

## Long Walk – Orinda BART to Rockridge BART - Oct 6, 2012 (Mary Lynch)

- Orinda BART – start time 9:00 a.m. (There are restrooms in Orinda BART before you exit through the turnstyle.)
- Exit BART station and turn right over the pedestrian walk, under the route 24 overpass, then a right onto another pedestrian walk to Orinda Way.
- Walk ½ mile on Orinda Way, then left on Camino Sobrante.
- Walk one block and cross Camino Pablo at the traffic light.
- Walk single-file in the bike lane for 1/3 mi, arriving at the de Laveaga trail head.
- Ascend the de Laveaga Trail for several miles, and bear right at the junction with the Ridge Trail to the Steam Trains.
- **[Water and restrooms available at the Steam Trains]**
- Follow Volmer Peak Trail for .10 mi and go left at the trail intersection.
- Cross South Park Drive to pick up Grizzly Peak Trail.
- Follow Grizzly Peak Trail for 1.5 mi. to Golf Course Rd. Turn left at Golf Course Rd. to intersection with Grizzly Peak Blvd.
- Walk on the shoulder (east side) of Grizzly Peak Blvd. for a short distance before crossing Grizzly Peak Blvd. to the Space Sciences and Math Sciences buildings.
- **[Lunch stop at Math Sciences Courtyard]** For some, this will be a bail out point. They may walk down the steps to the Lawrence Hall of Science for the AC Transit bus #65 to Downtown Berkeley BART.
- Walk on fire trail (fairly flat and wide) to Panoramic Way at the sundial. (There is ONE fork on this trail... take the right fork)
- At the sundial, walk out on the paved Panoramic Way and continue for a few blocks to the top of Arden Path.
- Right on Arden Path and continue down on Arden Steps.
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- Left then right on Mosswood Lane.
- Right on Orchard Lane.
- Right on Panoramic Way around the corner to Prospect St. This is a possible bail out point. They can walk down Bancroft Steps and down Bancroft Ave. to Downtown Berkeley BART.
- Follow Prospect St. south.
- Left on Hillside Ave. and left on Dwight Way.
- Right on Sport Lane into Clark Kerr Campus.
- **[Water and Restroom stop at the Golden Bear Rec Center. Refreshments at the bbq across the street]**

from the Rec Center]

- Right on Southwest Place, through a path to Derby St.
- Cross Derby St. at the traffic light at Claremont Blvd.
- South on Claremont Blvd., through Monkey Island Park, south on Oak Knoll Terrace and Oak Knoll Path.
- Left on Russell St.
- Right on Domingo Ave. and across Ashby Ave.
- Left on Oakridge Path E
- Right on Oakridge Rd.
- Right on Oakridge Steps
- Right on Camino Real
- Left on The Cutoff
- Left on Parkside Drive
- Walk through the small park and cross to the south side of The Uplands and turn right
- Left on The Crossways
- Right on Hillcrest Rd.
- Left on South Crossways
- Right on Chabolyn Terrace
- Right on Chabot Rd.
- Left on College for a few blocks to Rockridge BART – approx end time 3:00 p.m.