

# **Lafayette Hiking Group**

## **Spring 2019**

*Meetings places and times listed with each hike. We walk, take BART or form carpools to the trailhead. Bring lunch or snacks, water, layered clothing, good walking shoes, sun protection and money for transit or to contribute toward gas, bridge tolls and parking. (\$3 local, more if further).*

### **Saturday, March 30, Inspiration Point**

*Meet in the BART parking lot outside the main entrance at 8:30 a.m.*

Walk Nimitz Way atop Tilden Park. Weather permitting enjoy great views of San Francisco Bay, the green hills of Contra Costa and Mount Diablo. Mostly paved, some gravel depending on far we go.

*Moderate 4 - 5 miles. Leader: Alison Hill*

### **Wednesday, April 17, Castle Rock State Park**

*Meet in the parking lot at the corner of Pleasant Hill Road & Olympic Blvd at 9 a.m.*

Enjoy sandstone outcroppings and a fantastic view of the “castles” on this hike. We may even catch a glimpse of peregrine falcons soaring high above Pine Canyon. The hike follows the Castle Rock trail.

There will be some creek crossings, so you may wish to bring a change of shoes.

*Moderate with hills, about 3 - 4 miles. Leader: Jennifer Russell*

### **Wednesday, May 1, Mitchell Canyon, Mount Diablo**

*Meet in the parking lot at the corner of Pleasant Hill Road & Olympic Blvd at 9 a.m.*

This is a great area for wildflowers. We will head up Mitchell Canyon, enjoying spring wildflowers and returning on the Globe Lily Trail which should be lined with these beautiful spring flowers which are endemic to Mount Diablo.

*Moderate to strenuous, some hills, about 4 miles. Leader: Alison Hill and Jennifer Russell*

### **Saturday, May 18, San Francisco 7 central peaks**

*We will meet inside the Lafayette BART station at 8:30 a.m. and take BART into San Francisco, so bring your Clipper card or ticket money. Also bring water and food, as apart from Castro Street the hike does not go close to stores and restaurants.*

We will start and finish our loop hike in the Castro district, and visit 7 central peaks, the most significant being Buena Vista Park and Twin Peaks. Weather cooperating we will see some spectacular views of San Francisco and a variety of neighborhoods. Some of the hike is on city streets, but some is on steep and rocky slopes. Please wear shoes with good tread, and bring hiking sticks if you use them.

*Moderate with some steep hills, 5 miles. Leaders Marilyn Evans and Alison Hill*

### **Wednesday, May 29, Lafayette Ridge Loop**

*Meet on Sierra Vista Drive near Sessions Road – check parking signs – at 9 a.m.*

Discover some of Lafayette’s local trails which take you from downtown to the Lafayette Ridge and back. Enjoy great views of Lafayette, Mount Diablo and Contra Costa County. We will go along Deerhill Road and up the Elizabeth Street Trail to the Ridge Trail, then down the Petar Jakovina Trail.

*Strenuous, steep with stairs, hiking sticks helpful, 4 miles. Leader: Alison Hill*

Questions? Email [LafayetteHiking@comcast.net](mailto:LafayetteHiking@comcast.net)