



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/mailling costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: August 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 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

Special Thanks

May 21, Don and MaryAnn Acamo held a BIG event in their home, welcoming new and renewing members. It was a warm afternoon, so tables and chairs were set up in the back yard deck and garden. Posters featuring pictures from past events were hung so prospective members could see the fun we have had for the past 20 years. The theme? - Why not join H&B and be part of the fun? Various leaders spoke to describe their contribution to events. Don and MaryAnn have been leading day hikes close to home and farther afield. They also led weekend events in Nevada City & Yosemite. They will continue to inspire us to get out there and have fun!

If you know anyone who has 'dropped out' and may want to get back 'in the groove' to enjoy all the activities of H&B, tell them H&B now welcomes ALL our friends. The following people re-joined as a result of the meeting.

Carla Den Dulk
Marilyn Meadors

Sharon Borrchio
Erlinda Domingo
Barbara Young
Phyllis Miller
Laura Sellett
Lisa Chin
John Lira
Richard Garrison
Dave Lopez
Karoline Hall
Kathy Elliott
Liz Haemmel
Jeff Glassauer
Anne Shortall
Lynne Ashdown
Marsha Marcos
Richard Goodwin
Joanne Lee

Thank You to the May-June Event Leaders.

Summer is finally here. Hope to see lots of the new members and renewing members at upcoming events in this calendar.

Don Acamo MaryAnn Acamo
Lynne Harris Howie Herskowitz
Melinda Oliver Charlie Uhlman
Ginny Bruski Arleen Sakamoto
Pat Perez Sheri Rupe
Jean Narbut Blanche Korfmacher
Joan Friedman Trish Hewison
Niels Povlsen Rebecca Mallon
John Murrell Stan Wong
Nancy Nolte Ken Karda
Jon Heinson

Future Events

Woodminster Open Air Theater

Join Jon this year for three wonderful musicals at the great venue. Woodminster is located off Hwy 13 which is the last exit off Hwy 24 before the Caldecott Tunnel on the West side. Take 13 South to Joaquin Miller exit. Follow up the hill about a mile and follow signs the Woodminster. We go to the dress rehearsals on Thursday evenings. The price is half the regular performance cost at about \$18 and no parking fee. We meet inside at a picnic table where we share dinner and wine at 7:00. Bring something to share if you choose. After dinner we go into the bowl and pick out our seats. The three shows this year are:

Mamma Mia on July 6
South Pacific on August 3
Beauty and the Beast on August 31

Please put these on your calendars Jon Heinson WHEN ATTENDING BE SURE TO BRING WARM CLOTHES AND BLANKETS. Call me if you plan on joining me. (925) 899-2953

Labor Day BBQ Picnic – Heather Farm Park

September 4 Monday 12:00 p.m.
Pat Perez (925) 915-9554
Email: Patrick.perez.g4@gmail.com
Join us for this great BBQ picnic. I will have an area reserved for our group. We will be in the area that is near the North San Carlos Drive parking lot. It will be easy to walk to the picnic site from where you park. I will have blue balloons and a US and Canadian flags to mark the location. I will have my smart phone with me in case you get lost. I will provide the coals, utensils, some beverages and hot dogs and chicken to grill. Bring your side dish choice and beverage. Please bring \$2 to cover the picnic supplies. I will have 3 tables in the shade to keep your food shaded. Remember to bring your lawn chairs or blanket whichever you prefer. Please remember to bring sunscreen. The park offers ample parking, and an Olympic sized pool, a great rose garden, children's play area, short hiking areas, and a lot of open space for those of you who have equipment for volleyball, croquet, etc. Dogs are welcome but they must be on a leash. No smoking please.
Directions: Take Ygnacio Valley Rd past John Muir Hospital and turn left on North San Carlos Dr. The park is located on North San Carlos Drive which intersects with Ygnacio Valley Road. Our location will be on the corner of Heather Drive and North San Carlos Drive. The location will be next to the swimming pool parking lot. However, it will be easier to park across from our site that is more ample parking and is closer. The USA and Canadian flags will be on your left and the parking lot entrance will be on your right. I will try to get the same picnic site which has a large tree.

ANNUAL PICNIC - DATE CHANGE!!

Sunday September 24

9 am-events, 12 noon-picnic

Rebecca Mallon

Miller/Knox Regional Shoreline Park in Pt. Richmond is a favorite of several H&B members. As always, hikes and rides (+frisbees? +kites?) will precede the potluck picnic at noon. There are hiking trails into the hills behind the park, taking off from the free parking lot. There is a paved path running along the water from Keller Beach to Ferry Point and around the lagoon. The level, paved Bay Trail can be accessed from the picnic site with views of SF skyline, 2 bridges, and Mt. Tamalpais. The Bay Trail is also a great place for a bike ride of any distance. Golden State Model Railroad Museum is right across the street. As always, it's a traditional potluck. Bring dishes to share and drinks of our choice. More details will be provided in a flyer. Questions? Rebecca at rmallon2@aol.com

Save the Date - Annual Holiday Party

Saturday Dec. 2 6:30-10:30 pm

A few changes - the members at the policy meeting in Feb. voted for a time change (a bit earlier) and a price change (1 price for members, 1 price for guests). So watch for details and a flyer in a future newsletter.

Join us when we return to Sycamore Clubhouse in Danville. It has been a favorite location for many years. We have music for listening and dancing, a hearty hot appetizer buffet, beer, wine & soft drinks all included in your reservation. Committees will be seeking help with decorating, greeting, serving and cleanup. Questions? Rebecca at rmallon2@aol.com

Delancey Street Luncheon

Wednesday December 6, 2017

This holiday luncheon in San Francisco has been a popular activity and hope you will join us. More information will be posted in an upcoming newsletter--please put this date down in your calendar. Rose and Ann



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 melinda.j.oliver@gmail.com

July August Events

Stern Grove presents Fantastic Negrito & Nicki Bluhm & The Gramblers

Please come early to help set up and hold the space

Sunday July 2

9 AM to 5 PM

Niels Povlsen

[510-375-1521](tel:510-375-1521)

The Concert starts at 2:00 PM but the party starts at 9:00 AM. The meadow at the Grove will fill early so be sure to get there in time to join your H&B friends. They have closed the Meadow when filled to capacity - As always this is a potluck event - Every year the HikanByke potluck at Stern Grove is the envy of the other 15,000 people in the Grove. Bring food & drink to share. There will be breakfast snacks for those coming early to help save the space. The weather can change very fast, be prepared! Bring a hat and layered clothing. It can be hot or cold there, but we always have a great time!!! Only low- back chairs are permitted on the lawn. Come early to help us save our favorite spot! Look for me on the left of the seating area as you face the stage Directions: Stern Grove is at the corner of Sloat Blvd and 19th. Parking can be a problem. You may want to carpool or take Bart to SF Civic Center, go one flight of stairs to Muni, take K or M to 19th and Sloat, and walk one block to the grove. If you need more info, please call Niels or e-mail

npovlsen@hikanbyke@fastmail.fm

See you there! You will love it!

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 or 925-216-7833 or Trish

thewison@att.net, 925-212-7047.

Woodminster Open Air Theater

Join Jon Heinson for the dress rehearsal of **Mamma Mia** on July 6. See write up in Upcoming Events. BE SURE TO BRING WARM CLOTHES AND BLANKETS. Call me if you plan on joining me. (925) 899-2953

Todos Santos Plaza Concert – Zepparella

The All-Female Zeppelin

Powerhouse

July 6, Thursday, 6:30 to 8:00 p.m.

Pat Perez: [\(925\) 915-9554](tel:925-915-9554)

Bring a lawn chair and arrive early for easy parking and choice seating. I will have a blue balloon one of my 2 lawn chairs. Call me by the day of the event so we can make seating arrangements to sit together. You can bring your own food and beverage of choice. They have a Taqueria Restaurant nearby which has good take out items such as their burritos. You can park free at the 5 story parking garage next to the park. Directions: From Highway 680, take the Willow Pass Exit and head towards downtown Concord. Look for street parking or if you get there early enough, go to the 5 story parking lot that is on the north east corner of the park. Parking is free there.

Lafayette Reservoir Walk

Friday, July 7, 9:30 AM

Join us for the 2.7 mile walk clockwise on the paved path. We meet near the flagpole in the parking lot. Free parking available on Mt. Diablo Blvd. at the bottom of the hill, but allow 15 minutes to walk up. Fee - credit cards or coins - parking at the top. Summer weather is finally here. Watch for any last minute cancellations due to weather. We regroup after the walk for drinks, treats & conversation in the patio behind Noah's Bagels in Lafayette. Many options for purchase. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell.

Briones/Alhambra Creek Hike 2B

Saturday July 8 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.

Sunday Afternoon Piano Concert in El Sobrante

Sunday July 9 2:00 PM

Our next piano concert features Carl Sonny Leyland, back again to entertain us with his boogie woogie and blues. He was in the Bay Area last November playing at the International Boogie Woogie festival at the SF Jazz Center last November. 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

Heather Farm to Peet's in Danville

Joan Shannon

Monday July 10 9:00 a.m.

2-L 18 miles.

Join me for a leisurely ride from Heather Farm to Peet's in Danville for coffee, and back. Primarily canal trail.

Angel Island Tour

Wednesday July 12

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

Angel Island State Park was known as the Ellis Island of the West. It is also known as the gem of the bay. We will be taken the 11:45 tram tour. The tour last about 1 hour and will give us a full history of the island. There will be a stop at the Battery Ledyard that has a beautiful view of the Golden Gate Bridge and islands in the bay. Tickets are \$14.00. After our tour we will gather at the Angel Island cafe for lunch. You can bring your own if you wish. After lunch you will have

the opportunity to walk and tour the immigration station. It is 1 1/2 mile each way.. We will regroup and take the ferry back to San Francisco. Important: We will have to catch the 8:45 Bart Train to Arrive at the Embar Sta at 9:10. We will then walk to Pier 41 to catch the 9:45 ferry to Angel Island. (\$5.50 Seniors one way) arriving at Angel Island at 10:10. We will have about 1 1/2 hours before the tour begins. We can enjoy a cup of coffee and tour the museum next door.. This is a RSVP event. We will meet at top of BART platform at 8:30am.

Lake Merritt Walk & Dinner

Wednesday July 12 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, July 14, 9:30 AM

Join us for the 2.7 mile walk clockwise on the paved path. We meet near the flagpole in the parking lot. Free parking available on Mt. Diablo Blvd. at the bottom of the hill, but allow 15 minutes to walk up. Fee - credit cards or coins - parking at the top. Summer weather is finally here. Watch for any last minute cancellations due to weather. We regroup after the walk for drinks, treats & conversation in the patio behind Noah's Bagels in Lafayette. Many options for purchase. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell.

Pot Luck and Singalong

Saturday July 15 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.

Niels 70k Ride From Pt. Richmond to Jack London Square

Sunday July 16 10:00 AM
Niels Povlsen (510) 375-1521
Brickyard Landing (my place) Bike Ride 42 +/- to Oakland with a Picnic Lunch @ Jack London Square. Non cyclists are welcome to join us at Jack London Square for lunch around noon. (We can ride over to Middle Harbor Park on the way back if we want) This ride takes us along the Bay Trail starting in Point Richmond, continuing along the Bay in Marina Bay, onward through Berkeley, Emeryville down to Jack London Square in Oakland featuring spectacular views of San Francisco and SF Bay. Most of the ride is either on bike trails or lightly traveled roads. We'll stop for lunch at Jack London Square. We can wander through the farmer's market and buy lunch from one of the many food trucks or you can bring your own. Directions for start of bike ride: Hwy. 580 towards the San Rafael Bridge. Exit at Canal St. Left at bottom of exit to Cutting. Right at light. Left at Garrard. Go through the tunnel. Turn left at Brickyard Cove Road. Left at

Brickyard Way. Park in the lot immediately to the right by the tennis courts. Questions? Call Niels

Todos Santos Plaza Concert California Cowboys California Country

July 20, Thursday, 6:30 to 8:00 p.m.
Pat Perez: [\(925\) 915-9554](tel:925-915-9554)
Bring a lawn chair and arrive early for easy parking and choice seating. I will have a blue balloon one of my 2 lawn chairs. Call me by the day of the event so we can make seating arrangements to sit together. You can bring your own food and beverage of choice. They have a Taqueria Restaurant nearby which has good take out items such as their burritos. You can park free at the 5 story parking garage next to the park. Directions: From Highway 680, take the Willow Pass Exit and head towards downtown Concord. Look for street parking or if you get their early enough, go to the 5 story parking lot that is on the north east corner of the park. Parking is free there.

Book Group Discussion and Pot Luck

Thurs. July 20 6:30 PM
Pat [925-735-8064](tel:925-735-8064)
Carlos Zafon's The Shadow of the Wind, set in Barcelona, 1945, a city slowly healing in the aftermath of the Spanish Civil War, Daniel, an antiquarian book dealer's son who mourns the loss of his mother, finds solace in a mysterious book entitled The Shadow of the Wind. But when he sets out to find the author's works, he makes a shocking discovery: someone has been systematically destroying every copy of every book written by the author. In fact, Daniel may have the last book in existence. Soon Daniel's seemingly innocent quest opens a door into one of Barcelona's darkest secrets -- a epic story of murder, madness, and doomed love. Call for directions

Lafayette Reservoir Walk

Friday, July 21, 9:30 AM
Join us for the 2.7 mile walk clockwise on the paved path. We meet near the flagpole in the parking lot. Free parking available on Mt. Diablo Blvd. at the bottom of the hill, but allow 15 minutes to walk up. Fee

- credit cards or coins - parking at the top. Summer weather is finally here. Watch for any last minute cancellations due to weather. We regroup after the walk for drinks, treats & conversation in the patio behind Noah's Bagels in Lafayette. Many options for purchase. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell.

Leisurely Ride Heather Farms

Joan Shannon
Monday July 24, 9:00 a.m.
2-L 15 miles.
Join me for a leisurely, easy, scenic canal trail ride. Starting and ending in the Heather Farm parking lot at the North end of San Carlos Dr. Coffee at Panera in the Willows Shopping Center.

Todos Santos Plaza Concert – Fleetwood Mask The Ultimate Tribute to Fleetwood Mac

July 27 Thursday 6:30 to 8:00 p.m.
Pat Perez: [\(925\) 915-9554](tel:925-915-9554)
Bring a lawn chair and arrive early for easy parking and choice seating. I will have a blue balloon one of my 2 lawn chairs. Call me by the day of the event so we can make seating arrangements to sit together. You can bring your own food and beverage of choice. They have a Taqueria Restaurant nearby which has good take out items such as their burritos. You can park free at the 5 story parking garage next to the park. Directions: From Highway 680, take the Willow Pass Exit and head towards downtown Concord. Look for street parking or if you get their early enough, go to the 5 story parking lot that is on the north east corner of the park. Parking is free there.

Lafayette Reservoir Walk

Friday, July 28, 9:30 AM
Join us for the 2.7 mile walk clockwise on the paved path. We meet near the flagpole in the parking lot. Free parking available on Mt. Diablo Blvd. at the bottom of the hill, but allow 15 minutes to walk up. Fee - credit cards or coins - parking at the top. Summer weather is finally here. Watch for any last minute cancellations due to weather. We regroup after the walk for drinks, treats & conversation in the patio behind Noah's Bagels in Lafayette.

Many options for purchase. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell.

Floating Down the Stanislaus

Tuesday Aug 1

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

Let's get together for a fun day on the river. Its going to be a ball. Bring your water guns and anything you need to protect yourself from other Rift Rafters. We are all going to get wet. We will be rafting down the Stanislaus River at Knights Ferry to Orange Blossom Park. A total of 7 miles. At the park we will have a pot-luck barbecue. Bring something to share, barbecue, drink, and your own plate, utensils, etc. I will supply the charcoal, table cloth tools etc. If you need an ice chest for your food bring it. We will load it all into those who drive. Our lead vehicles will be at Orange Blossom Park when we float ashore. Trip cost is \$30.00 per person. If we get 10 or more people the price will drop to \$28.00 per person by way of Sunshine Rafting co. Please RSVP for Reservations ASAP. We will carpool from my house at 8:15 am. We have to be at Nights Ferry by 10 am.

Lake Merritt Walk & Dinner

Tuesday August 1 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.

Woodminster Open Air Theater

Join Jon Heinson for the dress rehearsal of **South Pacific** on August 3. See write up in Upcoming Events.

BE SURE TO BRING WARM CLOTHES AND BLANKETS. Call me if you plan on joining me. (925) 899-2953

Lafayette Reservoir Walk

Friday, Aug 4, 9:30 AM

Join us for the 2.7 mile walk clockwise on the paved path. We meet near the flagpole in the parking lot. Free parking available on Mt. Diablo Blvd. at the bottom of the hill, but allow 15 minutes to walk up. Fee

- credit cards or coins - parking at the top. Summer weather is finally here. Watch for any last minute cancellations due to weather. We regroup after the walk for drinks, treats & conversation in the patio behind Noah's Bagels in Lafayette. Many options for purchase. Questions? Rebecca [925-933-8033](tel:925-933-8033) home or [925-323-3579](tel:925-323-3579) cell.

South Tilden Park Hike - 2B

Saturday August 5 9:30 AM

Charlie & Ginny

cju2 at sbcglobal dotnet

Note - since this is an East Bay Park hike, it can be added to your Trails Challenge total even though it is not technically a 'featured' hike for 2017. Join us for a 5 mile [barely 2B rated] morning hike in a seldom travelled area of Tilden with sweeping, nearly 360 degree views. At one point both the SF Bay and Suisun Bay can be seen at the same time (assuming no fog). Carry some water and a small snack, and be prepared for varied weather conditions. Vertical gain is about 1000 ft., most of it on the return part of our loop. We should be finished around lunchtime. Directions: Meet at the Vollmer Peak trailhead just beyond the steam trains parking lot, on Grizzly Peak Blvd. in Berkeley. There are many ways to get to Grizzly Peak Blvd. depending on which direction you are coming from. The steam trains turnoff is about 1 mile north of the intersection of Claremont Ave. and Grizzly Peak Blvd. Turn into the steam trains and go past the steam trains parking lot, about 200 more yards, bearing right to the trailhead parking lot. Bathroom & water by the steam trains.

Heather Farm to Ce Ce's in Moraga

Joan Shannon

Monday August 7 9:00 a.m.

2 1/2 L 23 miles.

Join me for a leisurely ride from Heather Farm to Ce Ce's in Moraga for coffee and back. Road and trails, Some hills.

Tilden Lake Hike 2A

Saturday August 19 10:00 AM

Jon Heinson. (925) 899-2953

This hike through the redwoods and other tree cover 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 aka mud hole. 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. 6 mile+

Book Group Discussion and Pot Luck

Thurs. August 24 6:30 PM

Sandy [925-828-8718](tel:925-828-8718)

In Kristin Hannah's The Nightingale Vianne Mauriac says goodbye to her husband as he heads for the front to stop the German invasion. She doesn't believe that the Nazis will invade France. But droves of marching Nazi soldiers, in trucks and tanks, in planes that fill the skies and drop bombs on the innocent. When a German captain requisitions her home, she and her daughter must live with the enemy or lose everything. without food or money or hope, as danger escalates all around them, she is forced to make one impossible choice after another to keep her family alive. Call for directions

Lafayette Reservoir Walk

Friday, August 25 9:30 AM

Join us for the 2.7 mile walk clockwise on the paved path. We meet near the flagpole in the parking lot. Free parking available on Mt. Diablo Blvd. at the bottom of the hill, but allow 15 minutes to walk up. Fee - credit cards or coins - parking at the top. Summer weather is finally here. Watch for any last minute cancellations due to weather. We regroup after the walk for drinks, treats & conversation in the patio behind Noah's Bagels in Lafayette. Many options for purchase.

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

Livermore Wine Trolley

Sunday August 27 11:00 A.M. to 4:00 P.M.

Patrick Perez and Susan Nyser 925 705-1509

Please join us for an exciting day of premiere wine tasting, and exploring the beautiful Livermore Wine Valley. Our trolley will depart from downtown Livermore at 11am and head into the beautiful Livermore Wine Country. We will visit 3 wineries, enjoy a delicious lunch provided by Ofelia's Kitchen or LaPanotiQ, and learn about the region and Livermore Valley wineries. We will be delivered back downtown Livermore where we departed from, around 4:00 P.M. Their tours operate every Friday, Saturday, and Sunday year-round rain or shine. All-inclusive narrated guided tour on a trolley car. Visits to 3 Wineries with tasting fees included Discounts on Bottle Purchases. Catered gourmet lunch, Free parking garage on N. Livermore and Railroad Ave cross streets 3rd & 4th levels. Restaurant coupons for local establishments in downtown Livermore, Weekday tours can be scheduled for groups consisting of 10 or more people. To schedule a tour, please call [\(925\) 989-0421](tel:925-989-0421). The price is \$99.99 plus \$6 processing fee. This event sells out very quickly so don't delay. No tickets will be sold on the day of the event. You must buy your ticket in advance via the phone. Your leader can take 4 carpoolers. Bring a valid driver's license with you on day of tour. For reservations that require wheelchair access, please contact us directly to register as availability is limited. For more information about the tour visit their website at <http://www.livermorewinetrolley.com/tour/>

Woodminster Open Air Theater

Join Jon Heinson for the dress rehearsal of **Beauty and the Beast** on August 31. See write up in Upcoming Events. BE SURE TO BRING WARM CLOTHES AND BLANKETS. Call me if you plan on joining me. (925) 899-2953

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**.