

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

July 1 – September 30, 2021 Version 11

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 a mask, just in case. Bring lunch unless stated otherwise. Sticks & boots advised on hilly trails. Currently, **all hikes require reservation**, contact the hike leader. **Carpooling:** Carpools are back for the vaccinated. **If you are not vaccinated**, the driver has the right to refuse you, and you may need to carpool on your own. Riders should 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

COVID-19 GUIDE: We are (almost) back to normal again, especially if you are vaccinated! Hike protocols are (almost) the same as before the pandemic. Except for the following:

BRING A MASK – if you are vaccinated, you may not need it, but take one, just in case.

SIGN UP AHEAD OF TIME – All hikes require a signup! Contact the hike leader beforehand. Hike limits and transit schedules are expected to be changing all summer, and the hike leader can give you the latest scoop when you sign up.

IF YOU ARE UNVACCINATED – Identify yourself! You will still have to wear a mask and maintain social distancing, and will probably have to form your own carpools. You can still infect the vaccinated in the group, even if it will be a mild infection.

There are still 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.

PLEASE MAKE SURE TO CONSULT THE WEBSITE FOR CHANGES!

Thursday, July 1 REDWOOD REGIONAL PARK TO HUCKLEBERRY PRESERVE
9:00 Meet at Skyline Gate (restroom) at Redwood Regional Park. Steam Trail to Huckleberry Botanic Regional Preserve. Some short, steep trails. Sticks helpful. Enjoy the well-shaded Nature Path Loop. Lunch at Huckleberry Staging Area (restroom). ~ 5mi with ~700' elev gain. Space limited. **RSVP** to atelier.sato@gmail.com June 24-30 by 3:00 p.m.
LEADERS: Sophia Garcia 510-549-2413 & CheeYan Ong

Sunday, July 4 OPEN DATE

Thursday, July 8 REDWOOD REGIONAL PARK & ROBERTS RECREATIONAL AREA
9:00 Meet at Redwood Bowl Staging Area parking lot at Redwood Regional Park. Lunch at Roberts Regional Recreation Area (restroom). ~ 4.5 mi ~500' elev gain. Sticks are useful. **RSVP** to atelier.sato@gmail.com starting July 2 to July 7 by 3:00 p.m.
LEADERS: Sophia Garcia 510-549-2413 and Jan Lecklikner jleck.2@gmail.com 415-971-3783

Sunday, July 11 MARIN MUNI WATER DISTRICT, N. FAIRFAX
9:15 Leave Del Norte BART where **drivers are needed** to drive to Deer Park, Fairfax. Hike: Deer Park, Six Points, Yolanda, Bill Williams, Tucker, Eldridge Grade, Fish Gulch, Madrone, Pumpkin, Alex Forman, Shaver Grade, Bald Hill, Deer Park "loop." Approx. 9 miles, 600' of climbing (very approx.). Riders and hikers **contact Mark** before 5 p.m., Sat. 7/10; 510-526-4944 (landline, no texting) or mpetprof@hotmail.com
LEADERS: Mark Petrofsky, Mark Detterman, day of hike, cell 510-461-4371

Thursday, July 15

PICTURESQUE PIEDMONT: ROCKRIDGE TO MACARTHUR

10:00 meet at Rockridge BART. Walk to Chapel of the Chimes and through lovely neighborhoods of Piedmont. About 5-mile hike with Julia Morgan architecture, secret passageways, Craftsman homes, gardens, redwood groves, stairways, gentle hills, and more. End at MacArthur BART with optional ice cream stop at Fenton's. Bring lunch and a mask. **Sign up** with Lucy between July 1-13 by email. 2 groups of 10 will be OK.

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

Tuesday, July 20, 2021

JOAQUIN MILLER AND REDWOOD PARKS

9:30 Meet at the Redwood Bowl Staging Area parking lot on Skyline Blvd (just south of Chabot Space & Sequoia entrance) for a 6 mi, 900' loop. We'll explore varied environments along the Fern Ravine, Sequoia Bayview, Golden Spike, Tate, and West Ridge trails. Bathrooms near trailhead; late lunch ~1pm. RSVP to leaders Celeste Burrows celesteburrows@sbcglobal.net or Pat McDonald, patricia.mcd1960@gmail.com. Day of hike call/text Celeste at 510-388-5129 or call Pat at 510-364-4788.

LEADERS: Celeste Burrows and Pat McDonald

Thursday, July 22

JOAQUIN MILLER PARK

10:00 Meet at Community Center parking lot at 3594 Sanborn Dr., Oakland, CA 94602. Hike Sunset, Sequoia-Bayview, Castle Park and Sinawik Trails. 4 miles, ups and downs at beginning and end, middle flat. **Contact** Rosemary at compasros@comcast.net (preferred) or 510-948-8385.

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

Sunday, July 25

STINSON BEACH AND MT TAM

9:00 Carpool at Del Norte BART (eastside) or **10:00** Stinson Beach Parking near middle restroom. Dipsea/ Steep Ravine trail to Pantoll, Mt. Tamalpais SP for lunch. Return by Old Mine & Dipsea. 6-7 miles, 1400' elevation gain. Sticks helpful. Restroom at start and at lunch. All hikers to **contact** Mike by 6 p.m. on July 24 (email preferred).

LEADERS: Bill Chen 707-319-1283, Mike Branning 510-734-5041 mlbran1@yahoo.com, Yvonne 925-437-8472

Thursday, July 29

BLAKE GARDEN, KENSINGTON

10:00 Meet at El Cerrito Plaza BART. Hike city streets to UC Berkeley's Blake Garden. The garden is home to nearly 1500 plant species. Bag lunch at garden. About 4 miles, 530' elevation gain, loop hike. Hikers limited. **RSVP** to Lily by email lichuanho@aol.com between July 26 & July 27.

LEADERS: Connie Gee and Lily Ho. Day of hike cell 734-649-8250

Sunday, August 1, 2021 HAYWARD GREENBELT TRAIL

9:45 Meet at Hayward Bart (**not** South Hayward) or **10 am** at Memorial Park, 24176 Mission Blvd, Hayward, parking lot next to tennis court. The Greenbelt is a zoned area with underdeveloped land surrounding neighboring urban areas. Approx. 7 mi hike with 1026' elevation gain on a moderate balloon trail, 90% shaded. Trails are hard packed dirt road with very little loose pebble sections, 48 stair steps. We cross the creeks eight times with dry/little water. Poles are recommended for both inclines and downhill as the gain and loss are done in short distances. Restrooms at trailhead only. Hikers **email or text** Wanda at anwfong@pacbell.net July **29-31 by 6 pm**. Stipulate if taking BART. Bring snack/lunch.

LEADERS: Sharon Wang 510-468-1945, Wanda Fong 510-303-4454, Angie Toy 650-740-2063

Thursday, August 5

UCSF MISSION BAY ART WALK, SF

10:00 Meet in front of SF Ferry Bldg. [Embarcadero BART] Walk along the Embarcadero to the UCSF Mission Bay Campus where we will view the campus artwork. Bring or buy lunch. Mostly flat 7-mile hike. For a brochure of the art collection, go to <https://artcollection.ucsf.edu/>. If restrictions are still in effect for group gatherings, **email** liz_howell@yahoo.com on or after August 1st to reserve a place on the hike.

LEADERS: Liz Howell 415-584-1204 (cell day of hike only 415-425-5538), Jo Anne Schultz (cell day of hike only 510-734-9324)

Sunday, August 8**ANGEL ISLAND**

8:45 Leave El Cerrito Del Norte BART (east side parking lot) where **cars are needed** to drive to Beach Street Parking lot (left turn, \$5 fee) in Tiburon. Walk to 21 Main St and the Angel Island Ferry departing at **10:00 a.m.** (\$15 adults, \$14 seniors, no Clipper Cards accepted). Tickets may be purchased in advance at angelislandferry.com/tickets-fares/ or buy at dock if ship is not full. Hike 6 miles with 800' elev gain on paths and paved roads with lunch at the summit. All hikers contact Mike by Sat., Aug 7, 5 p.m.

LEADERS: Mike Branning 510-734-5042 mlbran1@yahoo.com and Patricia Derickson 925-876-3278

Thursday, August 12**ALAMEDA SOUTH SHORE TO CRAB COVE**

9:06 Arrive at Fruitvale BART for beignets & coffee at Powder Puff. 9:40 Board AC Transit 20 and ride to Alameda South Shore Center. Walk along bay to Crab Cove. Hopefully, it will be open by then. Have lunch or a snack & return along bay to South Shore & ice cream at Loard's or lunch at one of the cafes! Board AC Transit 20 back to Fruitvale BART. 4 level miles. Please **email** Patricia at cchchikergal@gmail.com by August 10 if you are able to join us. Check the website www.contracostahills.org for transit updates.

LEADERS: Patricia Derickson 925-876-3278 & Pat McDonald 510-364-4788

Sunday August 15**OPEN DATE****Thursday, August 19****ANTHONY CHABOT REGIONAL PARK TRAILS**

9:30 Meet at Castro Valley BART station, or **9:45** at the trailhead at Redwood Canyon Golf Course parking lot (past the building), 17007 Redwood Rd, Castro Valley. Out and back moderate hike starting at Brandon Trail, 5.5 miles 902' elev. gain. Dirt trails, 70% shade. Will stop at the picnic area at Honker Bay for snacks or lunch. Restrooms at trailhead. Limit 20. To sign up, please **TEXT** Ellen 925-389-1845 Aug 14-18 by 5 p.m.

LEADERS: Wanda Fong 510-303-4454, Ellen Chen 925-389-1845, Sharon Wang 510-468-1945

Sunday, August 22**POINT RICHMOND**

9:39 Arrive at Richmond BART; change to AC Transit bus 72M departing 9:47. If driving, meet at Richmond Plunge, 1 E. Richmond Ave., Richmond at **10:30**. 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 we will walk to Ferry Point for views and more local history. Return to starting point via the tunnel. 5 miles; total elevation gain: 315 feet. **Sign up** with Noël beginning August 15.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk (preferred) 510-923-1327; Silvia Akinaga 775-470-2137 (day of hike)

Thursday, August 26**THRU THE HILLS OF SAN FRANCISCO**

9:30 Meet at Market & Castro. Hikers coming on BART transfer to MUNI Metro at Embarcadero, take K, L or M to Castro Station. 5-mile loop. Lots of ups & downs with steep hills, 500' elev. gain. Bring lunch. Sticks useful. All hikers **email** SuzyMark@JPS.net on or after August 20th to reserve a place on the hike.

LEADERS: Suzy 415-577-1869 & Jon Mark 415-225-5628; Liz Howell day of hike only 415-425-5538

Sunday, August 29**OPEN DATE****Thursday, September 2****QUIRKY ASHBY CORRIDOR (BERKELEY-OAKLAND)**

10:00 Meet at Ashby BART in ticket hall. Restroom or porta potty available. Visit to Ed Roberts Campus, followed by exploration of quirky culture in South Berkeley and North Oakland, including a visit to ceramic artist Marcia Donahue's wonderful garden. Restroom at lunch. 4 miles, on pavement, slight elevation gain. End at Rockridge BART. **Register** with leader starting August 26.

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

Sunday, September 5**OPEN DATE**

TUESDAY, September 7, 2021

HIKE ALONG THE STREAM AT TILDEN

9:30 Meet at Nature Center parking lot. Restroom at parking lot. Memory, Selby, Wildcat Gorge, Curran, Meadow Canyon Trail. A ½ mile part of the Wildcat Gorge Trail is rocky, requiring good balance. Poles are necessary. ~ 70% shady trails. ~ 6.5 miles with 922 elevation gain. RSVP to atelier.sato@gamil.com from September 4 to 6 by 5 pm.

LEADERS: Sophia Garcia 510-549-2413 (cell, day of hike only 510-326-7485) and Pat McDonald 510-364-4788, patricia.mcd1960@gmail.com

Thursday, September 9

BAY FARM ISLAND, ALAMEDA

9:30 Exit at Fruitvale BART. Coffee & beignets available at Powder Puff while you wait to board AC Transit #21 for Bay Farm Island at 9:55. Exit at Holly & McCartney, walk to Harbor Bay Landing for restrooms. Walk approx. 5 miles on level trails & pavement. A loop hike along lagoons & bay. Bring lunch. **Email** Patricia at cchchikergal@gmail.com by 9/8/21 if you plan to join us. Check www.contracostahills.org for transit updates.

LEADERS: Patricia Derickson 925-876-3278 & Karen Arntzen 925-357-0409

Sunday, September 12

LAKE CHABOT REGIONAL PARK, CASTRO VALLEY

8:30 Meet at Bay Fair BART where **cars are needed** to drive to Lake Chabot RP's Marina. About 9 mile moderate loop hike with 900' elevation gain around Lake Chabot. Hiking poles recommended. Parking fee \$5, or EBRP Parking Permit, or street parking on Lake Chabot Road. Space limited. **RSVP** to darlenechoy@gmail.com on September 10-11. Note whether you are a driver, rider or could be either one for carpool arrangements.

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

Thursday, September 16

BENNY BUFANO SCULPTOR AND ACTIVIST

9:30 Meet in front of Ferry Bldg. (Embarcadero BART). Stroll through the streets of San Francisco to discover some of Benny Bufano's whimsical sculptures. Bring lunch. Several steep hills. Sticks optional. 4 miles, 325' elev gain. Hikers email liz_howell@yahoo.com on or after September 10th to reserve a place on the hike.

LEADERS: Suzy 415 577-1869 (cell) & Jon Mark 415 225 -5628 (cell); Liz Howell 415-584-1204 (cell morning of hike only 415-425-5538)

Sunday, September 19

OPEN DATE

Thursday, September 23

QUIRKY BERKELEY NORTHWEST

10:00 Meet at North Berkeley BART. Use restrooms. This urban walk is an exploration of quirky culture (artwork, murals, and yard sculptures). 4.3 miles, on pavement, mostly flat. Register with leader starting September 16.

LEADERS: Noël Siver noelsiver2@yahoo.co.uk (preferred) or 510-923-1327 (landline, no texting); Peter Nurkse nurkse@gmail.com 831-331-3671

Sunday, September 26

OPEN DATE

Thursday, September 30

INSPIRATION POINT TO LAKE ANZA

10:00 Meet at Inspiration Point parking lot. Restroom at start and at lake. 4.5 miles, about 800' elevation gain with ups and downs. Members of cancelled June 17 hike are automatically registered.

LEADER: Rosemary Johnson, compasros@comcast.net, 510-948-8385, mobile day of hike 510-619-5728