CITY OF OAKLAND - OFFICE OF PARKS AND RECREATION
Montclair Recreation Center, 6300 Moraga Ave., Oakland CA. 94611 (510) 482-7812

SCHEDULE FOR September 5, 2017 through December 26, 2017

The City of Oakland sponsors and supports hiking as a recreational activity through the Montclair Recreation Center **(MRC).** Participation in the hiking program is free and is managed by volunteers. If you hike regularly, you will be registered with the City of Oakland, and you will be required to provide your address and phone number. Hikers will be required to sign in on every hike. Hikes include a variety of lengths, elevations and terrains and may include steep climbs. Trail-heads are usually within a 30-mile range of **MRC.** All hikes are led by experienced participant/volunteers who are knowledgeable about the hikes they are leading. Leaders are not professionally trained, are not first-aid certified and do not carry emergency supplies. If there is an emergency, either the leader or a participant will call an emergency number and/or a local authority. Hikers are responsible for their own participation and should read the hike descriptions carefully and/or call the leader if there are questions. The following schedule is for **September 5 through December 26, 2017,** and it attempts to provide the best available hikes for the current season. At times an **alternate** hike may be offered. These hikes are usually shorter, with less elevation, are closer to **MRC.** Hiking schedules are published three times a year: January, May, and September. The schedule and history of **MHC** can be viewed at the following website: **http://www.montclairhikers.weebly.com** Any updates and flyers will be sent electronically.

All Hikers Please Read the following notes before participating:

1. Hikes are open to everyone. Meet at **MRC** on Tuesday **before 9:00 AM**. At that time questions about the offered hike will be answered by the leader, and car pools will be formed. Each rider pays 10 cents/mile to the driver. Departure from the center is at 9:00 A.M. unless otherwise noted. **Alternate hikes, if scheduled, leave at 9:15**. Plan to return to the center by 3:00 P.M.
2. Participants are responsible for determining if the scheduled hike matches their ability. If you have questions about a particular hike, call the leader whose name appears on the schedule and on the e-mail you will receive prior to the hike.
3. Recommended supplies: fluids, lunch and/or snacks, sunscreen, a personal first aid kit, windbreaker, sun hat, hiking poles, day pack, something waterproof to sit on, hiking boots for uneven terrain, personal identification, medical card(s), a list of medications being taken and emergency contact phone numbers.
4. An announcement of the scheduled hike is sent through Yahoogroups on the Friday before the Tuesday hike. The scheduled hike could be changed or cancelled. Directions to the staging area could be changed. Any last-minute changes or alternate hike announcements **may** be posted as late as the morning of the hike, so check your e-mail prior to heading out. If you are unsure if the scheduled hike will take place because of weather or if you plan to go directly to the staging area, you may call the leader for confirmation.
5. While on the trail, stay in sight of the group. Some hikers are faster than others. If you are passing the leader, stop at major intersections and wait for the leader's instructions before proceeding to avoid taking the wrong trail. The leader will pause at major trail intersections. If you are leaving the group or need assistance, notify the leader. On multi-use trails be aware of cyclists, and move to the right to let them pass as they approach from the front and the rear.
6. Leaders are expected to scout the trail before the actual hike.
7. Emergency phone numbers for the locations where we will be hiking are listed on our yahoogroups notice-and-the-schedule.

- Volunteers maintain an **email list** for sending information and for scheduling updates, when needed. To subscribe to the yahoo group list, send a message to lcs-oak@juno.com or ciberhyker@gmail.com. Your e-mail address will be added to montclairhikers@yahoogroups.com. You will get a message from the domain: **YAHOOGROUPS which will ask you to accept**

September 5, 2017. LAFAYETTE RESERVOIR. 9 miles to staging area. *Leader: Dorothy Shipp* 510.531.9522. From **MRC** drive Hwys. 13/24 through **Caldecott Tunnel** to Lafayette. EXIT Acalanes Rd/Mt. Diablo Blvd. and drive EAST for 0.8 mile on Mt Diablo Blvd. Park at the bottom of the hill at intersection of Risa Rd. and Mount Diablo Blvd. This is the first intersection past the Reservoir entrance coming from Oakland towards Walnut Creek. Walk ¼ mile to the top of the hill. **Phone: Emergency Lafayette Police Dept. 925.284.5010. Non-emergency 925.283.3680.**

September 12, 2017. EBRP. REDWOOD REGIONAL PARK - Trudeau Training / Conference Center 3 miles to staging area. *Leader: Stan Feldman* (cell) *510.*384.0865. (home) 510.568.7488. From **MRC** drive East on Mountain Blvd. TURN LEFT onto Joaquin Miller Rd. After 1 mile Joaquin Miller Rd. becomes Skyline Blvd. Convene at the East Bay Regional Park Training/Conference Center on the left at 11500 Skyline Dr. Hike Dunn, Graham, Baccharis and West Ridge trails. Lunch at Redwood Bowl. Return West Ridge, Baccharis and Dunn trails. This is a 4.7 mile loop with many gradual elevations. Terrain is dirt, rocks and roots. There are a number of nice views of meadows and the bay. -- Hiking poles recommended. Visit www.bahiker.com andwww.ebparks.org **Phone**: **EBRPD Emergency 510.881.1121 EBRPD Non-emergency 510.881.1833**

September 19, 2017. GGNRA. LANDS END-S.F. Coastal Trail. 20 miles to staging area. *Leader: Fifi Goodfellow 510.390.0157.* From **MRC** drive North on Moraga Ave. Merge onto CA-13/24/580/80. Cross the **Bay Bridge**. Take 9th St. / Civic Center exit. TURN RIGHT onto 9th St. Continue on 9th St. Cross Market St. then TURN RIGHT onto Larkin. TURN LEFT onto Geary, past 39th Ave. Geary becomes Point Lobos Ave. CONTINUE on Point Lobos Ave., cross 48th Ave. TURN RIGHT onto El Camino del Mar and drive straight into the parking lot. (See Ft. Miley sign). If you get to the Cliff House you've gone too far. Park in the 4 hour free zone. Hike California Coastal Trail through Seacliff; TURN LEFT at 25th Ave. (no through street). Pass Baker Beach, and continue on to Golden Gate Bridge. Coastline and Golden Gate bridge views. Moderate 7 miles. Visit: www.bahiker.com SF Police Department numbers Emergency: **415.553.8090.** Non-Emergency: **415.553.0123**

Possible addition: Visit new visitors' center at the beginning of the hike.

Possible option: Bluffs to Beach trail some steep, stairs, sticks recommended.

September 26, 2017. EBMUD - San Pablo Dam Reservoir from Briones Overlook Staging area. *Leader: Alicia Goldstein*. 510.593.4720 *and Mary Jacobs (cell) 617.966.6189.* 10 miles to staging area. From **MRC** take Hwys. 13/24 through the **Caldecott Tunnel**. Take Orinda exit. Turn LEFT (North) onto Camino Pablo Rd. for 2 miles. Turn RIGHT on Bear Creek Rd. for about 2 miles. Turn LEFT into Briones Overlook Staging Area. EBMUD group pass is required and coordinator will provide one; then write your license plate number at the kiosk. Hike Bear Creek Trail along San Pablo Reservoir to the recreation area / beach for lunch. Then return same trail. About 6 miles flat with one hill. **Phone numbers: Emergency 510.881.1833. Non-emergency EBMUD 510.287.0459.**

Edited September 26, 2017. EBMUD - San Pablo Dam Reservoir from Briones Overlook Staging area. *Leader: Alicia Goldstein*. 510.593.4720 *and Mary Jacobs (cell) 617.966.6189.* 10 miles to staging area. From **MRC** take Hwys. 13/24 through the **Caldecott Tunnel**. Take Orinda exit. Turn LEFT (North) onto Camino Pablo Rd. for 1.2 miles. Turn RIGHT onto Bear Creek Rd. for about1.2 miles. Turn LEFT into Briones Overlook/ Bear Creek Staging Area. (Sign is not visible from road and road is bumpy). EBMUD group pass is required and coordinator will provide one; then write your license plate number at the kiosk. Hike Bear Creek Trail along San Pablo Reservoir to the recreation area / beach for lunch. Then return same trail. About 7 miles

mostly flat with one hill. **Phone numbers: Emergency 510.881.1833. Non-emergency EBMUD 510.287.0459.**

Alicia's note: Hike is 3+ hrs. 80% shade and 20% mix of sun and light shade. Mostly flat or gentle up and down but one steep hill in the end about .5 miles (15 minutes). Bring poles and water. Beautiful views of two reservoirs, marshy areas with birds and a lovely beach to eat at and walk along.

October 3, 2017. TILDEN REGIONAL PARK (EBRPD)--From Inspiration Point - Lake Anza. 10 miles to staging area. *Leaders Vivian Golden 510.482.4426 and Sybil Marcus 510.841.1722.* From **MRC** drive North on Moraga Ave. Take Hwys. 13/24 through the **Caldecott Tunnel.** Take Orinda exit. TURN LEFT (North) onto Camino Pablo Rd. and drive for 2.2 miles. At the Traffic light TURN LEFT onto Wildcat Canyon Rd. and drive for 5.5 miles. TURN RIGHT into Inspiration Point parking lot**.** Hike down Meadows Canyon trail to Wildcat Gorge. Hike up Wildcat Gorge trail across from caves to Lake Anza. Lunch at lake in picnic area. Return via Curran trail. 5+ miles. moderate. Walking Poles recommended. www.bahiker.com and www.ebparks.org. **Phones: Emergency: Tilden Ranger: 510.384.0658. If no answer EBRPD Emergency 510.881.1121. EBRPD Non-emergency 510.881.1833.**
Option: walk around Lake Anza 1 ½ miles on rocky-rooted ground with some uneven/narrow terrain..

October 10, 2017. **MOUNT. TAM. STATE PARK - Muir Woods.** 35 miles to staging area. *Leader: Hal Helfand 510.655.3337.* **NOTE:** This hike will leave at **8:30 rather than 9:00** so we can park in the overflow lot. From **MRC** drive North on Moraga Ave. Merge onto CA-13/24 80/580 N toward Berkeley. Take 580 West and cross the **Richmond/San Rafael Bridge.** Take 101) South exit (through Larkspur) then left onto 101 South. Exit right onto East Blythedale (hwy131). TURN LEFT onto Camino Alto. TURN RIGHT onto Miller. TURN LEFT onto Montford (note gas station on your right as you turn). Follow main roads: Molino, Edgewood and Sequoia Valley. At Four Corners continue straight onto Muir Woods Rd. At bottom turn LEFT and park in the overflow parking lot. If full, find closest spot on the street. Restrooms are between parking area and Ranger Station. Meet outside Ranger station. Remember to bring your National Park Pass (one per car) or there is a $10 entrance fee per person. *If you don't have a pass and qualify (over 62) you can buy one for $80 at the Ranger Station.* Hike is 95% under cover of trees, start on Canopy View Trail (formerly called Ocean View trail), to Panoramic trail, Alice Eastwood Road, Troop 80 trail, then Bootjack. Lunch at Bootjack. Then retrace our steps to Van Wyck Meadow and follow Bootjack all the way back to the Boardwalk and the entrance. Approx. 7miles and 1400' elevation gain. Visit: www.bahiker.com.**Phone numbers: Emergency 415.472.0911.**

October 17, 2017. PLEASANTON RIDGE REGIONAL PARK (EBRPD)-Foothill Staging Area. 27 miles to staging area. *Leaders: Diane and Don Daniel 925.455.0896.* From **MRC** drive south on Moraga Ave. Take Hwys. 13/580 East, then RIGHT onto Hwy. 680 South to Exit #25, Sunol Blvd. / Castlewood Dr. Head West on Castlewood Dr. and where the road splits stay to the RIGHT on Castlewood Dr. (It feels like you're turning off the main road). At the stop sign, Turn LEFT (South) on Foothill Rd. and drive about 1.6 miles to the parking lot. (No charge). Water and restroom facilities available. Hike Oak Tree, Ridgeline, Thermalito and Woodland trails. Moderate plus 7 mile loop. About 1500 foot elevation gain on dirt and rocks. Hiking sticks recommended. Visit: www.bahiker.com and www.ebparks.org. **Emergency Phone # for EBRP is 911 or 510-881-1121, Non-Emergency 888-327-2757.**

October 24, 2017. GGNRA - MARIN HEADLANDS-Fort Cronkite / Rodeo Beach. 38 miles to staging area - *Leader: Ross Forman 510.914.2020. Assistant: Don Daniel 925.487.3121*. From MRC drive North on Moraga Ave and take Hwy's. 13/24/80/580 West and cross the **Richmond/San Rafael Bridge**. Take first 101

South exit to 101 (through Larkspur), onto 101 and through the Waldo tunnel. Take the last "Sausalito" Exit just before the Golden Gate Bridge. Turn RIGHT at the end of the exit ramp and PASS UNDER 101. At the stop sign go STRAIGHT onto Alexander Avenue. Turn LEFT on Bunker Road (a sign "Marin Headlands Visitor Center" marks the intersection). Go through the one-way tunnel and drive approximately 2.5 miles and follow sign to the left into Fort Cronkite/Rodeo Beach. Hike Coastal Trail, Wolf Ridge, Miwok trails to the Marine Mammal Center. Moderate plus. Hiking sticks recommended. It is a continuous climb from sea-level to 904 ft. Wear layers and hat. **Emergency (415) 561-5656. Non-Emergency (415) 331-1540.** Return to Montclair Rec. Center.

October 31, 2017. EBMUD -BRIONES REGIONAL PARK-Bear Creek Trail along reservoir. 10 miles to staging area. *Leader: Bonnie Cohen 510.339.2391.* From **MRC** drive North on Moraga Ave. Take Hwys.13/24 through **Caldecott Tunnel.** Take Orinda exit. TURN LEFT (North) onto Camino Pablo Rd. for 2 miles. TURN RIGHT at stop light onto Bear Creek Rd. for about 1.5 miles. TURN LEFT into Briones Overlook Staging Area. EBMUD group pass is required and coordinator will provide one; then write your license plate number at the kiosk. Hike Bear Creek trail along Briones Reservoir for 3.5 miles. Out and back. Restroom at trail head only. No designated picnic area. Bring something waterproof to sit on. 200 ft. elevation. Sticks optional. About 7 easy/moderate miles. **Phone EBRPD Emergency 510.881.1121. Non-emergency 510.881.1833.**

November 7, 2017. CHINA-CAMP-STATE-PARK. Distance to staging area 31 miles. *Leader: Karin Rawlins 510.526.5454.* From **MRC** drive North on Moraga Ave. Merge onto CA-13/24/80/580. Take 580 and cross the **Richmond/San Rafael Bridge** and connect with Hwy.101 NORTH. Take N. San Pedro Road Exit #454 and TURN RIGHT onto N. San Pedro Rd. Continue to Back Ranch Meadows Entrance on the Right and Park. Cost @ $5.00 per car. Place a receipt inside your car on the dash board. This is the only fee you need to pay even though there is a trail pay station at the beginning of the hike. **If you have a CA. State Parks pass, you may not have to pay to park.** Hike Shoreline, and Bayview Trails. Lunch at Back Ranch Meadows Campground. Easy/Moderate 6½ miles on dirt with roots and rocks with an elevation gain of 500 feet. Sticks recommended. No dogs. Visit: www.bahiker.com. **Phone: Emergency number: 415.456.0766. Phone SF Police Emergency: 415.553.8090. Non-emergency: 415.553.0123.**

November 14, 2017. ANTHONY CHABOT REGIONAL PARK (EBRPD) - From Bort Meadow. 9 miles to staging area. *Leader: Ward Simpson 510.316.4095.* From **MRC** drive South on Moraga Ave. TURN RIGHT on Park Blvd. TURN LEFT onto Hwy.13 South. EXIT Redwood Rd. TURN LEFT onto Redwood Rd. and drive uphill about 1.5 mi. to the junction with Skyline Blvd. CONTINUE STRAIGHT on Redwood Rd., for about 4.3 miles to staging area. The entrance to the Bort Meadows parking lot is not obvious until you are right at the entrance. TURN RIGHT into the parking lot. Restrooms at Bort Meadows, about 8 minutes into the hike. Hike Grass Valley, Cascade, Columbine trails to Hawk Ridge. Lunch at Hawk Ridge. Return Columbine, Cascade and Brandon back to parking lot. 6 Miles. Easy, mostly flat except for short steep switchback on rugged-rocky terrain up to Hawk Ridge. Visit www.bahiker.com and www.ebparks.org. **Phone Numbers: EBRPD Emergency 510.881.1121. Non-emergency 510.881.1833.**

November 21, 2017. POINT PINOLE-Atlas Bridge Staging Area. 20 miles to staging area. *Leader: Jim Gavin 547.0640. and Harriette Louie 510.339.2242. (cell)* 510.517.8335. From **MRC** drive north on Moraga Ave. Take Hwys.13/24/580/80 toward Sacramento. Take EXIT 20 onto the Richmond Parkway. Drive WEST about 2 miles. CROSS San Pablo Ave. TURN RIGHT onto Atlas Rd. CROSS Giant Highway. CONTINUE on Atlas Rd. Cross the new ATLAS BRIDGE and enter the parking lot. Hike out and back along water and the new extension of the S .F. Bay trail along Breuner Marsh. The 1.5 mile extension is on asphalt. 5 miles flat. Visit the

following website for additional information. www.bahiker.com and www.ebparks.org. **Phone: EBRP Emergency 510-881-1121 EBRP Non-Emergency 510-881-1833.** .

November 28, 2017. SAN RAFAEL - Starkweather Shoreline Park. 22 miles to staging area. *Leader: Sara Soder 510.653.4043.* From **MRC** drive North on Moraga Ave. Take Hwys. 13/24/80/580 and **cross Richmond/San Rafael Bridge**. Take the first exit to the right after crossing the bridge. Signs say San Quentin/Francisco Blvd. Stay on Francisco Blvd for about one mile (parallel to 580, like a frontage road). At the first stoplight, TURN RIGHT onto Shoreline Parkway. In about 0.2 miles, there will be a traffic roundabout. Take the first right, leading to a parking area along the water and park. Hike along the S.F. Bay with marshes, fields and lagoons on one side on a section of the Bay Trail with views of the Richmond-San Rafael Bridge and West and East Marin. Hike on flat pavement and dirt trails for about 5.5 miles. Lunch at the end. Restrooms midway at the San Rafael Pickleweed Recreation Center. **Phone: San Rafael police department: 415.485.300. Marin County Dispatch: 415.472.0911.**

December 5, 2017. Holiday Hike and Luncheon - China Town. **Peony Restaurant** 388 9th Street #288. Take the escalator to the second floor. *Leaders: Harriette Louie 510.517.8335 (cell) Bob and Susan Field 510.339.*2409. **NOTE: Hikers leave MRC at 9:30 AM.** Hike through Piedmont to downtown Oakland arriving at Peony restaurant by noon. Hike covers 5 miles, 90% of which is level or down- hill. If you drive, there is underground parking in the 989 Webster St. Garage and can be accessed from Webster or Franklin Sts. After lunch, return at your convenience. Hike, car pool, or take public transportation. Friends and family welcome. **Phone numbers: Piedmont Police dispatch: 510.420.3000. Oakland Police emergency: 510.777.3211. Non-emergency: 510.777.3333**
Payment: $25.00 . Please pay Lucille or John Serwa with check by mail. 801 Trestle Glen Rd. Oakland. CA. 94610. Or pay in person.

Leave MRC at 9:30. It only takes about two hours to reach the restaurant. Restrooms are at MRC, the east side of Lake Merritt, and at the restaurant. Please do not stop at Starbucks or other establishments to use their bathrooms. Be sure to tell a leader if you are making a restroom stop so that we will wait for you. Thank You.

If you drive to the restaurant and park in the plaza garage; floors B1 and B2 look identical. Be sure to write down your level number.

Taking the A/C Transit back to MRC after lunch, take the 18 from the NE corner of 11th and Franklin for a 25 minute ride to the NE corner of Mountain and Moraga. It is a 5 minute walk to MRC. Use your Clipper card if you have one. The bus only accepts exact change. The last time I checked a senior fare was $1.10.

December 12, 2017. GARIN/DRY- CREEK-PIONEER-PARKS. Distance to trail head 20 miles. *Leader: Hal Helfand 510. 655.3337.* From **MRC** drive 580 South to CA-238 Exit 34 Foothill Blvd/Hayward. In downtown Hayward after a forced right turn, TURN LEFT onto Mission Blvd. Continue on Mission Blvd. TURN LEFT onto Garin Ave., first left after Industrial Blvd. which has a large Holiday Bowl sign. Convene at lower parking lot at end of road. Hike High Ridge Loop, Meyer Ranch and Dry Creek trails. About 6 miles with one steep uphill at start of hike. Lunch at Jordan Pond picnic area after hike with snack stop midway through. Sticks recommended. www.bahiker.com and www.ebparks.org. **Phone: EBRPD Emergency: 510.881.1121. Non-emergency: 510.881.1833.**

December 19, 2017. MARTIN LUTHER KING JR. - Regional Shoreline. From Oakport Park not Tidewater Staging Area. Distance to staging area is 10 miles. *Leader: Margaret Phillips* 510.891.8236. From **MRC** drive South on Moraga Ave. TURN RIGHT on Park Blvd. Take Hwys. 13 and 580 South. Exit Edwards South. Continue on 73rd Ave., and Hagenberger Rd. TURN RIGHT on Edgewater Dr. TURN RIGHT on Oakport St. After about 1 mile see sign on right to "Oakport Park". Turn LEFT onto dirt road into the Park. This is a restored tidal flow at the edge of San Leandro Bay and the Airport Channel. Walk the Damon Marsh, Garretson Point, San Leandro Creek and Arrowhead Marsh Trails. Watch for many species of birds and native plants. Hike is flat, Easy 5.5 miles. No dogs due to wetlands**. Phone: EBRP Emergency: 510.881.1121. EBRP Non-emergency: 510.881.1833.** Visit www.ebparks.org.

Alternate Directions: From **MRC** drive South on Moraga Ave. TURN RIGHT on Park Blvd. Take Hwy 13 South. Exit Redwood Rd. West (becomes 35th Ave.) TURN LEFT on MacArthur Blvd. TURN RIGHT on High St. Follow High St. passing under Hwy. 880 and immediately TURN LEFT on Oakport St. Proceed on Oakport St. to just past the EBMUD facilities to a narrow dirt road and turn RIGHT. You will also see a single large palm tree ahead just beyond the turnoff to the road. On the left side of this dirt road is a soccer field. Park at the end of the road.

December 26, 20217 OAKLAND- Urban Walk. 3 miles to staging area. *Leaders: John and Lucille Serwa 510.832.3559.* From **MRC** drive South on Moraga Ave. TURN RIGHT onto Park Blvd. Take Hwy. 580 west. Exit at Grand Ave. TURN RIGHT onto Grand Ave. and drive approximately 3/4 mile. TURN LEFT into the park at the Fairyland entrance. Pay $4.00. Drive and **park on the street adjacent to the Band Shell on the right. Meet at the Band shell. Hike description:** The walk includes Lake Merritt; the newly built areas along the Embarcadero; Laney College; Jack London Square; Old Town along Washington St.; City Center; Uptown Oakland; Fox and Paramount; "Remember Them" monument. 6.5 miles on pavement. Lunch at Preservation Park. **Phone: Oakland Police. Emergency: 510. 777.3211. Non emergency: 510. 777.3333.**

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TITLE VI COMPLIANCE AGAINST DISCRIMINATION43CFR 17.6(B) Federal and City of Oakland regulations strictly prohibit unlawful discrimination on the basis of race, color, gender, national origin, age, sexual orientation or AIDS or ARC. Any person who believes that he or she has been discriminated against in any program, activity, or facility operated by the City of Oakland, Office of Parks and Recreation should write to: Director of Parks and Recreation at 1520 Lakeside Drive, Oakland, CA 94612-4598 or call 510. 238.3092.

INCLUSION STATEMENT. It is the intent of the City of Oakland to fully comply with the Americans with Disability Act. The Office of Parks & Recreation (OPR) is fully committed to compliance with provisions of the Americans with Disabilities Act. Please direct all inquiries concerning program & disability accommodations to the OPR inclusive Recreation Coordinator at 510.615.5755 or smeans@oaklandnet.com. TDD callers please dial 510.615.5883.