of the Chimes and through lovely neighborhoods of Piedmont. Julia Morgan architecture, secret passageways, Craftsman homes, gardens, redwood groves, stairways (152 steps), gentle hills, and more. End at MacArthur BART with ice cream stop on the way. Heavy rain cancels. About 5 miles.

LEADERS: Lucy Perdichizzi 510-410-1285 cell day of hike; lucyperd@sbcglobal.net and Noël Siver noelsiver2@yahoo.co.uk or 510-923-1327 (landline, no texting)

Sunday, August 4 MT TAM SOUTHSIDE

9:15 Meet at Del Norte BART where **cars are needed**. Carpool to the Tourist Club parking lot at 30 Ridge Ave., Mill Valley. Moderately paced and varied 9.5 mi, 1500' hike with a stop at the Tourist Club at the end. Panoramic, Matt Davis, Bootjack, Hillside, Dipsea, and Sun trails. Can be shortened to 5 miles on shady trails in case of heat.

LEADER: Celeste Burrows celesteburrows@sbcglobal.net or 510-601-1211. Day of hike cell 510-388-5129

Thursday, August 8 BROOKLYN (OAKLAND, NOT NEW YORK)

10:00 Meet at Lake Merritt BART parking lot. Urban walk around the former town of Brooklyn, east of Lake Merritt. 5 miles, level. Restrooms at Lake Merritt and at lunch.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk or 510-923-1327 (landline, no texting) and Jan Lecklikner jleck.2@gmail.com, cell day of hike 415-971-3783

Sunday, August 11 PRESIDIO TO LANDS END, SAN FRANCISCO

9:20 Meet at California and Drumm St, SF (Embarcadero BART) for the 9:32 PresidiGo Shuttle to the Presidio Transit Center/Visitor Center. Route takes us through Crissy Field, Warming Hut, Golden Gate Overlook, Baker Beach (lunch), Mile Rock Beach, Sutro Baths, Lands End Visitor Center and Ocean Beach. Return via Muni #5 at Balboa & La Playa. About 8 miles, elevation gain 1350 feet. Many steps up/down to beach, some pavement walking. Stunning views of the SF Bay.

LEADERS: Amy Huang 510-545-3583, cell 510-316-6481 (day of hike), email a.huang18@yahoo.com and Sue Lai 510-524-1781, cell 510-646-2727 (day of hike), email laipet736@gmail.com

Thursday, August 15 ANDY GOLDSWORTHY AT THE PRESIDIO

9:32 Board the PresidiGo Shuttle at California and Drumm St (Embarcadero BART) -or- meet at Presidio Transit Center at **10:00** where we will circle up. We will see 4 Andy Goldsworthy art works. There will be some standing around to see Tree Fall because only 10 people can see it at a time. Bring lunch or buy it around Main Post after the hike. Approx. 4 miles with about 400' elev gain.

LEADERS: Lois Switzer 510-526-4376 (home) 510-542-7183 (cell, day of hike only) and Sylvia Kwan 925-691-5168

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Sunday, August 18 1920s HIKE: LOCATING CAMP CINDERELLA IN JOAQUIN MILLER PARK

9:00 Meet at Fruitvale BART where **cars are needed** to drive to Palos Colorados trailhead at the end of Joaquin Miller Court. (No restrooms first hour). Palos Colorados to Sunset, Chaparral trails, possible Camp Cinderella sites, with lunch at Roberts Grove. Return to Palos Colorados trailhead via Big Trees. 7 miles with about 1500' gain. Sticks recommended. All hikers call or email Roberta, 510-769-8423 or rogrady3736@earthlink.net. **Roberta will be returning phone calls for the hike on Saturday, Aug. 17 as she will be out of town until Friday evening.**

LEADERS: Roberta O'Grady, cell 510-229-7342 (morning of hike only); Jo Anne Schultz, cell: 510-734-9324

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Thursday, August 22 MORE OAKLAND MURALS

10:00 Meet in front of Oakland City Hall (12th St BART) for restrooms. Walk south on Clay St. to waterfront area to view 9 new murals created during 2018 Oakland Mural Festival plus several older murals. Lunch in a local park. End at Lake Merritt BART. 4 miles, paved, flat.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk 510-923-1327 (landline only) and Peter Nurkse nurkse@gmail.com, cell day of hike 831-331-3671

Sunday, Aug. 25 TILDEN PARK LOOP

9:15 Meet at Orinda BART or **9:45** at Inspiration Point (restroom). Hike Nimitz to the top of Wildcat Peak. Descend on the Wildcat Peak Trail to Tilden Loop Road, Wild cat Gorge Trail, Curran Trail back to Inspiration Point. About 6 miles with elevation of ~600. Riders and drivers contact Ned by 6 PM 8/24.

Leader: Ned MacKay. 925-256-6347 (land line), nedmackay@comcast.net

Thursday, August 29 BAY MODEL, SAUSALITO

9:00 meet at SF Main Library, Larkin St and Grove (not Fulton). We will proceed to Market & 7th Street where at **9:41** we will board the #92 GG Transit bus to Sausalito. Adult one way cash fare \$6.50, Clipper \$5.20, Senior Clipper \$3.25. 4-5 miles walk thru city streets to Bay Model with docent tour, donation optional. Bring lunch, sticks optional, restroom along the way. Return by #92 GG Transit or GG Ferry: Adult cash fare \$12.50, Clipper \$6.75, Senior Clipper \$6.25.

LEADERS: Sylvia Kwan 925-691-5168, 925-852-9561 (cell-day of hike only); Susie Huang 415-818-7905, Mary Huang 510-949-6376 cell day of the hike only

Sunday, September 1 ANGEL ISLAND

8:45 Leave Del Norte BART where cars are needed to drive to Tiburon for Angel Island Ferry departing at 10:00. \$14 senior, \$15 adult (cash or check only!) RT and island admission. **Or 9:00** meet Fran at Ferry Building. Take F streetcar to Pier 39, Senior Clipper \$1.25, Adult \$2.50, cash \$3.00. Walk to Pier 41 for 9:45 departure on Blue & Gold Ferry \$11 senior, \$19.50 adult RT and island admission. Hike 6 mi w/800 feet elev. gain on paths & paved roads w/ lunch at summit. Sticks useful. **Riders & drivers must call.**

LEADERS: Mike Branning 510-758-2789, cell 510-734-5041, and Fran Leighty 925-944-9068

Thursday, September 5 POINT PINOLE BUFFET

9:30 Meet @ El Cerrito Del Norte BART (passenger pick up zone) where cars are needed to drive to Point Pinole. Easy, flat 4+ miles with bay view. At noon we'll drive to Empire Buffet for an all you can eat Chinese buffet lunch. Around \$15.00. Riders & Drivers MUST call by 9/3. Lily's cell morning of hike only 734-649-8250

LEADERS: Lily Ho 510-898-1438, Jo Lee 510-237-6304

Sunday, September 8 EL CERRITO

9:30 Meet at El Cerrito Del Norte BART (east side parking lot) for walk on sidewalks & dirt paths through Hillside Nature Area to top of El Cerrito Hills, 7 miles, 900' elev. gain. Restroom/lunch at Arlington Park. Sticks helpful. Rain cancels.

LEADERS: Jo & TP Lee 510-237-6304; Lily Ho 734-649-8250 cell day of hike

Thursday, September 12 MCLAREN PARK - SAN FRANCISCO

9:30 Meet at Glen Park BART (restrooms) to walk through the Excelsior District to explore McLaren Park, the second largest park in S.F. 6.2 mi, 929 ft. elev. gain on sidewalks/dirt trails, Philosopher's Way. Lunch & restrooms in park. Shorter hike possible with #29 Muni bus return to BART.

LEADERS: Jan Lecklikner jleck.2@gmail.com, cell 415-971-3783 & Frank Martin

Sunday, September 15 POINT RICHMOND

10:24 Arrive Richmond BART, change to AC Transit bus 72M, departs **10:33**. If driving, meet at Richmond Plunge, 1 E. Richmond Ave., Richmond at **10:45**. Parking available to left of building. Restrooms available. Explore hilly Point Richmond's landmarks, bay views, and fabulous Wave Garden. After lunch in Miller-Knox Regional Shoreline, walk to Ferry Point for views and more local history. Return to starting point via tunnel. 5 miles, total elevation gain 315 feet.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk, 510-923-1327 (landline, no texting) and Jan Lecklikner jleck.2@gmail.com, cell day of hike 415-971-3783

Thursday, September 19 ROCKRIDGE BART TO DOWNTOWN BERKELEY BART

10:00 Meet at Rockridge BART (use restrooms) for this 6.5 mi strenuous hike, 563 ft. elev. gain, through lovely residential areas, the Claremont Hotel, and down to the U.C. campus. This is not a loop. Steep walkways, 180 stairs, mostly on pavement. We will have a late lunch on campus. Optional ice cream stop at end of hike.

LEADERS: Lois Switzer 510-526-4376 (home), 510-542-7183 (cell, day of hike only) & Fran Leighty 925-944-9068

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Sunday, September 22 AUTUMN EQUINOX HIKE /FOUR SEASONS OF FRENCH TRAIL

9:00 Meet at Orinda BART & Rockridge BART where **cars are needed** to drive to the Moon Gate at Redwood Regional Park at about 9:30. No restroom at trailhead. We explore the less used trail from the less used trailhead to reach French Trail. From Moon Gate taking Tres Sendas, French to Westridge, and explore a beautiful autumn scape along the trails. Restroom stop after 4.5 miles. About 5.5 mi with less than 1000' elevation gain. Sticks are useful. **Drivers & riders, please contact**

Sophia (510-549-2413) before September 22.
LEADERS: Sophia Garcia 510-549-2413, Diane Cannon 406-465-9873

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Thursday, September 26 1920s HIKE: HAROLD FRENCH BENCH DEDICATION AND HIKE

--DUE TO HAROLD FRENCH WE ENJOY CCHC--

9:30 Meet at Orinda BART where **drivers are needed** or **10:00** at Sibley Volcanic Regional Park Staging Area. We will honor our founder, Harold French, by dedicating a bench on the Overlook Trail at 10:30, have some light refreshments & hike 4 miles on the Round Top Loop & Volcanic trails. Sticks helpful. Restroom at start of hike. **Riders & drivers must email** Patricia by noon on Wednesday, Sept. 25, cchchikergal@sbcglobal.net to arrange carpools.

Attendees must RSVP to Patricia Derickson at cchchikergal@sbcglobal.net or 925-685-1614 by September 19, 2019. Call me now so you don't forget! There will be a dedication program with light refreshments before Kathy O'Toole leads a short hike and Mike Branning leads a longer hike at the preserve. Rides can be provided from BART

LEADERS: Patricia Derickson 925-876-3278, Nidhi Derickson 925-200-5881, Mike Branning 510-734-5041 & Kathy O'Toole 925-348-1151

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Sunday, September 29 G.G. PARK PANHANDLE TO THE G.G. BRIDGE, S.F.

9:15 Meet in front of Ferry Bldg. (restrooms) (Embarcadero BART), then board #21 Muni bus on Market St., exit at Masonic. Hike Bay Area Ridge Trail through neighborhoods with churches, architectural delights, through Presidio forests to Golden Gate Bridge. About 5 mi, 250 ft. elev. gain, sidewalks & dirt trails. Return on #28, then #38 Muni bus to downtown S.F., or PresidiGo shuttle from bridge to Presidio transit center to downtown. Heavy rain cancels, light rain okay.

LEADERS: Fran Leighty 925-944-9068 & Diane Cannon cell 406-465-9873

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