



**THE CONTRA COSTA HILLS CLUB**  
**PO Box 2056, El Cerrito, CA 94530**  
**Website: [www.contracostahills.org](http://www.contracostahills.org)**

FIRST CLASS MAIL

**Founded February 22nd, 1920**  
**103 YEARS OF**  
**CONSERVATION—COMPANIONSHIP—HIKING**



**SEPTEMBER 2023**



# KNAPSACK

**Co-Editors: Silvia Akinaga, Rosemary Johnson**  
**Circulation: Agnes Chen**  
**Printing: Courtesy of Fred Mock**

## *PRESIDENT'S MESSAGE:*

For those of you who enjoy hot weather, I guess you have delighted in the recent temperatures we have seen in many areas of the San Francisco Bay. Please try to stay as cool and hydrated as possible even if you like the warmer days we have been experiencing. The next quarter is in need of hikes and leaders, so please consider leading a hike in October, November or December. Autumn is a great time to hike with cooler weather and changing leaves.

I believe that many of us have been to Maui and to Lahaina. It is incredibly sad to see what has happened to that beautiful island and lovely town. Consider sending a donation to one of the organizations that is helping those people who make that island their home.

On a more positive note, so far California has not yet had to endure wildfires similar to what we have experienced in the recent past. Let's hope that we are spared this year. There is also scientific evidence that we could be in for a wet winter.

And for those of you who need a reminder: we are still in need of co-editors for the Knapsack or it will disappear after the next edition. Depressing and pitiful that not one of you will step up to keep the Knapsack alive and thriving. Be well.

Stew Perlman

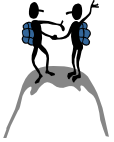


**CELEBRATE**  
**AUTUMNAL SOLTICE**  
**SEPTEMBER 23**

## **SAVE THESE DATES**

- **September 18-22, 2023: CCHC Outing to Columbia River Gorge & Silver Falls State Park.** For details see flyer in the May Knapsack or on the CCHC website [www.contracostahills.org](http://www.contracostahills.org) under Hike Schedules, Outings.
- **Wednesday, December 6:** Holiday Luncheon at Mona Lisa Mare e Monti in North Beach. More information will follow in October Knapsack.
- **April 7-11, 2024:** CCHC Outing to Chico's Bidwell Park/North Table Mountain Ecological Preserve Details to follow.

***A HEARTY WELCOME TO  
OUR NEWEST MEMBER***



**Queenie Chin of Alameda  
& WELCOME BACK**

**Merri Weinger of Berkeley  
Steve Zalewski of Danville**

**OPEN HIKE DATES  
JANUARY TO MARCH, 2024**

The deadline for submission of hike descriptions is October 31, 2023.

**Open Thursday Hikes:** January 4, 11, 18, and 25; February 1, 8, 15, 22, and 29; March 7, 14, 21, and 28.

**Open Sunday Hikes:** January 7, 14, and 28; February 4, 11, and 25; March 3, 10, 17, 24, and 31.

**For Thursday hikes contact:** Jim Baranowski,  
925-577-1022, Brnw\_th@yahoo.com



**4TH QUARTER 2023 HIKES STILL OPEN!**

As of August 27 there are still a few open Sunday hike dates in the 4th quarter. If you can lead a hike on one of the following dates, please get your hike description to Mailyn Vihman as soon as possible:

Open Sundays: October 1; November 26; December 3, 10, 24, and 31



**ONE MONTH TO GO!**

Looks like this might be the penultimate Knapsack.... Unless one or two members step up and volunteer to take on the co-editor position.

Wonder what it is all about? Contact one of the current editors (Silvia Akinaga [sakinec@aol.com](mailto:sakinec@aol.com) 510-237-0851 or Rosemary Johnson [compasros@comcast.net](mailto:compasros@comcast.net) 510-948-8385) who will be happy to discuss this with you. We are also prepared to work with any new volunteers.

Give us a call.



***FROM THE CONSERVATION COMMITTEE:***

**A NEW HILL TO CLIMB**

Thanks to a complicated series of agreements, hikers will now be able to climb iconic Bald Hill which looms above Ross and San Anselmo in Marin. Sixty acres have been added to the Bald Hill Open Space for a total of 107 acres. The Marin Open Space Trust (MOST) bought the land including the summit for \$1.85 million dollars. Next, the Marin County Open Space District (MCOSSD) paid the trust \$850,000 from money collected from the county's parcel tax. The \$1.25 million balance was raised through the help of many donors including \$250,000 raised by the Tamalpais Conservation Club (TCC). Sweeping views from the top of Bald Hill at 1,132 feet are Mt Tam and large areas of Marin, San Francisco, and San Francisco Bay. Many trails radiate out from the preserve to other parts of the county including the Marin Water District reservoirs, Pt. Reyes National Seashore, and the Golden Gate Bridge. The TCC is one of the organizations to which the CCHC Conservation Committee donates with your generous conservation gifts.



**Sunday, July 16, 2023**  
**Skyline Through Three Parks**  
**Leaders: Bill and Yvonne Chen**

This was one of the warmest days of the year, but to our pleasure, Bill and Yvonne did not cancel this beautiful hike. It was shortened from 8 to 5 1/2 miles in both Sibley Volcanic and Huckleberry Botanic Regional Preserves.



Fourteen hikers joined our leaders at Sibley Volcanic Regional Preserve which is named to honor Robert Sibley, a Park District founder. We started on Overlook Trail to visit the Harold French Memorial Bench

which was dedicated to our founder on September 26, 2019. From there we followed the Skyline Trail, going through Huckleberry Botanic Regional Preserve. It was pleasure to hike through this shaded area with some challenging hills. Along the way are lovely views of the hills of Contra Costa County. We returned by the Connector to the Upper Huckleberry Loop to lunch at the Huckleberry Staging Area. We took a short route, following Skyline Blvd. back to Sibley Staging Area. Thank you, Bill and Yvonne, for a delightful



and challenging hike to remember Harold French and to enjoy the native plant communities of our hills, the live oak, manzanita and beautiful ferns.

Roberta O'Grady

Upper Huckleberry Trail (header), Bill Chen leading hikers, Great view of Mt. Diablo, Wood ferns - Sylvia Kwan



**Thursday, July 20, 2023**  
**Oracle Park – SF**  
**Leaders: Sets Amman & Jerry Ford**

After 24 of us rounded up at the Ferry Building, we walked 1-1/2 miles to Oracle Park for a tour of the Giants ballpark. Because the tour was sold out, half of the group



took the tour while the rest hiked to Chase Center, then all regrouped for lunch. The tour started with a 10-minute history of the Giants movie. We were told to note how many times we hear the number 24 during the tour. That's the number worn by Willie Mays. The statue of Willie in

front of the stadium is surrounded by 24 palm trees. The post office allowed them to change the address from 100 King Street to 24 Willie Mays Plaza. There are even 24 defibrillators for emergencies. The tour started in the visiting team locker room, then moved to a room beneath the grandstand set up for batting practice. The kitchen is set up to provide custom meals for the players, by the team chef or catered from his favorite restaurant. Next, we gathered on the playing field for a group picture. We learned that the large Coke bottle in the outfield encompasses four slides for kids and is angled at 24 degrees. Coca Cola paid the Giants \$20 million for the naming rights. Our guide talked about McCovey Cove where kayakers wait for home run balls. No right-handed batter has done it yet. We visited the Tony Bennett luxury suite which rents for \$4,000-\$12,000. In the Giants Museum numerous display cabinets featured famous players and the team's three World Series Trophies. One popular photo-op was the display of life-size figures of pitcher and catcher, all made from Legos. We walked from the ballpark to Delancey Street Restaurant for lunch, then back to BART.



Oracle Park entrance, Lego catcher - Teresa Schwanauer;  
 Tour group in front of Willie Mays statue - Jerry Ford  
 More pix on page 7

Jerry Ford

Sunday, July 23, 2023

**San Francisco Ferry Building to Sausalito  
Leaders: Teresa Schwanauer & Jan Lecklikner**

Thousands of marathoners were among the crowds in front of the San Francisco Ferry Building when the twenty-one CCHC hikers met to begin the long, but relatively flat hike. Sunny skies accompanied the group, but



the steady breeze made jackets necessary for the entire hike. The hike started by walking along the Embarcadero,

Jefferson St. then along the Fisherman's Wharf area before stopping at the Maritime Museum for a bathroom break. We continued to hike through Fort Mason, along Marina Blvd. to a long stretch at Crissy Field. A break for lunch at the Warming Hut Park at the end of Crissy Field offered spectacular views of the Golden Gate Bridge, Alcatraz and the San Francisco skyline. After lunch, Teresa separated



the group into those who wanted to return to BART stations

and the rest who wanted to continue across the bridge another five miles to Sausalito. She led the twelve brave souls who decided to continue on to Sausalito, keeping a brisk pace because time was of the essence to

catch the 3:20 PM ferry back to San Francisco. The walk across the Golden Gate Bridge was a real treat with wonderful views, but quite windy. After crossing, the group took a path under



Maritime Museum, Horseshoe Bay at Fort Baker - Sylvia Kwan; Group at Crissy Field in front of Golden Gate Bridge in fog - Harry Fong

the bridge to a long downhill road to Sausalito. Along the way, we passed by the Bay Area Discovery Museum at the Ft. Baker site. The final stretch took us along the waterfront in Sausalito, then onto the ferry boat pier with about ten minutes to spare. The total distance was eleven miles with 732 feet of elevation gain. It was a great hike to discover parts of San Francisco and the Bay.

Harry Fong

Thursday, July 27, 2023

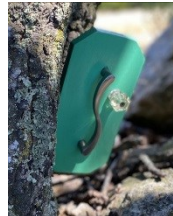
**Martin Canyon Creek Trail, Dublin  
Leaders: Wanda Fong, Sharon Wang & Angie Toy**

It was a beautiful day with mild temperatures when ten hikers met at the Martin Canyon Creek Trailhead. A new area for many of us. This was a moderate challenging 5-mile hike with 1040' elevation. The Martin Canyon Creek Trail is one of Dublin's little-known treasures.

After our meet and greet, we started at the trailhead from Silvergate Drive. The paved trail looked like a private path that leads into a gated community but a sign just inside the gate indicated that it was the park trail.



We walked behind some houses, then the trail snaked down along the creek and through the trees for nearly a mile. Everyone enjoyed the cool and shaded canyon with moss covered trees. Into the second mile of the trail, it is single track in most places. It ascends literally carved into



the hillside with some fairly steep slopes. Once we reached the top of the hill, we were taken in with sweeping views of the green rolling hills and views of Dublin and Pleasanton. We welcomed the cool breeze while taking a snack break.



There were a few surprises along the trail. We saw where someone had attached a small green fairy door at the foot of a tree. We found a tree hollow that held a small gnome, a bird's nest and a note. Though we did come across a sign warning us of coyotes, we were lucky we didn't encounter any.

Thank you, Wanda, Sharon and Angie, for leading this "workout" of a hike. Angie treated us to a variety of snacks. Yum!

Yoli Gonzalez



Trail on the hillside, Green door and gnome of fairy tree, Hikers taking a break, Group shot with Yoli selfie—Yoli Gonzalez



Sunday, July 30, 2023

Shady Briones Reservoir, Bear Creek Trail  
Leaders: Bill Chen, Harry Fong & Cathy Kong

This Sunday was a great day for a hike. We met at the Orinda BART station and carpooled to the staging area. The temperature was in the mid-eighties and there was excellent shade provided by the trees along the trail. We had a wonderful view of the Briones Reservoir. You could



see the entire reservoir along the hiking trail. There was an excellent turnout of hikers and

everyone was energized for this hike. The length of the hike was 8 miles with 930' elev. gain. Four miles of hiking to the lunch area, then 4 miles back to the start of the trail.

There were several poison oak bushes on the side of the trail. The Contra Costa Hills Club did its very best to avoid the Poison Oak bushes, so nobody came



back from the hike itchy. The cool breeze in the air made the hike nice and cool. Sadly, I did not hear any birds chirping along the hiking trail. However, there was



a snake in the middle of the hiking trail, and the entire group stepped aside from the trail.

This was a special day because it was

Dorothy's 80th birthday and we all got to celebrate it with her.

Ryan Stearns



Briones Reservoir - Ryan Stearns; Bill (center right) with other hikers, Creek crossing, Group picture, Dorothy Bradt - Sylvia Kwan



Thursday, August 3, 2023

Eckley Pier to Crockett on the Bull Valley Trail  
Leaders: Karen Arntzen & Patricia Derickson

On this beautiful day a group of 12, including one guest, joined our leaders at Eckley Pier, overlooking the Carquinez Strait to begin our hike on a section of the Bull Valley Trail. We hiked



through Eucalyptus Groves and Oak Woodland, always being careful to avoid the prolific poison oak. There were lovely views of the



Strait and the frequent sound of train whistles as this is the route of freight and passenger trains going to and from the Bay Area. We entered the lovely town of

Crockett, making

our way along the streets, past the C&H Sugar Refinery which was established in 1906. Following our lunch at

Alexander Park, Rosemary Johnson led us to the historical markers at the sugar factory. The town of Crockett came from a land grant from Mexico and was named



for Joseph B. Crockett, a judge on the California Supreme Court. The town was established in in 1866. All the sugar refined at the factory came from Hawaii until 2017. Now



the sugar comes from different countries including the Philippines and Costa Rica. Another innovation at the factory

is called Cogeneration, referring to the natural gas that powers the plant and provides cheaper electricity to Crockett. We returned to Eckley Pier by the same route completing about 4 miles. Thank you, Karen and Patricia, for such an interesting hike and for those delicious cakes.

Roberta O'Grady



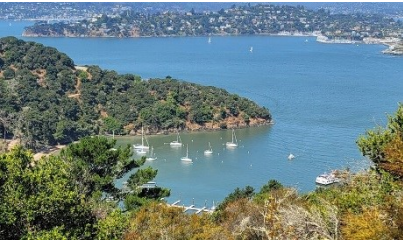
Eckley Pier, Bull Valley Trail, In Crockett Karen enjoying the town, Storyboards of town + C&H history, Carquinez Strait, CCHC in Alexander Park - Sylvia Kwan

**Sunday, August 6, 2023**

**Angel Island**

**Leaders: Mike Branning & Julia Cordell**

On a glorious, warm summer day of light breezes and wispy fog, Mike Branning, with co-leader Julia Cordell, met a group of 20 eager hikers at Ayala Cove on Angel



Island. Fueled with cupcakes, chocolate chip cookies, and Girl Scout trefoils (compliments of Julia), the group began the steady, uphill climb to

Mt. Caroline Livermore on the North Ridge Trail. The beautiful, sun dappled, shady trail led to wonderful peek-a-boo views of Ayala Cove, Raccoon Strait, and Mt. Tam through chaparral, oak and pine forest. Monkeyflowers, yarrow, and some poison oak lined our trail to



the Mt. Livermore summit at 780 ft. A well-earned picnic lunch with 180 deg. views of the Golden Gate, Bay, and



San Rafael/Richmond Bridges capped our mid-way point. Using the opposite leg muscles downhill, we continued the last 2.3 mi. of our 6+mi. jaunt on the Sunset Trail and the Perimeter Road, with a couple of side treks to explore trail erosion and Camp Reynolds. A most marvelous day for all!

Carol Savio



Ayala Cove, Trail to Mt. Livermore, Lunch with a foggy view, Mike in lead on Perimeter Road, Group with spectacular view behind - Sylvia Kwan



**Thursday, August 10th, 2023**

**Ohlone Greenway Walk**

**Leaders: Sophia Garcia & Linda Margossian**

The sun was shining during the hike but the weather was pleasantly cool from the approaching fog. Sophia developed the hike and Linda Margossian executed it. Everyone enjoyed the interesting route. Linda led the group through the streets of Berkeley and along the Ohlone



Greenway to El Cerrito Plaza BART. The hikers were happy to meet up with fellow-hiker, Beryl, along the way. Following are some of the sites they saw: the Poetry Walk along Addison Street with poems on metal plaques by Allen Ginsburg, Gertrude Stein, Jack London and others; Berkeley Rep, Aurora Theater, and Jazz Conservancy Music School; Ohlone Park which is on top of the under-



ground BART tunnel running beneath downtown Berkeley. The hikers saw many community gardens and charming homes.

Next was the Ohlone Greenway. The land was donated by the Santa Fe Railroad in 1979. This long strip of land with walking and bike paths runs beside elevated BART



tracks through the cities of Berkeley, Albany and El Cerrito. There are plants, flowers, and public art along the way. A large mural called "Elk Tracks to BART Tracks" decorates a wall near the elevated tracks. See link below.

<https://danfontesmurals.com/works-assisting-alan-leon>

Lunch was at Memorial Park. At one table there was a lively discussion of the movie "Barbie." The hikers took a group photo in front of a huge brick fireplace dedicated to the park in 1933.



Linda Malm



Trail in Ohlone Park, Really green Greenway, "Elk Tracks to BART Tracks" showing history of area from natives to modern day, Bench with mosaic, Group in front of historic fireplace - Sylvia Kwan

**Sunday, August 13, 2023**  
**Tilden Park**  
**Leaders: Mary Ulrich & Sophia Garcia**

It was a mild, for August, Sunday morning as 12 hikers met at the Little Farm at 9:30 am. Unfortunately, Sophia, the co-leader, was unable to join us due to illness.

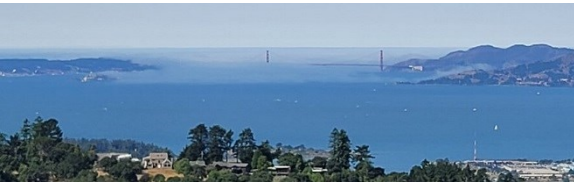


The lovely hike, led by Mary Ulrich with Rosemary Johnson as sweep, was 6.4 miles with about 840 ft elevation. We took the Sylvan Trail, mostly single-track and shaded, to the Wildcat Peak Trail. Most of the elevation gain occurred here as we ascended to Wildcat Peak. There were wonderful views over

the Bay as we climbed. Three bridges, Bay, Golden Gate and Richmond were visible. We stopped briefly at the Peak to enjoy the 360-degree view, grab a snack, catch our



breath and get a drink of water. After having enjoyed the views, we picked up the paved Nimitz



Trail where Patricia joined us. Now 13, we hiked on to Inspiration Point for lunch. After lunch, 10 descended on the Curran Trail to the Wildcat Gorge Trail, Patricia having left us with 2 others. Amazingly, the Curran

had muddy patches – unexpected at this time of year. The trail was also blocked by a downed tree which we all navigated through. All the trails showed some effects from the wet winter we had. Both the Curran and Wildcat Gorge Trails are shady. A surprisingly lovely breeze often alleviated the heat both during the lunch and on the trails. It was a perfect hike for a summer day – and the weather definitely cooperated.

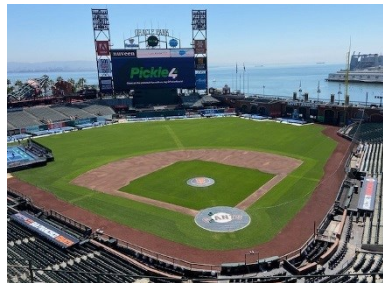
Shahla Verrall & Mary Ulrich



Hikers approaching Little Farm area, Spectacular views of San Francisco and the Golden Gate Bridge from Wildcat Peak, Group at Inspiration Point - Sylvia Kwan



SF Giants Championship Trophies, Coke Bottle slide in park and Bay Bridge view – Teresa Schwanauer; View of Oracle Park playing field - Jerry Ford



**NOTE: The Board and Conservation Committee are currently not physically meeting due to COVID-19 shelter in place orders.** CCHC members should contact Stew Perlman with any concerns so they can be discussed at the meetings. Conservation issues should be addressed to Beryl Vonderheid.

Please submit your hike write-ups of up to 300 words as soon as possible after each hike to Rosemary Johnson at [compasros@comcast.net](mailto:compasros@comcast.net). All other submissions should reach Silvia Akinaga at [sakinec@aol.com](mailto:sakinec@aol.com) by the middle of the month to appear in the following month's issue.

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