

CONTRA COSTA HILLS CLUB – HIKING SCHEDULE

OCTOBER 1-DECEMBER 31, 2009

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.

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

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, OCTOBER 1 FERNANDEZ RANCH IN HERCULES

9:30 Meet @ Del Norte BART (Mike) or Walnut Creek BART (Fran) **where cars are needed @ both sites** to drive to Fernandez Ranch in Hercules. This is a 5 mile hike on ranch roads, cow paths & some off-trail as this property is not yet open to public. Sticks useful on hills. Rain may shorten & change route. **Riders & drivers please call.**

LEADERS: Mike Branning 510-758-2789 & Fran Leighty 925-944-9068

SUNDAY, OCTOBER 4 PINE CANYON LOOP (Mt. Diablo)

9:30 Meet @ Walnut Creek BART **where cars are needed** to drive to Borges Ranch for a 6 mile hike along Briones-Mt. Diablo, Wall Point & Stage Rd. trails. Lunch @ Betty Gold-stein's table. Shade in afternoon. Sticks recommended. **Riders & drivers please call.**

LEADERS: Kathy O'Toole & Herb Yonge 925-672-6173

THURSDAY, OCTOBER 8 SKYLINE COLL. TO SWEENEY RIDGE, San Bruno

9:30 Meet @ Colma BART. Take SamTrans bus #121 @ 9:51, arrive Skyline College @ 10:24, bus fare \$0.75/\$1.50 each way. Sticks recommended for this 6+ miles, 500' el. gain hike up to the ridge where the Spanish first saw S.F. Bay in 1769, see Discovery Site plaque. **GREAT VIEWS!**

LEADERS: Fran Leighty 925-944-9068 & Rita Kizziah 415-467-6167

SUNDAY, OCTOBER 11 RODEO BEACH (Marin) to G.G. TOLL GATE & THE BLUE ANGELS

9:37 Board #76 Muni Bus @ Fremont & Market (Embarcadero BART—Mkt. & Beal Exit) to Ft. Cronkhite (Senior \$0.75, reg. \$2). Moderately strenuous 8 mile hike on Miwok & Coastal Trails to Slacker Hill (abt. 1,000' gain) for lunch. Not a loop. Return via G.G. Bridge to Toll Gate (#28, 29 or 76 buses). Sticks optional. May shorten hike by taking hourly #76 from Kirby Cove.

LEADERS: Jo Anne Schultz 510-234-1919 & Liz Howell 415-584-1204

THURSDAY, OCTOBER 15 BRIONES RESERVOIR

9:30 Meet @ Orinda BART **where cars are needed** to drive to Overlook Staging Area on Bear Creek Road. Hike 6 miles, hills, mostly shaded, water views, out & back, not a loop. **Riders & drivers please call Grace.**

LEADERS: Grace MacNeill 510-525-9518 & Victoria Triemer

SUNDAY, OCTOBER 18 LOS VAQUEROS WATERSHED

9:22 Meet @ Dublin/Pleasanton BART (south side) **where cars are needed** to drive to Los Vaqueros Watershed. Moderate 9-10 mile loop hike on hillsides up to top (800' elev. gain) to view grand vistas & reservoir. Visit Interpretive Ctr. Parking fee \$6, Seniors \$5, CCWD residents \$4. Rain cancels. **Riders & drivers please call.**

LEADERS: Darlene Choy 510-483-6011 & Dorothy Bradt 925-672-2526

THURSDAY, OCTOBER 22 TREASURE ISLAND HIKE AND LUNCH

9:15 Board Muni #108 @ Transbay Terminal @ Mission & Fremont (Embarcadero BART). Walk 4 level miles on paved trails/sidewalks around T.I. **VIEWS!** Hike ends @ 11:45 w/2 lunch options: 3-course Job Corps Culinary School "Fine Dining" lunch \$13 incl. tax, not tip (cash or check only) OR bring lunch to eat @ picnic tables. Call Fran for reservation by Oct. 14, 25 spaces. Drivers arrive @ 9:30. After lunch, optional walk on Yerba Buena Isl.

LEADERS: Fran Leighty 925-944-9068 & Kathryne Ann Kinsey 510-525-1809

SUNDAY, OCTOBER 25 LANDS END TO LOMBARD GATE

9:27 Board Muni bus #38-Geary/**Pt. Lobos** @ Market & Post in front of McKesson Bldg. (Montgomery BART). Exit end of line @ 10:00. Hike Coastal Trail w/lunch @ secluded Marshall Beach. Visit new Crissy Field Overlook & return to BART via bus #45. Hills & many long stairways. Views. Abt. 8 miles. Wear boots, sticks optional. Rain cancels.

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

THURSDAY, OCTOBER 29 HALF MOON BAY—A DAY AT THE BEACH

9:55 Meet @ Daly City BART to catch the Sam Trans Bus #110 (\$1.75 adult; \$0.75 senior) to Pacifica. Will transfer to #294—same bus—additional fare required (\$1.75; \$0.75). Walk on coastal trail & down to the beach. Bus avail. 5 miles level, out & back.

LEADERS: Beryl Vonderheid 510-532-8340 & Alice Brockman 650-755-4497

SUNDAY, NOVEMBER 1 LIME RIDGE

9:30 Meet @ Walnut Creek BART **where cars are needed** or **9:50** @ Arbolado Park. Hike 6-7 miles on the ridge, in the meadows & return on canal path. Bring sticks for 1,000' ascent. Lunch in meadow by old quarry. Rain cancels. **Riders & drivers please call.**

LEADER: Barbara Sullivan 925-945-2788

THURSDAY, NOVEMBER 5 ARBOLADO PARK & MOCKINGBIRD HILL, W.C.

9:30 Meet @ Walnut Creek BART **where cars are needed** to drive to Arbolado Park (meet @ restrooms @ upper parking lot of park). Abt. 5 mile neighborhood walk on sidewalks & canal trail w/some gentle uphill. Bring or buy lunch @ Ygnacio Plaza, then return same route to park. **Riders & drivers please call.**

LEADERS: Fran Leighty 925-944-9068 & Joyce Plicner 925-933-8188

SUNDAY, NOVEMBER 8 MORGAN TERRITORY/LOS VAQUEROS

9:10 Meet @ Dublin/Pleasanton BART **where cars are needed** to carpool to main Morgan Territory parking lot. 7-9 mile hike to view Indian Village sites, 100s of mortars & other artifacts in beautiful oak woodlands. Bring sticks & \$1 for permit. Limit of 16 people including both leaders due to park regulations. Call John to reserve space. **Riders & drivers please call.**

LEADERS: John Christian 510-558-1585 & Carol Matthews 925-228-9284

THURSDAY, NOVEMBER 12 CROCKETT HILLS HIKE & CROCKETT MUSEUM

8:45 Meet @ Walnut Creek BART (Fran) or **9:00** Meet @ Del Norte BART (Silvia) **where cars are needed @ both sites** to drive to trailhead. Abt. 5 miles on hilly terrain. Abt. 1-1:30, visit Crockett Museum. Bring sticks. Rain cancels. **Riders & drivers please call.**

LEADERS: Fran Leighty 925-944-9068 & Silvia Akinaga 510-237-0851

SUNDAY, NOVEMBER 15 MTZ. RIDGE TRAIL/JOHN MUIR HSE/DINNER

10:00 Meet @ Pleasant Hill BART **where cars are needed** to arrive @ Martinez Amtrak @ 10:30. Hike Ridge Trail to John Muir House for lunch & tour. \$3 tour fee. Walk thru Mtz. & have optional early dinner @ Bertola's, 611 Escobar St. Martinez. Bring sticks. **Riders & drivers please call.**

LEADERS: Patricia Derickson 925-685-1614 & Fran Leighty 925-944-9068

THURSDAY, NOVEMBER 19 ART, ARCHITECTURE & VISIT A SYNAGOGUE

9:40 Meet @ Market & Drumm (Embarcadero BART; restrooms @ Hyatt). **10:00** Board Muni Bus #1 California; exit @ approx. 10:30 @ Calif. & Presidio (Jewish Community Center, 3200 Calif.). Visit an art gallery & "Congregation Emanu-El," & lovely homes. Lunch @ "Julius Kahn Playground." Hike ends @ "Mt. Lake" (14th & Lake). Pavement, few steep hills. Approx. 2-1/2 miles.

LEADERS: Manya Guignard 415-824-5014 & Patti Morrison 510-525-5033

**SUNDAY, NOVEMBER 22 HAYWARD PARKS & "FOREVER PLAID TIDINGS"
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 Morrison Theatre, 22311 N. Third St., Hayward for matinee @ 2:00. Call Fran for reservations. \$15 check payable to her due **October 22**. Optional: Dinner restaurants available on return route to Hayward BART after play. Guests welcome.

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

THURSDAY, NOVEMBER 26 THANKSGIVING DAY—NO HIKE

SUNDAY, NOVEMBER 29 BLACK DIAMOND REGIONAL PARK

9:32 Meet @ Pittsburg/Bay Point BART **where cars are needed** to drive to trailhead at end of Summersville Rd. Entry fee \$5. Bring sticks for 7+ mile hike thru Oil Canyon. Excessive rain may change location of hike. **Riders & drivers please call.**

LEADER: Dorothy Bradt 925-672-2526; Cell 925-890-7195

THURSDAY, DECEMBER 3 POINT PINOLE

9:30 Meet @ Del Norte BART **where cars are needed** to drive to Point Pinole. Hike abt. 6 mostly level miles on gravel or paved paths. Light rain OK, but heavy rain cancels. **Riders & drivers please call.**

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

SUNDAY, DECEMBER 6 HOLIDAY BRUNCH

11:30 Reserve the date! Sinbad's on Pier 2, S.F. Watch Knapsack for details about sending advanced reservations to Annette Allen.

THURSDAY, DECEMBER 10 TILDEN PARK, WILDCAT GORGE

9:30 Meet @ Berkeley Downtown BART & cross to NE corner of Shattuck & Center to board #67 bus @ 9:47. Exit @ Spruce & Grizzly. Hike Tilden Park on Memory, Wildcat Gorge & Selby trails to Botanical Gardens for lunch & return to bus via Selby Trail. Some steep hills, boots & sticks recommended. Restrooms @ Nature Center & the lunch stop. Abt. 6 miles.

LEADERS: Joyce Wong 510-540-5312 & Joan Kerlinger 510-849-1952

SUNDAY, DECEMBER 13 TRAIN OF LIGHTS-NILES

1:30 p.m. Meet @ Union City BART for 3 mile walk to Niles. We'll board the 4:15 train for a 2 hour trip to Sunol & return. Fare is \$25. Limited to first 30 people. Send checks payable to Jerry Ford, 4141 Becerra Dr., Fremont, CA 94536, **before September 21. Cars needed for return to BART. Riders & drivers please call.**

LEADERS: Jerry Ford 510-795-0667 & Fran Leighty 925-944-9068

THURSDAY, DECEMBER 17 ALAMEDA CHRISTMAS STROLL

4:00 p.m. Meet @ Fruitvale BART **where cars are needed** to drive to Alameda. View Alameda Xmas decorations. Arrive @ Thompson St. abt. dusk to enjoy lights. Done abt. 7 p.m. Poss. dinner @ near-by restaurants. 4 level miles. **Riders & drivers please call.**

LEADERS: Fred & Jean Mock 510-233-4841

SUNDAY, DECEMBER 20 MT. DIABLO LOWER FLANKS

9:30 Meet @ Concord BART **where cars are needed** to drive to Regency Dr., Clayton for a 7 to 8 mile hike. Rocky in some areas & possible mud. Sticks advised. Three steady climbs. Lunch & restrooms @ Mitchell Canyon. Return to Regency via Bruce Lee Rd. Rain cancels. **Riders & drivers please call.**

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

THURSDAY, DECEMBER 24 LAFAYETTE RESERVOIR

10:00 Meet @ Lafayette BART & walk on pavement to & around reservoir. Rain or shine we're going to bring our seed bell offering for the bird's holiday tree. Hot cider @ lunch. Approx. 5 miles. Should be done by 2 p.m. to leave time for other festivities.

LEADER: Patricia Derickson 925-685-1614

SUNDAY, DECEMBER 27 XMAS LIGHTS & PIZZA IN S.F.

3:00 p.m. Meet @ Hallidie Plaza outside Powell BART. Walk to Union Square & view Xmas displays @ nearby hotels & stores on our way to Ferry Bldg. Walk along the Embarcadero to Pier 39 @ Fisherman's Wharf & pizza restaurant. Take F Trolley back to Embarcadero BART. Approx 4 level miles.

LEADERS: Liz Howell 415-584-1204 & Ruth Belvin 510-527-9524

THURSDAY, DECEMBER 31 GOLDEN GATE HEIGHTS TO WEST PORTAL

9:45 Board Muni Metro "N" @ Embarcadero BART. Exit @ Judah & 16th Ave. (Restrooms in Hyatt Hotel before boarding.) Lots of hills, many stairs, great views. Bring sticks. Highlights: mosaic steps, Grandview Park, rock formations, Forest Hill neighborhood architecture including 3 Maybecks. Approx. 5.5 miles. Rain cancels.

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

**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**

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 _____