

Updated 7/22/2020

Berkeley Stairway Workout modified

This is a loop hike in the Berkeley Hills that climbs up 800 to 900 stair steps, and then has less stair steps down. It's 2.8 miles; about 700 ft in elevation. I can do it in 1 1/2 hours. This has been modified from a CCHC hike on Feb 16, 2020 to avoid UC Berkeley, so that people can park. Two hour street parking is available close to the Berkeley Rose Garden; longer street parking is available further away (for example, on Euclid). The 'Berkeley and Its Pathways' map from Berkeley Path Wanderers is very helpful for this walk (available from some book stores and from berkeleypaths.org).

Another possibility is to download the route to your phone from <https://ridewithgps.com/routes/33383292> (thanks to Steven Chun for mapping it to this website).

Restrooms may be available at the Berkeley Rose Garden near the tennis courts, and later at the Glendale La Loma park.

I like to park at the North end of Laurel St (a Dead End St) off Eunice (it's just one block in length) which is one block West of Euclid. This allows a little warm up before attempting the almost 200 stair steps of Tamalpais Path. The Laurel St and Oak St Path part could be eliminated, and instead start at Tamalpais Path, but I would suggest doing a little warm up before doing the steps.

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ROUTE:

From Laurel St, go to it's end (North) and make a Right onto Oak St

Make another quick Right to go onto Oak St Path (will go down some steps)
(Path is to the left of 2410 Oak)

Right on Euclid Ave

Cross Euclid to make a Left onto Tamalpais Path that is just about where Eunice meets Euclid (the path is to the right of the driveway that is on the right side of 1197 Euclid)

Left at top of Path onto Tamalpais Road (bear right by sign for 159 / 155)

Left on Shasta Rd

Left on Keith Ave

Right on Covert Path (2 paths); (first path is left of driveway for 1177 Keith; second path is across Cragmont Ave; left of 1169 Cragmont)

Right on Keeler Ave

Left onto Whitaker Path (right of 1153 Keeler; left of 1155 Keeler)

Right on Sterling Ave

Left onto Stevenson Path (right of 1167 Sterling Ave)

Right on Miller Ave

Left onto Stoddard Path (right of 1165 Miller; left of 1169 Miller)

Right on Grizzly Peak Blvd

Left on Shasta Road

Right on Hill Road (it will be a hill going up)

Straight onto Scott Newhall Path (to the left of 48 Hill Rd)

Up driveway and straight back onto Hill Road

Now we are starting to go down:

Right on Atlas Path (left of 150 Hill Rd)

(Careful crossing Grizzly Peak Blvd)

Left on Grizzly Peak Blvd

Right on Columbia Walk (left of 1338 Grizzly Peak)

Right on Fairlawn Dr

Left onto Glendale Path (3 Paths) (first path is right after Arcade Ave: right of 100 Fairlawn; second path is right of 13 Fairlawn (Fairlawn loops around); third path is after crossing Queens Rd)

Continue Straight onto Glendale Ave, crossing Campus Dr

Right into Glendale La Loma Park (across from green PG&E substation) and walk down path after driveway, thru the park, past two playgrounds, past fenced area

Bathrooms will be above the ball field

Left at path next to the ball field

Right on La Loma Ave

Sharp Right onto Rose Steps (at end of railing on the right side; path sign is missing)

Left on Rose St

Right onto Rose Walk (right of 2555 Rose)

Right on Euclid Ave

Left on Oak St Path (right of 1178 Euclid)

Left on Oak

Left on Laurel St