



# Hikanbyke Highlights

## MEMBERSHIP POLICY

**Regular member** (hard mailed newsletter) **\$22/year**. **Green member** (on-line newsletter) **\$10/year**.

NOTE – hardcopy newsletter cost may vary as printing/ mailing costs increase

To submit events for the next issue of the newsletter:

**Deadline** for next issue: Dec. 21

**By E-mail:** DLSavard@gmail.com

**Include:** Event title and description; date and time of event; rating and level of effort; meeting place and directions; contact person, phone number and/or EMAIL; and whether rain cancels. Include car pool location, time and any other pertinent information.

## **Membership**

To receive the Hikanbyke newsletter or to renew your membership, fill out the membership application (at the back of this newsletter), or download from <http://www.hikanbyke.org/MembershipPrint.pdf> and forward with your check.

Please advise Charlie Uhlman -cju2 at sbcglobal dot net of any changes to your email. If your email is current in our database you will receive a reminder when your subscription is about to expire

Unless specifically invited by the event leader, no animals are permitted on events.

**Hikanbyke Web Site:**  
<http://www.hikanbyke.org>

Visit our website for club information, club policies, photos from events, and a "condensed" version of the activity schedule and more.

## STATEMENT OF PURPOSE

We are a non-profit group of friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining and camping, in a supportive, non-threatening atmosphere. Hikanbyke membership is open to everyone.

## **Club Coordinators**

### Membership / Missing Newsletters:

Charlie Uhlman (925) 370-1123  
Email: cju2 at sbcglobal dot net

### Special Events:

Rebecca Mallon (925) 933-8033  
Email: rmallon2 at AOL dot com

### Treasurer:

Niels Povlsen (510) 375-1521  
Email: Hikanbyke at fastmail dot fm

### Newsletter Compiler:

Diane Savard (925) 864-7141  
Email: dlsavard at gmail dot com



## **Event leader Information:**

Event Leaders are encouraged to carry a **mobile phone** in case of an emergency. When signing the Waiver, it is critical that you list your EMERGENCY telephone number, not your home phone number. If something happens on the event, we need to reach a family member or friend.

**EMAIL LIST:** Hikanbyke maintains an ANNOUNCEMENT EMAIL LIST primarily for notification of ad hoc events, changes to listed events, special notifications, and limited other uses (see the rules on our website). This email list is open to all Hikanbyke members – but the list is self-managed, which means you must subscribe yourself, un-subscribe yourself when you wish to leave the list, and update your email if you change your email !

For more help and to read our policy, visit our website:  
<http://www.hikanbyke.org/>

**TO SUBSCRIBE** to the list, simply send an email to [Hikanbyke+subscribe@googlegroups.com](mailto:Hikanbyke+subscribe@googlegroups.com) What is in the subject or body of the email is irrelevant. You should receive a confirmation email.

Once you are subscribed, you may post to the list.

**TO POST A MESSAGE**, send an email to [Hikanbyke@googlegroups.com](mailto:Hikanbyke@googlegroups.com) You should review our policy before posting as non-compliant emails will not post, and violations of the policy will result in being banned from the list.

**TO UNSUBSCRIBE** from the list, send an email to [Hikanbyke+unsubscribe@googlegroups.com](mailto:Hikanbyke+unsubscribe@googlegroups.com) You should receive a confirmation email.

## Bicycle Ride Rating System

<u>GRADE</u>	<u>PACE</u>
1-Flat	L-Leisurely: 10 MPH or less, with frequent stops
2-Gentle	T-Touring: 10-13 MPH, regroup stops
3-Rolling	M-Moderate: 13-16 MPH, occasional regroup
4-Some Steep	B-Brisk: faster pace may not regroup
5-Steep Hills	

Pace rating is average on level ground. Example: a bike ride rated a 3T25 = Rolling Hills, Touring Pace, 25 mile route. Helmets are REQUIRED for ALL rides!

## Hike Grading System

<u>GRADE</u>	<u>Climb</u>
1-up to 6 miles	A-Less than 1,000 ft.
2-6 to 10 miles	B-1,000 to 2,000 ft.
3-10 to 15 miles	C-2,000 to 3,000 ft.
4-15+ miles	D-Over 3,000 ft.

Example: a hike rated 2B would be 6 to 10 miles, with a 1,000 to 2,000 ft. climb. Hiking boots are **HIGHLY** recommended.

## **EDITOR'S CORNER**

### **We THANK our LEADERS in SEPT-OCT**

Some regular events repeated and we had a new event – the SF Waterfront walk to Sausalito. It's never too late to sign up for a brand new event or be a brand new leader. It's not that hard! The following list is a bit short! Thanks to you who led in Sept-Oct but we need more of you in 2018!

Joan Friedman	Trish Hewison
Rebecca Mallon	Jon Heinson
Pat Perez	Niels Povlsen
Walt Thomas	Aleen Sakamoto
Ken Karda	Claudia Collins
John Murrell	Shoshana
Carla DenDulk	Nancy Nolte

### Annual Picnic Thanks

We celebrated at a new site this year - Miller Knox in Point Richmond. Stan P, Pat P and John L did the usual BBQ duty and we had a great variety of appetizers, salads and desserts to share. Thanks to all of our members who showed up to walk, hike and bike, and to those guests who came and joined our club as new members. We had perfect weather to enjoy the city skyline, the

boats on the bay, and Mt Tam in the distance. See you next September!

## **Future Events**

### ANNUAL HOLIDAY PARTY

Saturday Dec. 2 6:30-10:30 PM  
Take Note --- A few CHANGES! #1 This is an earlier start time. #2 We will have a 2 tier ticket price. \$25 per member reservation. \$35 per guest reservation. The \$10 difference is the price of a whole year's membership. So why not join the club, get the bi-monthly newsletter, all Google announcements and the member price for this great party? We will return to Sycamore Clubhouse in Danville for a fun-filled evening of music + dancing, conversation, appetizers & a buffet + wine, beer, & soft drinks. As always, committees will need help with decorations, greeting, bartending, serving, and cleanup. Questions?? There will be a flyer included with this newsletter. If you do not get that with more details (directions, where to send your check, dress, committee chairs) contact - Rebecca at [rmallon2@aol.com](mailto:rmallon2@aol.com)

### More Holiday Party Details

Time: Saturday Dec 2 6:30-10:30 pm  
Location: Sycamore Clubhouse, [635 Old Orchard Dr. Danville](#)  
Price: \$25 members, \$35 non-members. It's the perfect time to become a member! Get the member party price + 6 newsletters & a directory. Send payment to Hikanbyke, [125 Lees Place, Martinez, 94553](#)  
Included in your reservation: appetizers, pasta buffet, drinks & music  
Reservation check: Write check (\$25 or \$35) to Rita Paulsen. Mail to [127 Woodsworth Ln, Pleasant Hill 94523](#) by 11/25

### New Year's Day Marina

#### Green/Crissy Field San Francisco Bay Walk

Monday January 1 10:30 AM  
Niels Povlsen (510) 375-1521  
Start the New Year the right way with your friends with some (not too much) exercise. Meet across the street from Safeway in the Marina Green parking lot for a leisurely walk along San Francisco Bay. We'll

wander through Crissy Field to Fort Point returning through the Presidio with a stop at the Log Cabin, where we'll share snacks and perhaps say a toast to our good fortune of having such wonderful friends. We will continue the walk through the Presidio back to our cars. Bring food/drink to share. If you don't want to carry your dish, come ½ hour early and Diane will take your dish to the Log Cabin.

### Annual H&B Policy meeting, & Potluck

Thursday January TBD 6:30 PM

**Place: Call Diane if you would like to host this meeting.**

#### **Directions:**

Join us for our annual H&B policy meeting. Topics to be discussed will include financial report and special events report. If you have a topic you must be present to discuss it. Send an advance email regarding what topic you would like to discuss to Niels, Diane or Rebecca. You can only vote if you are a member. Questions? Call Diane Savard at (925) 864-7141.

### Hikanbyke Yosemite Experience 2018

Come join our Yosemite trip for 2018. In addition to hiking, biking, and photography there are many programs available. This is a wonderful trip and we sell out every year. We're trying to expand our Housekeeping units from 10 to 15 for 2018 to accommodate more members, so get your reservations in early. We will have a wait-list.  
DATES: Sunday June 3 to Thursday June 7, 2018 -- 4 nights, 5 days. The accommodations are in the Housekeeping Camp and occupancy is two people per unit. This experience usually fills up very quickly. Breakfast and lunch are each individual's responsibility. We have a HAPPY HOUR every night; each person brings their own beverage and snacks. Dinner & Campfire: This is the time when we socialize and is great fun with a varied menu and different groups cooking each night. Cost of dinners is about \$40/person for 4 nights and we have great meals and plenty of food. Many members choose to attend a breakfast buffet (optional) at the Yosemite Majestic Hotel,

(formerly the Ahwahnee) on Thursday morning, prior to our departure, a wonderful tradition, in their beautiful dining room which we have been doing for many years. We have our planning meeting in January in Walnut Creek to plan and discuss meals and hiking etc. An email will be sent in December to announce location, date & time. To reserve your Housekeeping Camp unit send your initial deposit of \$125/person, \$250/unit payable to "Howie Herskowitz" and mail to: 172 Santa Rosa Ave, Oakland, CA 94610. Please include names, addresses, email, and phone numbers of participants. Your final payment will be due at our January meeting. This is a Hikanbyke event. Your membership MUST be current to attend. You can join Hikanbyke on this web page:

<http://hikanbyke.org/MembershipPrint.pdf>

For more information please email: Howie Herskowitz or Melinda Oliver: [howie@itsolutions.net](mailto:howie@itsolutions.net) [melinda.j.oliver@gmail.com](mailto:melinda.j.oliver@gmail.com)

## November - December Events

### East Bay Wednesday Ride

Rides generally start at Heather Farm Park at 10:00 AM. Rides are posted on the Hikanbyke Google groups. For specific ride information, contact

Joan at [joanmfriedman@aol.com](mailto:joanmfriedman@aol.com) or 925-216-7833 or Trish [thewison@att.net](mailto:thewison@att.net), 925-212-7047.

### Lafayette Reservoir Walk

Friday, November 3, 9:30 AM  
Our winter walks are dependent on weather reports. Rain will CXL a walk. Watch for alert the day of, or the day before. See you near the flagpole in the parking lot. Pay the fee or park free at the bottom of the hill. We always walk clockwise on the 2.7 mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell

### Briones/Alhambra Creek Hike 2B

Saturday November 4 10:00 AM  
Jon Heinson [\(925\) 899-2953](tel:925-899-2953)

About half of this trail (approx. 8 miles total) is shaded and the rest exposed to sun. We proceed along Alhambra Creek and go up a steady climb to the top. A strong beginner should be fine for this hike. At top of hill we pass through a fence and down into a valley and back up. About 3/4 there are full restrooms and water station. Need to drink a lot of water. At the end of hike we stop for lunch approx. 1:00 in picnic area near parking. Parking can cost \$5 sometimes Directions: Hwy 680. Take Pleasant Hill exit, go straight ahead to Gregory and turn left. Gregory becomes Greyson. Follow to the end at cemetery and turn right on Reliez Valley Road. A couple of miles turn left into Briones Regional Park at Alhambra Staging Area.

### Palo Alto - Stanford - Woodside - Crystal Springs Bike Ride (3A/B25+)

Sunday November 5 10:00 AM  
Niels Povlsen (510) 375-1521  
We'll begin our ride in Palo Alto, cruise through the beautiful Stanford campus, and meander up to Woodside where we can buy lunch at one of California's best delis. We continue up Canada Road to the Pulgas Water Temple where we will enjoy our picnic lunches. This is a nice ride through some lovely countryside. Suitable for strong beginners. Bring water and helmet is required. Bring or buy food. Note, we have a new starting place with bathrooms. Meet us at the Alexander Peers Park at the corner of Stanford Avenue and Park Blvd. There is plenty street parking. Call Niels if you can't find us.

### Lake Merritt Walk & Dinner

Tuesday November 7 5:30 PM  
Niels Povlsen [\(510\) 375-1521](tel:510-375-1521)  
Let's walk around Lake Merritt (3.3 miles) and enjoy an evening in downtown Oakland. Meet in front of Grand Lake Theater. Wear walking shoes & bring \$ for dinner at local restaurant, after our walk. I am thinking of doing Taco Tuesday at the Lakehouse on Lake Merritt.

### Lafayette Reservoir Walk

Friday, November 10, 9:30 AM  
Our winter walks are dependent on weather reports. Rain will CXL a walk. Watch for alert the day of, or the day before. See you near the flagpole in the parking lot. Pay the fee or park free at the bottom of the hill. We always walk clockwise on the 2.7 mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell

### Black Point Hike 2B

Saturday Nov 11 9:30 A. M.  
Charlie, Stan, Sheri, Ginny cju2 at sbcglobal dot net  
Black Point is an often overlooked area of Mount Diablo State Park mostly because it involves hiking up an extra hill, but the views back over Walnut Creek & Concord are worth it. This is a relatively short hike under 5 miles with the one climb up to Black Point. No need to bring a lunch because we should be finished by then. Bring some water, snack optional, poles recommended. Directions: Meet at the Mitchell Canyon visitor center at the end of Mitchell Canyon Road in Clayton. There is a fee to park in the State Park so carpooling is encouraged. Bathrooms and water are at the visitor center. Rain will cancel due to slippery conditions.

### Book Group Discussion and Potluck

Thursday, Nov. 16 6:30 PM  
Judy 510-601-8558  
In The Immortal Life of Henrietta Lacks Rebecca Skoort introduces us to the "real live woman," the children who survive her, and the interplay of race, poverty, science and one of the most important medical discoveries of the last 100 years. Call for directions

### Lafayette Reservoir Walk Friday, November 17, 9:30 AM

Our winter walks are dependent on weather reports. Rain will CXL a walk. Watch for alert the day of, or the day before. See you near the flagpole in the parking lot. Pay the fee or park free at the bottom of the hill. We always walk clockwise on the 2.7 mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell



### **Thanksgiving Day Strawberry Canyon Walk**

Thursday November 23 10:00 AM  
Niels Povlsen ([\(510\) 375-1521](tel:5103751521))  
Heighten your appetite for turkey dinner with a brisk 2 to 3 hour walk in Strawberry Canyon above UC Berkeley. Enjoy the fall colors - stay out of the way of the cooks & begin the holiday with friends. Meet at trailhead off Centennial Drive above UC Berkeley Stadium. Come early as parking is very limited or park by the pool/tennis courts and walk up to the trailhead. Parking permits are not required on Thanks giving.

### **Day after Thanksgiving Bike Ride**

Friday Nov 24 10:00 AM (Sharp)  
Blackhawk/Livermore/Danville - 2.5L-M/36  
(36 miles, leisurely pace, some hills-1,200' total gain.)  
This is the 4th annual "Day After" ride. Join Roland Flamme and David Weiner as e work off the "T" day stuffing and ride the rural areas around Livermore. Meet at the StarSucks, 4000 Blackhawk Plaza Circle, Danville parking lot for an enjoyable ride around rural and not so rural Blackhawk / Livermore/Danville area. Parking - courtesy note - please park in the adjacent office building parking lots to allow the main lot for store customers. Bring money for lunch at a local eatery at end of ride and possible coffee stop during. Event listed with Hikanbyke and WC "Folks on Spokes" Srs. Directions to Blackhawk Plaza: Take Crow Canyon Road exit east off I-680. Go 4 miles to the intersection with Camino Tassajara, Continue on Crow Canyon (becomes Blackhawk Road) Make first right turn into Blackhawk Plaza Circle. We'll be in the parking area opposite StarSucks. Rain or significant chance of rain cancels. Call if in doubt. Bicycle helmets are mandatory! Carpooling is encouraged. Leaders: David Weiner (cell [925-382-3381](tel:9253823381)) / email: (DanvilleDave at MSN dot com) Roland Flame ([925-686-9153](tel:9256869153))

### **Lafayette Reservoir Walk**

Friday, December 1, 9:30 AM  
Our winter walks are dependent on weather reports. Rain will CXL a walk. Watch for alert the day of, or the day before. See you near the

flagpole in the parking lot. Pay the fee or park free at the bottom of the hill. We always walk clockwise on the 2.7 mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca [925-933-8033](tel:9259338033) home or [925-323-3579](tel:9253233579) cell

### **ANNUAL HOLIDAY PARTY**

Saturday Dec. 2, 6:30-10:30 PM  
Take Note --- A few CHANGES!  
#1 This is an earlier start time. - 6:30 for drinks & appetizers. 7:30 for the pasta buffet. Don't miss out!!  
#2 We will have a 2 tier ticket price. \$25 per member reservation. \$35 per guest reservation. The \$10 difference is the price of a whole year's membership. So why not join the club, get the bi-monthly newsletter, all Google announcements and the member price for this great party? You can find the membership application at the last page of the newsletter. We will return to Sycamore Clubhouse in Danville for a fun-filled evening of music + dancing, conversation, appetizers & a buffet + wine, beer, & soft drinks.  
Committees will need help with: decorations  
([JoanMFriedman@aol.com](mailto:JoanMFriedman@aol.com),) greeting ([Indnfox@comcast.net](mailto:Indnfox@comcast.net),) bartending ([swong522@sbcglobal.net](mailto:swong522@sbcglobal.net),) serving, ([gradydavis@prodigy.net](mailto:gradydavis@prodigy.net),) and cleanup. (**everyone!!**)  
Questions?? There is a flyer included with this newsletter and is on the club website. If you do not get that with more details (reservation price, directions, where to send your check, dress, committee chairs) contact - Rebecca at [rmallon2@aol.com](mailto:rmallon2@aol.com)

### **More Holiday Party Details**

Time: Saturday Dec 2 6:30-10:30 pm  
Location: Sycamore Clubhouse, [635 Old Orchard Dr. Danville](http://www.sycamoreclubhouse.com)  
Price: \$25 members, \$35 non-members. It's the perfect time to become a member! Get the member party price + 6 newsletters & a directory. Send payment to Hikanbyke, [125 Lees Place, Martinez, 94553](http://www.hikanbyke.com)  
Included in your reservation: appetizers, pasta buffet, drinks & music  
Reservation check: Write check (\$25 or \$35) to Rita Paulsen. Mail to [127](tel:127)

[Woodsworth Ln, Pleasant Hill 94523](http://www.hikanbyke.com)  
by 11/25

### **Hikanbyke Holiday Luncheon**

Wednesday, Dec. 6 12:30 PM  
Delancy Street Luncheon  
This holiday luncheon in San Francisco has been a popular activity so we hope you will join us for a memorable outing. We plan on meeting outside the Ferry Building at 11:00 a.m. to walk around and perhaps grab a cup of coffee before he walk to the restaurant--if you do not wish to walk, a streetcar is available. This year the payment method will be different in that I need for you to mail me your check with menu selection on or before Saturday, December 1 so I can notify the restaurant of the menu choices. My address is [1977 San Miguel Dr., Walnut Creek, CA 94596](http://www.hikanbyke.com). The charge is \$37.00 AND THIS WILL INCLUDE COFFEE OR TEA, whereas in previous years, an extra fee was charged. Also, cup of homemade Soup of the Day is added along with assorted house made focaccia bread and of course, their delicious homemade dessert. Your choices are:  
1/2 Rotisserie Rosemary Garlic Chicken  
Baby Back Ribs or BBQ Chicken  
Grilled Salmon  
Kale and Brussel Sprout Salad  
Pasta Pesto  
Pasta Bolognese  
After lunch, we will walk up Market Street with our first stop being at the Palace Hotel where the decorations are awesome. We can than decided in which direction we want to head. Looking forward to having you join us.  
[Rose9407@hotmail.com](mailto:Rose9407@hotmail.com)  
[Ann539@sbcglobal.net](mailto:Ann539@sbcglobal.net)

### **Lake Merritt Walk & Dinner**

Wednesday December 6 5:30 PM  
Niels Povlsen ([\(510\) 375-1521](tel:5103751521))  
Let's walk around Lake Merritt (3.3 miles) and enjoy an evening in downtown Oakland. Meet in front of Grand Lake Theater. Wear walking shoes & bring \$ for dinner at local restaurant, after our walk.

### **Book Group Discussion and Potluck**

Thursday, Dec. 7 6:30 PM

Gretchen [510-530-3557](tel:510-530-3557)

In Thomas Hardy's Tess of the D'Urbervilles a woman faces an impossible choice in the pursuit of happiness. When Tess Durbeyfield is driven by family poverty to claim kinship with a wealthy family and seek a portion of their family fortune, meeting her "cousin" Alec proves to be her downfall. She seems to be offered love and salvation, but finds only betrayal.

Call for directions

### **Lafayette Reservoir Walk**

Friday, December 8, 9:30 AM

Our winter walks are dependent on weather reports. Rain will CXL a walk. Watch for alert the day of, or the day before. See you near the flagpole in the parking lot. Pay the fee or park free at the bottom of the hill. We always walk clockwise on the 2.7 mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell

### **Anthony Chabot Park Hike 2B**

Saturday December 9 10:00 am  
Jon Heinson. (925) 899-2953

Join us for a pleasant hike around Lake Chabot in the Anthony Chabot Regional Park. This hike includes the Columbine trail which runs along the backside of Lake Chabot. Bring lunch and water. Bring something to share if you wish. Lunch will be at the amphitheater in the campground. The hike is 9 miles, although not strenuous elevations. Directions: we meet at the Boat Marina. Parking is \$5 or free on the street outside the park. From Oakland area take 580 south or from east bay Concord area 680 to 580 west. Take last Hayward exit (Strowbridge) from east or first if from west. Proceed north to Castro Valley Blvd then right turn. A few blocks down turn left as per signage to the park.

### **Napa to Sonoma 35 Mile Road Ride**

Sunday, December 10, 10:00 am  
Pace 2/level B/hills B

Join us for a leisure bike ride in rural Sonoma as we ride through wine country. The ride will be 35 miles on mostly flat terrain with some rollers.

Bring or buy lunch at our stop in downtown Sonoma. Bring: bicycle, pump, helmet, water, money. Meet: Parking lot at the end of Cuttings Wharf Rd in Napa at 10:00 am.

Return: to cars by 4:00 pm.

Directions: Take Hwy 29 north from Vallejo (or take Hwy 12 from Hwy 80), continue toward Napa, then left at the Hwy 121/12 intersection (there is a traffic light there) and head west toward Sonoma. After about a mile take a LEFT onto Cuttings Wharf Road, and another left to stay on Cuttings Wharf Road, and drive 2 miles to the parking lot at the end of the road. Restroom, but no water available in the parking lot. If you encounter problems during transit, call Dick Duker's cell at (510) 705-2447. Cancelled by any rain. If weather is questionable, check message at 510-526-5530.

### **Lafayette Reservoir Walk**

Friday, December 15, 9:30 AM

Our winter walks are dependent on weather reports. Rain will CXL a walk. Watch for alert the day of, or the day before. See you near the flagpole in the parking lot. Pay the fee or park free at the bottom of the hill. We always walk clockwise on the 2.7 mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell

### **Bishop Ranch Hike 2B**

Dec 16th @ 9:30am

Stan, Sheri, Ginny, Charlie swong522 at sbcglobal dot net

**Description:** This is Moderate Plus hike of approximately 5 miles in Bishop Ranch Regional Preserve which is small 806 acre East Bay Regional Park in San Ramon. Approximate elevation gain of hike is 800 feet. It has groves of oak trees and seasonal creek active in winter months. Hike includes views of Mount Diablo and San Ramon/Pleasanton valleys. Hike will take us on Grey Fox Trail to Redtail Trail where we go out to Paddock Drive and back to Stream View Trail and return to trailhead **Trailhead:** Park on street across from residence at [2756 Morgan Drive, San Ramon, CA](tel:2756) **What To Bring:** Hiking poles are recommended for some steep uphill and downhill portions of trail. Water.

Water is available at small spout at trailhead. Good hiking shoes.

Layered clothing. Trailmix or other snack for this short hike. **Note:** No toilet facilities anywhere at Regional preserve. **Driving Instructions:** From Walnut Creek - Take I-680 South. Continue on I-680 South to Bollinger Canyon Road - Exit 34 Turn Right on Bollinger Canyon Road to San Ramon Valley Blvd. Turn Left at San Ramon Valley Blvd and continue 0.7 miles to Morgan Drive. Turn Right onto Morgan Drive and trailhead is on street at [2756 Morgan Drive](tel:2756) - just past Hawkins Drive on left

### **Joaquin Miller Sequoia Bay View Trail Christmas Eve Walk (2B)**

Sunday December 24 Noon

Niels Povlsen [\(510\) 375-1521](tel:510-375-1521)

Attention!! This has become a favorite location for this annual walk. Bring hiking boots, water and snacks. The trails in this beautiful park are perfect for any weather, maybe soggy but never muddy. Afterwards, we will celebrate with dinner at **Zen Restaurant** in Pleasant Hill. A group of us had lunch there. The food & service were both excellent. Please call if you are joining us, so I can make reservations. Directions: From Highway 13 take the Joaquin Miller Road exit. Head uphill on Joaquin Miller Road to Sanborn Road which is the entrance to the Park. Follow Sanborn Road to the parking lot by the Ranger Station. We'll meet there.

### **Lafayette Reservoir Christmas Day Walk**

Monday December 25 11:00 AM

Niels Povlsen [\(510\) 375-1521](tel:510-375-1521)

You have opened your presents, played with your toys, and now need some way to pass the time until Christmas dinner. Join friends for a leisurely winter's walk around the Lafayette Reservoir. Bring snacks & drinks to share. Weather permitting; we will have holiday cheer at the picnic tables at the reservoir. Don't forget what to do after you open your gifts. PLEASE NOTE: If possible do not park at the meters at the Reservoir - the 2 hours allowed is just not long enough. Instead continue on Mt Diablo Blvd toward downtown Lafayette and park on Village Ct. It's the first right turn as you leave the Reservoir heading

toward Lafayette. Park along Village Ct and I will make regular sweeps starting around 10:30am to take people back up to the Reservoir. Of course, if you want a little extra exercise, you could walk up to the Reservoir!

**New Year's Day Marina**  
**Green/Crissy Field San Francisco**  
**Bay Walk**

Monday January 1                    10:30 AM

Niels Povlsen                    (510) 375-1521

Start the New Year the right way with your friends with some (not too much) exercise. Meet across the street from Safeway in the Marina Green parking lot for a leisurely walk along San Francisco Bay. We'll wander through Crissy Field to Fort Point returning through the Presidio with a stop at the Log Cabin, where we'll share snacks and perhaps say a toast to our good fortune of having such wonderful friends. We will

**A Happy  
New  
Year!**

continue the walk through the Presidio back to our cars. Bring food/drink to share. If you don't want to carry your dish, come ½ hour early and Diane will take your dish to the Log Cabin.

**HIKANBYKE MEMBERSHIP and RENEWAL APPLICATION**

Hikanbyke is a non-profit group of friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining, camping, and social events in a supportive non-threatening atmosphere. Membership in Hikanbyke is open to all. To become a member and receive our bi-monthly newsletter, complete the application below along with a check or money order payable to Hikanbyke. Mail with completed application to:

**Hikanbyke Membership; 125 Lees Place; Martinez, CA 94553.**

Please check one: New Membership  Renewal  (for renewals, only list any information that has changed)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: (     ) \_\_\_\_\_ Other Phone: (     ) \_\_\_\_\_

Internet email address: \_\_\_\_\_

Membership Includes 6 issues per year plus annual member directory, please check type desired. Multiple year memberships are accepted, please include correct amount.

**Regular** (paper, mailed) = \$22/Yr.

**Green** (email delivery) = \$10/Yr.  \* An email address is required

**Hikanbyke** distributes a member directory to its members yearly. Your address is not included. May we: include your Primary Phone Number? Yes  No  Your Email Address? Yes  No

I enjoy the following: Hiking/Walking  Cycling  Camping  Backpacking  DH Skiing  XC Ski

Tennis  Running  Other (please specify) \_\_\_\_\_

Hikanbyke  
1201 Brickyard Way, #111  
Point Richmond. CA 94801

Place stamp  
here

**Do NOT send renewals to above address**



**Address Correction Requested**

Check the **expiration date** on your mailing label  
If within 3 months, please **renew promptly**.