

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

October 1 – December 31, 2020 **Version: 15**

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 symbol ☉ indicates a short hike is offered with the longer hike.

This Schedule is posted on our website: www.contracostahills.org

UPDATED COVID19 MESSAGE Hello Hike Leaders and Hikers!

We are unfortunately entering a time of increased COVID infection, and at the same time it has become harder to manage our hikes to stay properly distant and to comply with county and park regulations. So please follow these guidelines carefully:

- There should be no more than 10 people, including leaders, together at a time, at any time during a hike. This includes the start, the end, and any stops during the hike.
- If the hike is divided up into more than one group, the groups must be separated by at least 1/2 hour of time, including the start and circle.
- Keep separation during the hike! That means avoid congested areas and narrow trails (I know, that's the interesting part)
- And unfortunately, picnic lunches will have to be suspended. Have something to eat before the hike and pack some snacks to eat along the way. Sorry about that.
- Don't forget your masks, hand sanitizer, personal snacks, and water/drinks!

Hike Leaders, this means you will have to do some homework:

- Keep a running list of hikers as they contact you. Inform them at the time they contact you what their status is. Once you get over 8 hikers (assuming you have two leaders, bringing the total to 10), you need to either tell them they are on a waiting list, or give them a new time to show up in a second group. The new time needs to be at least 1/2 hour before or after the first group, but could be an hour or more before or after the first group. Plan these extra groups ahead of time. The groups do not mix.
- If you would like to limit the groups to less than 10, that is fine. You may have to contact your hikers to even out your groups. Or unfortunately turn some away.
- Modify your hike schedule to eliminate picnics and tight spaces, and let your hikers know about it ahead of time.

We will get through all of this, and hope all of us stay healthy! See you (6' away) on the trail!

Also note that there are still plenty of open dates, so please email or call Jim (brnw_th@yahoo.com 925-577-1022) or Mary (mulrich@sbcglobal.net 925-876-0803) if you would like to lead a hike. Sticks may be optional, but masks will be required!

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

Thursday, October 1 KENNEDY GROVE TO SAN PABLO RESERVOIR

9:00 Meet at Kennedy Grove Recreational Area, 6531 San Pablo Dam Road, El Sobrante, parking lot by the restrooms. Hike fairly level 7-1/2 shady miles out and back along reservoir. Restroom along trail. Bring lots of water and a snack. Wear a mask and prepare to social distance 6 feet. If there are more than ten hikers, we will split into two groups. Please email Patricia Derickson at cchchikergal@sbcglobal.net by noon on September 30.
LEADERS: Mike Branning 510-734-5041 & Patricia Derickson 925-876-3278.

Tuesday, October 6 REDWOOD REGIONAL PARK

9:30 Meet at Wayside Staging Area in Redwood Regional Park. About 7 miles and 700 feet elevation. Hike in 90% shade on Bridle Trail, Chown Trail, French Trail, Starflower Trail, Stream Trail, and Bridle Trail. Sticks helpful. Bring own snacks, lunch, water and pen to sign waiver. Limit 8 hikers and two leaders. Email Pat at patricia.mcd1960@gmail.com starting 8/29 until 10/5 at 5 p.m.

LEADERS: Pat McDonald 510-364-4788, Celeste Burrows at celesteburrows@sbcglobal.net, 510-601-1211 (day of hike 510-388-5129)

Thursday, October 8 BAY BRIDGE TRAIL

10:00 Meet at Bay Bridge Trail Parking at Bridge Yard, 210 Burma Rd., Oakland. Walk 6.2 mi out & back 278' elev. gain to BBT Lookout. Port-a-potties available! Reservations open Monday, Oct. 5, 10:30 a.m., please **TEXT** Rita. **BRING YOUR OWN PEN.**

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

Tuesday, October 13 LEONA CANYON OPEN SPACE REGIONAL PRESERVE, OAKLAND

9:00 Meet at EBRP Leona Canyon parking lot. Approximate 4-mile moderate hike with ~700' elevation gain on the Leona and Artemisia Trails. No restrooms or water available. Bring face masks and water. No lunch break. Sticks helpful. Limit 10 hikers. RSVP starting October 9 by email to darlenechoy@gmail.com. Driving instructions will be emailed.

LEADERS: Darlene Choy 510-483-6011 and Isabel Rogne 510-512-8778. (Darlene's cell morning of hike only 510-371-3694).

Thursday, October 15 EMERYVILLE TO BERKELEY LOOP

10:00 Meet at Public Market, 5959 Shellmound Street, Emeryville. Free parking. Option to take BART: inquire when reserving. Loop hike through Emeryville to Aquatic Park, Berkeley, and return along Bay Trail. 5 miles, flat. Interesting sites along the way. Restrooms and water available. Lunch upon return to Public Market (bring or buy). Limit 12 hikers total. RSVP between Thursday, Oct 8, and Wednesday, Oct 14, by **email only** to lucyperd@sbcglobal.net

LEADERS: Lucy Perdichizzi, cell day of hike only 510-410-1285 (text best); Celeste Burrows, celesteburrows@sbcglobal.net; cell day of hike only 510-388-5129 (text best)

Tuesday, October 20 Redwood Regional Park

9:30 am Meet at Wayside Staging Area in Redwood Regional Park. About 7 miles and 700 feet elevation. Hike in 90% shade on Bridle Trail, Chown Trail, French Trail, Starflower Trail, Stream Trail & Bridle Trail. Bring own snacks, lunch, water. Limit 8 hikers and two leaders. Email Pat at Patricia.mcd1960@gmail.com before 5pm on October 19.

LEADERS: Pat McDonald 510-364-4788, Celeste Burrows 510-601-1211(day of hike 510-388-5129)

Thursday, October 22 SYCAMORE VALLEY PARK, DANVILLE

10:00 Meet at the trail entrance, east entrance Sycamore Valley Park, 2101 Holbrook Drive, Danville. From 680, take exit 38, Sycamore Valley Road EAST. Sycamore Valley Road turns into Camino Tassajara. 3 miles from the freeway, turn left onto Holbrook Drive. Drive to the end and park to the left. Hike 4.5 miles, 670' vertical on dirt and pavement. Restrooms at start and finish only. Heavy rain cancels. **First 10 hikers please call Patricia.**

LEADERS: Patricia Derickson, 925-876-3278. Sylvia Kwan.

Tuesday, October 27 TILDEN PARK

10:00 Meet just outside the Little Farm/Nature Area. A 5-6 mile loop with ~700' elevation. Laurel Canyon up to Nimitz to Inspiration Point and back on the Curran and Wildcat Gorge Trail. Restrooms at start and midway. Sticks helpful. Hike limited to a total of 10 hikers. Register after 10/21 with Mary mulrich@sbcglobal.net.

LEADERS: Anne Herrick 510-528-9821 and Mary Ulrich cell: 925-876-0803.

Thursday, October 29 LADYBUGS IN REDWOOD PARK

10:00 Enter Redwood Park at Redwood Gate on Redwood Road. Go to the farthest parking lot. Walk on the Stream Trail where we hope to see the ladybugs overwintering. Out and back about 4 miles. Walk limited to 10 persons.

LEADER: Beryl Vonderheid will accept reservations beginning Monday, October 26. Please call 510-532-8340. Coleader: Roberta O'Grady

Tuesday, November 3 DEL VALLE - EASTSIDE/WESTSIDE LOOP

9:30 Meet at Del Valle Road Parking area (1/2 mile before park entrance - I will give exact directions to those who sign up for the hike). Hike 6.2 miles with 950' elevation gain, descending to the lake on the east side of Del Valle Road and then ascending on the west side of the lake. Bring own snacks, lunch, water, masks. Sticks helpful. Rain cancels. Sign up from 10/30 to 11/2 at 5 p.m. by emailing Pat at patricia.mcd1960@gmail.com. Hike limited to 8 plus 2 leaders.

LEADERS: Pat McDonald 510-364-4788 and Roberta O'Grady 510-769-8423; rogrady3736@earthlink.net

Thursday, November 5 BAY FARM ISLAND LOOP HIKE

10:00 Meet at Safeway parking lot, 867 Island Drive, Bay Farm Island. Hike 6 mostly level miles around lagoons and S.F. Bay shoreline. Restrooms available. Bring lunch to eat at covered Harbor Bay Ferry Terminal. Must agree to wear masks

and social distance while hiking. If we have more than ten hikers, we'll divide into two groups. Please email Patricia at cchchikergal@sbcglobal.net by noon Wednesday, November 4 to reserve a spot!

LEADERS: Patricia Derickson 925-876-3278 & Roberta O'Grady

Tuesday, Nov10 STRAWBERRY CANYON TO CHAPARREL PEAK

9:30 AM Meet at the parking lot of the UC Berkeley Botanical Garden, uphill and across the street from the Garden entrance. Great views and new, lesser used trails on a 7 mi 1200 ft loop hike. Most very good trails, some rougher. Two steep short sections. Bring sticks, water, lunch, sun protection and \$ bills or charge card for machine at UC pay lot, \$1/hr. No bathrooms at trailhead. Limit 12 total. RSVP to Celeste between 11/2 and 11/9, 3pm.

LEADER: Celeste Burrows, celesteburrows@sbcglobal.net (preferred) or 510-601-1211. Day hike cell: 510-388-5129, text best. **C0-LEADER:** Pat McDonald: 510-364-4788.

Thursday, November 12 WALK THE HAYWARD FAULT IN BERKELEY

10:00 Meet at the Berkeley Rose Garden, 1200 Euclid, Berkeley. Follow the trace of the Hayward Fault through Berkeley and the Cal campus to observe its effects and the ways we are coping with it. Views, offsets, mine adits, and a bakery! 5.5 mostly paved miles, 550' vertical climb. Park near the Rose Garden, or take the 65 bus. First 10 hikers please email or text Jim after 10/29.

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

Tuesday, November 17 SHELL RIDGE, WALNUT CREEK

9:30 Meet at Hanna Grove (Bob's Pond, Borges Ranch). Hike 4-5 mile loop with ~500 ft. elevation. Sticks optional. Restrooms at beginning and end. Lunch optional at picnic tables at the end of the hike. Hike limited to 10. Sign up with Mary at mulrich@sbcglobal.net between Nov 11 and 16.

LEADER: Mary Ulrich, 925-876-0803

Thursday, November 19: TILDEN LOOP – Berkeley 10:00 AM – Meet at the parking lot of East Bay Regional Park Botanical Garden in Berkeley on Wildcat Canyon Road near the South Park Drive intersection. Bathrooms available. Hike to Tower Trail. Take Grizzly Peak and Selby Trails to return to the car. ~3.5 miles and ~800 ft. gain, mainly over 0.5 miles on Tower Trail; sticks necessary. Please bring face coverings. No lunch break. Limit 10 hikers. Hike leaders: Jo & Chuck Browne, Celeste Burrows and Mike Branning. ***** ***This is a rescheduled hike and thus, is fully subscribed.********

Tuesday, November 24 Berryessa BART to Chinese Cultural Center

10:00 am. Meet at the **South** Entrance of Berryessa/North San Jose BART station. **\$3** parking is available at BART/VTA station.

Credit card or cash, exact change only. Restrooms available at BART station.

Walk ~5 miles, out & back on paved sidewalks & hard packed trails. Bring masks & lunch. ANY RAIN CANCELS!

Call Rita to RSVP 510-329-9826, leave a message Nov. 18 - 24. 1st 10 hikers will be notified if they made the cut.

LEADERS: Rita Poppenk & Dexter Barker 510-329-9826

Thursday, November 26 Thanksgiving OPEN DATE

Friday, Nov 27, Briones Regional Park

Meet 10am at the Bear Creek Staging Area (Orinda) for a 6-7 mi, 1500 ft hike with scenic countryside, rolling hills, and sweeping Bay Area vistas. Wide trails, spacious lunch site, uphill before lunch. Restrooms at trailhead. Bring sticks, layered clothing. Limit 10. Register with Celeste from Nov 19 through Nov 26 3pm.

LEADERS Celeste Burrows celesteburrows@sbcglobal.net; day of hike cell 510-388-5129 text best. Pat McDonald, patricia.mcd1960@gmail.com, cell: 510-364-4788, text best

Thursday, December 3 HIKE HAS BEEN CANCELLED

Thursday, December 10 HOLIDAY HIKE IN SAN FRANCISCO

10:00 AM Meet at Hyatt Regency, San Francisco (Embarcadero BART Station)

Holiday Hike through Ferry Building, Embarcadero to Pier 39, North Beach, China Town, Fairmont Hotel and end in Union Square, downtown San Francisco.

Bath room available at Hyatt Regency or Ferry Building, Fairmont Hotel or St. Francis Hotel. Lunch at Washington Square Park, option to bring your lunch or buy at North Beach. 4 to 5 miles mostly flat hike, some hills from Pier 39 to North Beach and China Town to Fairmont Hotel.

Limit to 10 hikers; however if there is enough interest, 2nd group of 10 more hikers.

RSVP (Dec 1-8) to Sets Amann email: setsamann@pacbell.net or call 510-489-8096

~~Tuesday, December 15. **SUNOL REGIONAL PARK CANCELLED COVID19**~~

~~10:00 am Meet at park entrance of Sunol Regional Park Hike approximately 5 miles with 1000 ft. elev. gain along Indian Joe Creek, Cave Rocks, Cerro Este, McCorkle and Canyon View Trails. Hiking poles recommended. Any rain cancels. Limit, 10 hikers. Call or email Roberta O'Grady 510-769-8423; rogrady3736@earthlink.net beginning Friday, Dec. 11~~

~~LEADERS: Roberta O'Grady and Pat McDonald~~

~~Thursday, December 17 **CANCELLED COVID19 LAFAYETTE RESERVOIR**~~

~~Due to the continuing Pandemic, we are modifying this hike. Unfortunately, we cannot gather as we have in the past, and it breaks my heart, but hopefully next year! We will take two groups each of ten masked hikers around the lower rim of the reservoir to bring the birds' bells to their tree. One group will start at 10:00 a.m. and one group will start at 11:00 a.m. It costs \$7.00 to park long term or \$1.50 for two hours at the meters at the reservoir, or you can park for free on Village Center @ Mt. Diablo Blvd. We will distribute goody bags at the top of the pathway by the restrooms. Please email Patricia at cchchikergal@sbcglobal.net to reserve a space at 10:00 a.m. or 11:00 a.m. A big shout out for our co-leaders: Nidhi Derickson, Georgette Armstrong, Karen Arntzen and Diane Barde.~~

~~Thursday, December 24 **POINT PINOLE ATLAS ROAD STAGING AREA**~~

~~**CANCELLED COVID19**~~

~~10:00 AM Meet at Point Pinole parking lot at the end of Atlas Road in Richmond. 4-mile flat loop hike. Mostly dirt trails — last one is rough but well-trod path. Please bring water, mask. Wrapped treat at end of hike. RSVP starting December 17 to compasros@comcast.net (preferred) or call 510-948-8385 to reserve one of 9 spots for hikers.~~

~~LEADER: Rosemary Johnson (mobile day of hike) 510-619-5728~~

~~Thursday, December 31 **COYOTE HILLS, FREMONT**~~

~~**CANCELLED COVID19**~~

~~10:30 Meet at the Visitor's Center Parking Lot, Coyote Hills Regional Park, for a 4-mile stroll along Bay View and Chochenyo Trails with stops along the way to enjoy the Indian Village and Boardwalk for views of the Main Marsh, the ducks and shore birds. Bring your lunch for an optional picnic at the end of the hike. Any rain cancels.~~

~~Leaders: Beryl Vonderheid and Roberta O'Grady. Hike limited to 10. Call Beryl to reserve your place beginning Monday, Dec.28 510-532-8340.~~