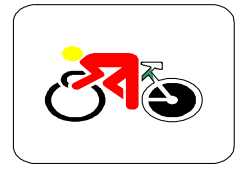


March - April 2017



# 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: Feb 20

**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.

## NEWSLETTER RELEASE GET TOGETHER

Join your H&B friends for a social pot-luck dinner and to review the events in the latest newsletter. These socials will be held bi-monthly coinciding with each new newsletter and depending on a volunteer member to host at their home.

## **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

**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.

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

**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, unsubscribe yourself when you wish to leave the list, and re-September - 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 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 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 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**

Thank You

Wow! Have we had the weather! We have many volunteers to thank this round and some of the events had to be canceled because of rain. But we hope they will be rescheduled in the future. The club depends on your participation so step up and do your part as a leader or as a follower. Remember that New Year's Resolution? Exercise and more exercise!

Niels Povlsen	Don Acamo
MaryAnn Acamo	Diane Savard
Pat Baran	Frank Nolte
Claudia Collins	Karen Martin
Joan Friedman	Trish Hewison
Jon Heinson	Charlie Uhlman
Stan Wong	Arleen Sakamoto
Ken Karden	Rebecca Mallon
Nancy Nolte	Marty Rossen
Sheri Rupe	

We had the Annual Hikanbyke Policy meeting in February. If you are interested in hearing the details of what was discussed, feel free to call or email any of the Club Coordinators.



## **Future Events**

Every year Stan, Charlie, and others try to lead as many of the East Bay Regional Parks "Trails Challenge" hikes as we can. The Trails Challenge is a free program made possible through a partnership between the East Bay Regional Park District, the Regional Parks Foundation, and Kaiser Permanente. For 24 years, the Trails Challenge has been designed to get you outdoors, exploring on your own, or with family and friends. The 'challenge' is to complete at least 5 of the 20 featured hikes by December – a very do-able goal for us Hikanbyke'ers. By taking on the Challenge, you are now joining the thousands of people who support a vital environmental and cultural heritage in the East Bay: our Regional Parks. For more info including detailed descriptions of all this years hikes, visit: <http://www.ebparks.org>. These hikes are TOTALLY documented and explained for you with maps, hiking directions, and driving directions – what a wonderful (and easy) opportunity for everyone to lead an event! And registration is no longer required, all you have to do is get outdoors!

### Sunday Afternoon Piano Concert in El Sobrante

Sunday May 7 2:00 P.M.  
Our next piano concert features Adam Swanson, for his first appearance at our home concerts. Adam is a featured performer and lecturer at ragtime and jazz festivals across the country and hosts an annual ragtime festival in Durango, Colorado. He is a 4 time winner of the World Championship Old Time Piano Playing Contest and has performed at Carnegie Hall. Blanche Korfmacher is hosting this event. We serve sandwiches and other goodies at the intermission. Advanced

registration is required. The cost of the concert is \$25.00 to cover the musician's fee and refreshments. To register-send a check with your e-mail address to John Ulrich, 4184 Garden Lane, El Sobrante, Ca. 94803. The concert is held at this address. Parking is available in driveways on the property or in the street. Register ASAP as seating is limited. Arrive early-doors close promptly at 2PM. For more information, contact Blanche at (415) 665-1135 or [blanchek@sbcglobal.net](mailto:blanchek@sbcglobal.net)

### Car Camping

Dave Sutton  
We have three trips planned this year. All are for 4 nights. Save the dates - details later:  
Pinnacles - April 24 - 28 (Mon-Fri)  
Sequoia/Kings - July 17 - 21 (Mon-Fri)  
MacKerricher - Aug 28 - Sep 1 (Mon-Fri) - we leave there the Friday of Labor Day weekend.

### 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)

## March - April 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.

### San Ramon - Pleasanton Loop, 37 mi.

Wednesday, March 1 10:00 am  
Trish Hewison [925-212-7047](tel:925-212-7047)

We'll start in San Ramon's Central Park and ride out Crow Canyon Camino Tassajara Highland Rd. Collier Canyon to the Livermore Airport for a rest break, then on to Pleasanton for lunch. We'll return via the Iron Horse Trail.

Please print the cue sheet here:

<http://ridewithgps.com/routes/8173711>

There is some construction on 84, but Roland can take us around that. This is not shown on the cue sheet. Directions: Take 680 South, go East on Bollinger Canyon, left on Alcosta, then left at the light into the parking lot.

### Bay Trail / Middle Harbour Park / Treasure Island 1 / TM / 30

Saturday March 04 9:45 A.M.  
Meet at Berkeley Aquatic Park (the South end of Bolivar Drive near restrooms) @ 9:45 a.m. for a 10:00 a.m. start. We will ride to Middle Harbour Park, then to San Francisco's Yerba Buena & Treasure Islands. Bring lunch/snack (or buy) on Treasure Island. Ride co-leaders: Arleen [sakamo2@yahoo.com](mailto:sakamo2@yahoo.com) and Ken (510) 530-8389 (home).

### Sunday Afternoon Piano Concert in El Sobrante

Sunday, March 5, at 2:00 PM  
**SOLD OUT!**

### Orinda/Danville Bike Ride

35 miles/4 hours/pace1/level A/hills A-B  
Sunday March 5 9:45 am meet PROMPT 10 am departure!  
Helen Herzberg 510-537-9109  
This ride is as flat as we can get on a lazy route from Orinda to Danville, and possibly beyond, with minimum hills. We'll mostly follow bike trails, and have a snack stop in Danville before returning so bring \$. This is an ideal ride for newcomers, beginners, and those who need to take it easy. WE LEAVE PROMPTLY AT 10:00 –if you're late, look for maps on my car, a black Honda CRV. Start: Meet at the EAST side of the Orinda BART station. Take Hwy 24 east through the Caldecot Tunnel. Take the Orinda/Moraga exit. At the exit, turn left, then make a quick right into the BART station parking lot. [hherzberg@earthlink.net](mailto:hherzberg@earthlink.net)

### Lake Merritt Walk & Dinner

Wednesday March 8 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.

### Lafayette Reservoir Walk

Friday March 10, 9:30 AM  
Join us for the 2.7 mile clockwise walk on the paved path. We meet near the flagpole in the parking lot. Pay stations take coins or credit cards. Park free on Mt. Diablo Blvd but allow 15 min. for the extra exercise time to walk up. Let's hope for some of that spring

sunshine! RAIN will CANCEL the walk. A decision will be made by 8 am, day of walk. We regroup for drinks, treats & more conversation in the patio behind Noah's in Lafayette. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) mobile

### Bay Trail / E-ville / Point Richmond

Friday March 10 9:45 A.M.  
[1 / TM / 35](http://1/TM/35)

Meet at [Berkeley Aquatic Park](#) (the South end of Bolivar Drive near restrooms) @ 9:45 a.m. for a 10:00 a.m. start. We will ride to the Emeryville marina, then North on the Bay Trail for a clockwise loop to the Red Oak Victory ship, Miller-Knox Park, Ferry Point Tunnel, & lunch @ Little Louie's. There will be an option to bypass the tunnel. Ride co-leaders:

Arleen [sakamo2@yahoo.com](mailto:sakamo2@yahoo.com) and Ken (510) 530-8389 (home).

### 2017 Trails Challenge Hike #1 Brushy Peak Regional Preserve, 2B +/-

Saturday March 11 9:45 AM  
Charlie cju2 at sbcglobal dot net  
Stan swong522 at sbcglobal dot net  
Sheri sher-beth at sbcglobal dot net  
Brushy Peak is a 1,702-foot landmark at the juncture of the San Francisco Bay Area, the California Delta, and the Central Valley. This trail is rated "moderate to challenging" because the elevation gain is gradual and doesn't feel strenuous (the Park's description – not mine J). This parkland provides a pleasant getaway with active wildlife on the ground and in the sky. See [http://www.ebparks.org/parks/brushy\\_peak](http://www.ebparks.org/parks/brushy_peak)

Bring a snack or lunch. Driving Directions: From I-580 westbound in Livermore, take the N. Greenville Road/Laughlin Road exit (Exit 57). Turn left at the exit onto Altamont Pass Road, then right onto Laughlin Road and drive about 2 miles into the park. From I-580 eastbound, take the Vasco Road/Brentwood exit (Exit 55) and turn left at the exit onto Vasco Road (follow the signs for Vasco Road northbound), then right onto Northfront Road. Take Northfront a short distance to Laughlin Road and follow it to the park. No fees here, and there is single restroom and limited drinking water.



### **Castro Valley to Sunol Bike Ride**

Sunday March 12 9:45 am PROMPT (we leave at 10:00 - no waiting!), 38 or 48 miles/4-5 hours/level B/pace 2/ hills B

Helen Herzberg (510) 537-9109

We'll start the ride at the Castro Valley BART station, bike over the Dublin Grade, and on to Sunol for lunch. Return against headwinds on the Dublin Grade will make you work. We will have a picnic lunch in Sunol or possible cafe option. Those that want more of a workout can continue to Sunol Regional Park (about 55 miles total) and return from there. Start: We'll meet at the Castro Valley BART station. Take 580 East, exit at Redwood Road, turn left onto Redwood Road, then a few blocks more, and turn left into the BART parking lot. [hherzberg@earthlink.net](mailto:hherzberg@earthlink.net)

### **Book Group Discussion and Pot Luck**

Thursday, March. 16 6:30 PM ( note time change )

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

In Jenny Colgan's The Bookshop on the Corner Nina Redmond is a librarian with a perfect gift for finding the perfect book for her readers. But can she write her own happy-ever-after? Call for directions.

### **Pot Luck and Singalong**

Saturday March 18 6.30 PM

Montclair District, Oakland,

John Murrell [\(510\) 339-1263](tel:510-339-1263)

John and the gang are once again hosting another of the popular potluck musical evenings at John's house in the Montclair district of Oakland. Song books will be provided which include over 450 songs of all genres. Don't worry if your voice is not that great, we are here to have fun. You will be accompanied by one or more guitar players to lead the group with tunes chosen. Bring a potluck dish to share and the beverage of your choice if you plan to join the potluck. If your last name begins with A-G bring an salad, H-P bring a entree, Q-Z bring desert, and your own beverages. If you are not sure what to bring, entrees are always a good choice. Also a musical instrument if you have one. Please note that there will be a three dollar charge to cover the cost of paying for

professional cleanup help after the event, and for plates, cutlery and glasses, and song books. Address; 6175 Snake Rd, Oakland. Take the Highway 13 exit toward Hayward from Highway 24 if you are coming from the Walnut Creek-Berkeley area. Go about three miles and exit at Park Bl and turn left to Mountain Bl, go left again on Mountain Bl about three blocks and turn right onto Snake Rd at the light. From Hayward, take Hwy 580 to Hwy 13, exit at Park Rd & turn left onto Mountain Bl. Be careful, Snake Rd makes a sharp left turn a short distance (200 yards) up the hill. If you see a fire station, you have missed the turn. The house is 1/2 mile up on the left opposite Drake St.

### **East Peak, Mt Tamalpais**

Thursday March 23 8:30 am

Don & MaryAnn [925-899-5030](tel:925-899-5030)

This will be a very short but steep hike to the top of East Peak. The views up here are beautiful. You will have a 360 \* view of the bay area. There will be lot of places to stop and rest and you don't have to get to the top to enjoy some of the views.. We will meet at our home at 8:15 am and leave promptly at 8:30am. We will be stopping in Mill Valley for a nice break prior to our hike. Our favorite place is the Depot Book Store & café, located at 375 Throckmorton Ave, Mill Valley.. It will be like old times sitting outside, enjoying conversation with sunshine all around. We will then drive up to East Peak. Bring your camera and a lunch. There are picnic Tables. This is RSVP. email me : [dacamo55atHomaildot.com](mailto:dacamo55atHomaildot.com)

### **Lafayette Reservoir Walk**

Friday March 24, 9:30 AM

Join us for the 2.7 mile clockwise walk on the paved path. We meet near the flagpole in the parking lot. Pay stations take coins or credit cards. Park free on Mt. Diablo Blvd but allow 15 min. for the extra exercise time to walk up. Let's hope for some of that spring sunshine! RAIN will CANCEL the walk. A decision will be made by 8 am, day of walk. We regroup for drinks, treats & more conversation in the patio behind Noah's in Lafayette. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) mobile

### **Cataract Falls Hike 2B (but worth it)**

Saturday March 25 10:00 AM  
Niels Povlsen 510-375-1521

Let's hope for a really wet winter - the more rain the better for these spectacular falls. As you can tell rain will not cancel only enhance this beautiful Mt. Tam hike. And best of all it's a potluck. Be prepared for any weather. Bring food/drink to share. Directions: From 101 head for downtown Mill Valley on Miller Ave.; turn left at the 2AM Club; wind your way up the hill to the Panoramic Hwy & turn right; at Pantoll Ranger Station turn right again; park at Rock Springs parking lot & trail head. Confused? Have questions call me. Don't miss this hike - You'll love it.

### **SF Walk Along the Waterfront**

Sunday March 26 10:00 a.m.

Diane Savard (925) 864-7141

Join me in front of Louis Restaurant at 902 Pt. Lobos Avenue SF 94121 overlooking Seal Rock for a leisurely 3 mile walk along the waterfront. Wear comfortable shoes. Hiking poles recommended. It usually takes two hours. Some people eat breakfast before the hike at Louis. Wonderful view of the Bay. Afterwards, some folks choose to have lunch at the Cliff House.

### **Lafayette Reservoir Walk**

Friday March 31, 9:30 AM

Join us for the 2.7 mile clockwise walk on the paved path. We meet near the flagpole in the parking lot. Pay stations take coins or credit cards. Park free on Mt. Diablo Blvd but allow 15 min. for the extra exercise time to walk up. Let's hope for some of that spring sunshine! RAIN will CANCEL the walk. A decision will be made by 8 am, day of walk. We regroup for drinks, treats & more conversation in the patio behind Noah's in Lafayette. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) mobile

### **Redwood Park in Oakland**

Saturday April 1 10:00 a.m.

Jon Heinson. [Jeheinson@gmail.com](mailto:Jeheinson@gmail.com) (925) 899-2953

Join us for a 7 mile hike through the largely shaded redwood forest. Meet at Canyon Meadow staging area which is in the park at end of the road. We hike largely up initially and

about halfway through the hike we stop for lunch at Redwood Bowl. Bring something to share.

Directions: Hwy 13 off Hwy 24 just before the Caldecott Tunnel on the west side. South to Redwood Road exit and turn left uphill past Skyline Blvd and continue on Redwood to the park on the left. Turn into the park (\$5 parking fee) and meet in the parking lot Canyon Meadow staging. It takes about 30 min for Redwood exit.

### **Something Old and Something New in Corte Madera and Tiburon 20+ Mile Loop**

Sunday April 2 10:00 AM  
Diane Savard 925-864-7141  
We'll have a few rolling hills (some more challenging than others) as we ride through Corte Madera and Tiburon along Marin County's favorite bike route. The auto traffic will be light but we'll be accompanied by lots of other cyclists. The start is at Corte Madera's Town Park which features plenty of parking and toilets. Directions: 580 West across San Rafael Bridge. Take Sir Francis Drake Exit; South on Highway 101 to Tamalpais Drive Exit; Right on Tamalpais Drive; Right on Pixlie Avenue. Meet near the porta potties by the children's play area. Rain cancels.

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

Tuesday April 4 5:30 PM  
Niels Povlsen (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.

### **Lafayette Reservoir Walk**

Friday April 7, 9:30 AM  
Join us for the 2.7 mile clockwise walk on the paved path. We meet near the flagpole in the parking lot. Pay stations take coins or credit cards. Park free on Mt. Diablo Blvd but allow 15 min. for the extra exercise time to walk up. Let's hope for some of that spring sunshine! RAIN will CANCEL the walk. A decision will be made by 8 am, day of walk. We regroup for drinks, treats & more conversation in the patio behind Noah's in Lafayette.

Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) mobile

### **Alamere Falls Main**

Tuesday April 11 8:30 am  
Don & MaryAnn Acamo [925-899-5030](tel:925-899-5030)

This is an wonderful hike with an amazing view. We will begin our hike from the Palomarin Trailhead. We will hike along the beautiful coast to Alamere Falls. The trail follows the coast with spectacular views of the ocean, Marin coastline and the Farallon islands (on a clear day). As we continue the trail leaves the coast and winds through a forest and past Bass Lake and Pelican Lake. Continuing on for about a .5 mile along the coast to a sign marking Alamere Falls .4 miles. When we get to the falls which are four tiered, we can walk just past the top fall, cross over it and down to the other falls, beach access is on the right down a not so stable cliff, but manageable. I would not suggest going down during high tide as the shale rock is slippery and there are sneaker waves that can take you away. This is a good place to have lunch .Afterwards we can have some beach time prior to the special dinner at the Park Side Café, for all you can eat soup, salad, and pasta for around \$10.00. This is a great time to enjoy day light saving time. Please RSVP to [dacamo55@hotmail.com](mailto:dacamo55@hotmail.com)

### **Book Group Discussion and Pot Luck**

Thursday April 13 6:30 PM  
Sandy [925-828-8718](tel:925-828-8718)  
In Nina George's The Little Paris Bookshop monsieur Perdu calls himself a literary apothecary. From his floating bookstore on the Seine, he prescribes novels for the hardships of life using his intuitive feel for the exact book a reader needs. The only person he can't seem to heal is himself; he's still haunted by heartbreak after his great love disappeared. She only left him a letter which he has never opened. Call for Directions

### **Lafayette Reservoir Walk**

Friday April 14, 9:30 AM  
Join us for the 2.7 mile clockwise walk on the paved path. We meet near the flagpole in the parking lot. Pay stations take coins or credit

cards. Park free on Mt. Diablo Blvd but allow 15 min. for the extra exercise time to walk up. Let's hope for some of that spring sunshine! RAIN will CANCEL the walk. A decision will be made by 8 am, day of walk. We regroup for drinks, treats & more conversation in the patio behind Noah's in Lafayette. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) mobile

### **Tilden Lake Hike 2A**

Saturday April 15 10:00 AM  
Jon Heinson. (925) 899-2953  
This hike through the redwoods should be great for whatever the temperature is. It starts at the Brazilian Building, wanders through redwoods around Lake Anza, parallels a sleepy creek, and circles Jewel Lake. This hike is suitable for almost everyone. We stop halfway for a picnic at picnic tables. Please bring food and beverages with some to share. Directions: From hwy 80 - take University exit in Berkeley, travel east to Oxford to Rose; right on Rose to Spruce. On the top of hill cross intersection. Spruce becomes Wildcat Canyon Road; continue for 2 miles to the Brazilian Building and left. From hwy 24- exit Fish Ranch Road to Grizzly Peak Blvd; turn right and continue to Golf Course Road; turn right to stop sign; right Shasta Road; Shasta dead ends into Brazilian Building parking lot.

### **Lafayette Reservoir Walk**

Friday April 21, 9:30 AM  
Join us for the 2.7 mile clockwise walk on the paved path. We meet near the flagpole in the parking lot. Pay stations take coins or credit cards. Park free on Mt. Diablo Blvd but allow 15 min. for the extra exercise time to walk up. Let's hope for some of that spring sunshine! RAIN will CANCEL the walk. A decision will be made by 8 am, day of walk. We regroup for drinks, treats & more conversation in the patio behind Noah's in Lafayette. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) mobile

### **2017 Trails Challenge Hike #2 Crockett Hills Regional Park, 2C +/-**

Saturday April 22 9:45 AM  
Charlie cju2 at sbcglobal dot net  
Ginny vbruski at sbcglobal dot net

Stan swong522 at sbcglobal dot net  
Sheri sher-beth at sbcglobal dot net  
Crockett Hills features panoramic views of the San Pablo Bay, the Carquinez Bridge, the Delta, and Mount Diablo. This sunny route is a peaceful, yet challenging, escape into one of the many parklands that are former ranch lands. The mileage is listed as 8.5 miles and the elevation gain is 2355 Ft., which make this a challenging hike indeed! See

[http://www.ebparks.org/parks/crockett\\_hills](http://www.ebparks.org/parks/crockett_hills). Bring a snack or lunch.

Directions: From Hwy. 4, exit at Cummings Skyway and drive north to Crockett Blvd. Turn right onto Crockett Blvd. and drive to the staging area on the left, about .5 miles from Pomona Street in Crockett. From I-80, exit Cummings Skyway and drive southeast to Crockett Blvd. Turn left onto Crockett Blvd. and drive to the staging area on the left. No fees here, and there is water and a bathroom.

### **Car Camping at Pinnacles National Park**

April 24 - 28 (4 nights Mon-Fri)  
Pinnacles is 30 miles south of Hollister - 116 miles from Oakland. 23 million years ago multiple volcanoes erupted, flowed, and slid to form what would become Pinnacles National Park. What remains is a landscape unlike any other. It has more than 30 miles of trails that showcase the beauty of the park up close and personal. Hikes range from flat stretches of grasslands to uphill climbs through talus caves onward to the rocky spires that Pinnacles is famous for. Pinnacles is one of four sites where captive-bred California condors are released to live in the wild. See <https://www.nps.gov/pinn/index.htm> for more park info. The restroom is a short walk from our camp. Showers and a pool are at the day use area. Campers will be responsible with others for providing one evening meal (plan on spending up to \$40 for dinner food that you buy) and for providing their own breakfasts, lunches and happy hours. Campfire at night. 25 person limit so reserve early. Carpooling encouraged. Reservations up to 2 weeks prior to trip. Refunds if cancelling 3 or more weeks

prior. Please send a \$50 check  
MADE OUT TO SOLO SIERRANS  
c/o Dave Sutton, 3731 Barrington Dr,  
Concord CA 94518. PLEASE  
INCLUDE YOUR ADDRESS, EMAIL  
+ HOME AND CELL PHONE #s.  
Leader: Rodney Blacklock. Contact  
Rodney at  
[rodblacklock@comcast.net](mailto:rodblacklock@comcast.net). Co-  
leader Stan Wong.

### **Greenbrae Around China Camp 22 mile+/- Bike Ride**

Sunday April 30                      10:00 AM  
Diane Savard                      925-864-7141  
We'll meet in Greenbrae for a very scenic ride through China Camp State Park. This is the perfect ride for strong beginners featuring two (not too long) real hills and a bunch of rollers. And remember the H&B motto: "We've never met a hill we couldn't walk" Since this is a very popular Marin County route drivers are well trained in driving with cyclists. We'll visit the historic China Camp fishing village along the way. Perhaps we'll retreat after the ride for some refreshments at the Marin Brewing Company. DIRECTIONS: Cross Richmond San Rafael Bridge; take Sir Francis Drake Blvd exit. Cross under Hiway 101, take the first left and park along the park (on the left). Restrooms in the shopping center.

**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**.