

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE JULY 2– SEPTEMBER 27, 2009

Ver.2

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 10-cents per mile plus share of bridge tolls & entrance fees.

AC Transit 510-817-1717 BART 510-465-2278 or 415-989-2278 Contra Costa County Connection 925-676-7500 S.F. Municipal Railway 415-673-6864
Golden Gate Transit Bus & Ferry 415-455-2000 SamTrans 800-660-4287

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

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.

PLEASE NOTE: When using the S. F. Muni system, either underground or surface, be sure to take a transfer, which also serves as proof of purchase. Non-seniors – before leaving the BART fare gates, get a Muni/BART round trip discount coupon from the machines inside the BART area. The 2-part coupon will give you a 25-cent discount off the regular adult Muni fare each way. When transferring from BART to AC Transit or County Connection, take a transfer before exiting the gate to get reduced bus fare.

THURSDAY, JULY 2

SAN FRANCISCO ZOO & OCEAN

9:47 Exit Embarcadero BART. Meet leader @ south end/Bay side Muni Station Agent booth. At 9:52 board L-Taraval Muni Metro. \$11 seniors/\$14 adults includes discounted zoo entrance & tour. Please bring exact amount. Bring or buy lunch. Beach walk 1.5 miles to N-Judah streetcar return. Email or call Mary by June 22 to reserve. Limit 35.

LEADER: Mary Johnson 415-731-1145, freespiritours@sbcglobal.net

SUNDAY, JULY 5

MARIN HEADLANDS

8:45 Board #10 bus @ 7th & Market (Civic Center BART) due Marin City 9:30.

9:15 Leave Del Norte BART **where cars are needed** for pickup. Drive to Tennessee Valley Trailhead & take Marinello to Visitor's Center for lunch. Return via Miwok & Old Springs Trail. 8.2 miles, 2 hills. Sticks recommended. **Riders & Drivers please call.**

LEADERS: Rose McKinnon 925-682-1828 & Carol Matthews 925-228-9284

THURSDAY, JULY 9

ROCKRIDGE BART TO FENTONS ICE CREAMERY

10:00 Meet @ Rockridge BART. 6 miles, less if take bus (400' el.gain). Lovely Piedmont residential areas. 20-minute docent "History of Piedmont" talk. Lunch in Piedmont Park. Walk to Fenton's for ice cream. Hike ends @ MacArthur BART.

LEADERS: Fran Leighty 925-944-9068 & Marie & Ray Alberti 510-845-2445

SUNDAY, JULY 12

HAYWARD PARKS & "A CHORUS LINE" MATINEE

10:30 Meet @ Castro Valley BART to walk 2-3 miles overall in residential areas to Carlos Bee Park & then to Hayward Japanese Garden for lunch. Walk to Douglass Morrisson Theatre, 22311 N. Third St., Hayward for matinee @ 2 p.m. Call Claire for reservations, payment of \$15 for tickets due by **June 15**. Optional: Dinner restaurants available on route to Hayward BART after the play. Guests welcome.

LEADERS: Claire Burnett 510-276-7508 & Fran Leighty 925-944-9068

THURSDAY, JULY 16

CRAB COVE

10:00 Meet @ 12th St. Oakland BART. Take AC Transit Bus #51 from 13th & Broadway to Webster & Santa Clara in Alameda for short walk to Visitor Ctr. 11:00 Naturalist led walk around Cove. After lunch, optional 2-1/2 mile level hike to bird sanctuary. Return via #50 bus to Fruitvale BART.

LEADERS: Ruth Belvin 510-527-9524 & Roberta O'Grady 510-769-8423

SUNDAY, AUGUST 23 SUMMER STROLL

10:10 Meet @ MacArthur BART. Take Emery-Go-Round (free) to Shell Mound @ 10:20. Hike Bay Trail to Emery Point. Bay & harbor views. Lunch @ Public Market, bring or buy. After lunch, hike to No. Berk. BART via 4th St. & possible ice cream stop. 6-7 level miles.

LEADERS: Fred & Jean Mock 510-233-4841, cell 510-374-8040 (hike day only)

THURSDAY, AUGUST 27 S.F. CHINATOWN

10:00 Meet leader @ intersection of Market/Montgomery/Post (Montgomery St. BART). Political plots, opium dens, seamy brothels & warring Tongs were woven into fabric of 19th century Chinatown. Explore w/visits to temple, herbal pharmacy, tea shop, fortune cookie factory & dim sum lunch. Preference given to 1st timers. Please send luncheon check (\$14) to Mary Johnson, 1660 – 18th Ave., S.F. 94122. Limit 15.

LEADER: Mary Johnson 415-731-1145

SUNDAY, AUGUST 30 LEONA HEIGHTS & CANYON

9:30 Meet @ Fruitvale BART **where cars are needed** to drive to McCrea Park in Oakland, near junction of Redwood Rd. & Hwy. 13. Hike 7 miles w/1000 ft. elev. gain. Sticks recommended for short section of poor trail. Interesting area history, views. **Riders & drivers please call.**

LEADERS: Mike Branning 510-758-2789 & Pat McDonald 510-758-1527

THURSDAY, SEPTEMBER 3 S.F. POTRERO HILL WALKABOUT

9:40 Board Muni bus #9 @ Market & Powell Sts. (Powell St. BART), exit @ 16th & Potrero Streets @ 10 a.m. Walk approx. 6 miles in Potrero District & Mission Bay. Return to 4th & Market Streets Pavement & hills.

LEADER: Rita Kizziah 415-467-6167

SUNDAY, SEPTEMBER 6 PRESIDIO

9:35 Board Muni bus #45 @ 3rd & Stevenson (Montgomery BART). Take New Montgomery exit, walk 1 block to 3rd & turn left to bus stop. Arrive @ Greenwich & Lyon 10:05. Restrooms on arrival. Hike abt. 6 miles on trails w/lots of stairs & terrific views.

LEADERS: Sylvia Saunders 415-647-0592 & Mich Tashiro 415-931-3259

THURSDAY, SEPTEMBER 10 PATHS & STAIRS OF BERKELEY

9:50 Meet @ Downtown Berkeley BART. Board AC Transit bus #67 @ 10:04 (Adults \$1.75, \$1.50 w/transfer; Seniors \$.85, \$.65 w/transfer). Exit bus @ Dorothy Bolte Park, 540 Spruce St. Lunch @ Rose Garden. Hills, stairs, views. Sticks helpful. Return to No. Berkeley BART. Abt. 5 miles.

LEADERS: Fred & Jean Mock 510-233-4841, cell 510-374-8040 hike day only

SUNDAY, SEPTEMBER 13 GOLDEN GATE STAIRWAYS WALK

9:40 Board Muni K, L or M @ Embarcadero BART to arrive @ Forest Hill Muni Station @ 10 a.m. Morning hike of 1300 stairs in Forest Hill & Golden Gate Hts. Interesting homes & fantastic views. Stop @ Andronico's on Irving St. for restroom & to buy lunch if needed. After lunch we'll hike Golden Gate Park. Muni fares: adult \$2; seniors \$.75.

LEADERS: Liz Howell 415-584-1204 & Fran Leighty 925-944-9068

THURSDAY, SEPTEMBER 17 OUTDOOR ART: MISSION DISTRICT MURALS

9:39 Board Muni N-Judah @ Embarcadero BART. Exit @ Duboce & Church 9:48. Meet in front of Safeway (restrooms). Walk to Mission District to view murals, many new since last mural walk. Lunch in a mini-park. Abt. 4-1/2 level miles ending @ 24th St. BART.

LEADERS: Sylvia Saunders 415-647-0592 & Jerry Keller 415-861-2711

SUNDAY, SEPTEMBER 20 ANGEL ISLAND IMMIGRATION STATION

8:45 Leave Del Norte BART east side **where cars are needed** to drive to Tiburon for Angel Island Ferry departing @ 10 a.m. \$13.50 for round trip ticket & admission to Angel Island. **9:20** from SF, board Blue & Gold Ferry @ Ferry Bldg. \$15.00 for round trip ticket & admission to Angel Island. **For 12:30 p.m. tour of Immigration Station, send \$7 tour fee** to Patricia Derickson, 242 Ilene Drive, Pleasant Hill, CA 94523 by September 10. Limit 30. **Riders & drivers please call.**

LEADER: Patricia Derickson 925-685-1614 & Linda Margossian 510-236-9224

THURSDAY, SEPTEMBER 24 TILDEN TO ALVARADO PARK

9:30 Meet @ Berkeley BART & cross to NE corner of Shattuck & Center to board #67 bus @ 9:47. Exit @ Spruce & Grizzly. Hike Tilden Park Wildcat Creek Trail to Alvarado Park for possibly late lunch. Restrooms @ Visitor's Ctr. & again @ Alvarado Pk. Return to Del Norte BART by city streets or can take #72 bus along San Pablo. Abt. 5-7 miles.

LEADERS: Joyce Wong 510-540-5312 & Nancy Stout 510-525-6106

SUNDAY, SEPTEMBER 27 WINDY HILL, SANTA CRUZ MOUNTAINS

9:15 Meet @ MacArthur BART **where cars are needed** to drive to Hwy. 35, 2.3 miles south of Hwy. 84 for 9 mile loop trail w/1,200 ft. gain/loss southwest of Palo Alto in S.C. Mtns. Bring sticks & enjoy views as we hike thru grasslands, along a shady creek & climb thru thick forests along well-graded trail. **Riders & drivers please call.**

LEADER: John Christian 510-558-1585 & Jo Lee 510-237-6304

APPLICATION FOR MEMBERSHIP – CONTRA COSTA HILLS CLUB

Dues are \$15 per person or \$10 per person for 2 or more people living at the same address. Dues are payable upon joining and on each April 1 thereafter. Complete this form, enclose with a check payable to CCHC, and mail to the Membership Secretary:

Marie Alberti - 2946 Ashby Avenue - Berkeley, CA 94705
510-845-2445

NAME(S) _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____ e-mail _____