

## BPWA at BAHA

Watch for our booth at the Berkeley Architectural Heritage Association Spring House Tour, "Benvenue and Hillegass," on Sunday, May 4, from 1 to 5 PM.

### BPWA Guided Walks

Unless otherwise noted walks begin at 10 AM, rain or shine and last 2-3 hours. They are free and open to all.

### Saturday Walks

**April 19 - Carquinez Bridge/Crockett Walk - Paul Grunland**

**RSVP to Keith Skinner 510 528 3246**

**[keithskinner.public@gmail.com](mailto:keithskinner.public@gmail.com)**

On a reprise of a popular Wed. walk, we will cross the new Carquinez Bridge on the pedestrian path, enjoying sweeping Bay views. On the other side, we'll explore the informal paths of quaint Crockett. Because the paths are narrow, this walk is limited to 20. RSVP for meeting place and start time.

**May 10 - Hidden Gems of Berkeley**  
**Co-Sponsored by Berkeley Partners for Parks (BPFP) 510 848 9358**

Visit BPFP projects related to the old Santa Fe rail route on this level walk with many stops. New "gems" include a volunteer-built park, a playground transformed by young artists, and native plantings. Meet at the observation railing on Codornices Creek on the Ohlone Greenway, opposite 1200 Masonic, near Santa Fe Ave. We'll end in Strawberry Creek Park with a bring-your-own picnic.

**June 7 - Northside Gardens**  
**Colleen Neff & Sandy Friedland**  
**[colleenneff@earthlink.net](mailto:colleenneff@earthlink.net)**  
**[ssf@comcast.net](mailto:ssf@comcast.net)**

This hilly walk with some steep steps will take us to gardens — large and small, native and exotic, formal and wild — in all their June glory. Meet at the Rose Garden sign on Euclid Ave. No dogs, please.

*Wednesday Walks and Special Evening Walk - Page 2*

# Berkeley's PATHS

Vol. 11 No. 1

Berkeley Path Wanderers Association

Spring 2008

## Mending a Heart by Walking the Paths

— Sandy Friedland

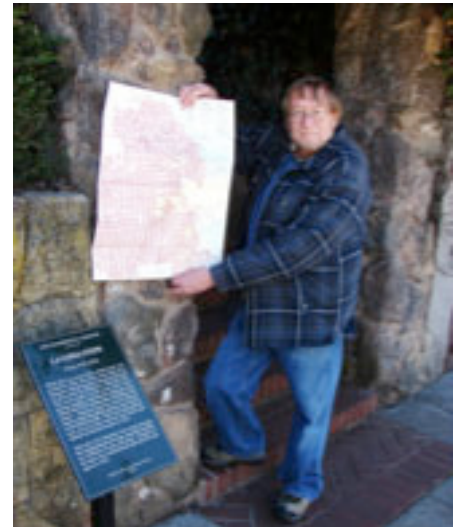
When Andy Datlen retired in May of 2004, walking just two blocks left him gasping. He had recently recovered from several life-threatening illnesses and had a new heart valve, but he still had asthma and an erratic heart rhythm. "I knew if I didn't kick back, relax, and get as fit as possible, I'd soon be dead," Andy recalls. So the former director of computer systems development for EBMUD and dedicated non-exerciser set out "to smell every rose in Berkeley."

Last month, just shy of his 65th birthday, Andy completed that only slightly metaphorical goal: He finished walking every street and path in the city. "Actually, I probably walked 150 percent of the city," Andy says, "because of the unavoidable backtracking."

It wasn't easy. Using a pedometer to clock his distance, he took several weeks to work up to a mile. After two months, he could do four miles on flat terrain. Even though his pace was - and still is - slow, he began to feel better than he had in years. "Walking has been such a tonic for my heart," says Andy, who also used the time on his feet to exercise his brain by learning French from CDs on his Walkman.

He tackled West Berkeley first, walking from his home near San Pablo Park to the start of each route. After he had finished about half the city, he read an article about Berkeley Path Wanderers and ordered a copy of BPWA's *Berkeley's Pathways* map.

Andy marked off the streets he had completed, and began scanning and enlarging the section he planned to cover on each walk. As his routes got farther from home, he drove to the starts. Once



*Andy Datlen with his filled-in BPWA map*

the map was two-thirds filled in, Andy headed for the hills and began tackling the steepest paths.

"I would do the uphill parts first while I was fresh," he says, adding that in hilly areas, he could manage only two miles. Maryland Path was especially difficult. "I sat down at the top panting and looked out at the gorgeous Bay view. I thought, if I die, so what? This is a nice place to go!"

On Andy's favorites list are strolling along Wildcat Canyon Road, Grizzly Peak Blvd, and the streets between them. He also enjoyed exploring the Thousand Oaks neighborhood because of all the boulders punctuating the landscape. Wilson Walk, "the most difficult to find," was his final path.

These days Andy is on a new quest: to walk every street and path in Berkeley that parallels or crosses the Hayward fault and photograph evidence of

*Continued on Page 3*

## **First Wednesday Walks**

**April 2 — Pt. Richmond Walk**  
**Susan Schwartz 510 848 9358**  
**fscreeks@aol.com**

Explore Pt. Richmond's quaint and curious architecture, hillside staircases, and spectacular waterfront viewpoints. Meet at the statue in the triangle bordered by E. Richmond, Park Place, and Washington Ave, in the business center. Wear comfortable shoes; dress for all weather; bring water. Optional no-host lunch at local restaurant follows walk.

**May 7 — Recently Completed Paths**  
**Jacque Ensign, Pat DeVito 510 524 4715**  
**jacqueensign@earthlink.net**

Accompany two of the founders of BPWA and path-builder Charlie Bowen on a survey of paths built over the past ten years. Jacque and Pat will provide a history of our current path map and how the path-building program began. This walk begins at the Berkeley Rose Garden, climbs up to Grizzly Peak, and returns via different paths. The route includes steep sections, but the pace will be moderate.

**June 4 — Architecture Walk**  
**Rodney Wong**

Details to follow in our monthly e-newsletter and on our website, [www.berkeleypaths.org](http://www.berkeleypaths.org)

## **Evening Walk**

**Monday, June 2 — Tour of Recent Trail Plantings** (In conjunction with **Friends of Five Creeks**) 510 848 9358  
**fscreeks@aol.com**

Join us for a sunset walk in the upper Codornices watershed to tour new and old paths and our recent trail plantings of natives on what will eventually be an interpretive route. Meeting place and time to be announced on our website and monthly e-newsletter.

## **BPWA Volunteer Opportunities**

**Work in Booth** - [lbrad5501@sbcglobal.net](mailto:lbrad5501@sbcglobal.net)  
**Build Paths** - [charlie\\_paths@comcast.net](mailto:charlie_paths@comcast.net)  
**Plan / Lead Walks** -  
[keithskinner.public@gmail.com](mailto:keithskinner.public@gmail.com)  
**Spruce up a Path** - [colleenneff@earthlink.net](mailto:colleenneff@earthlink.net)

## **BPWA Board Meetings**

The BPWA Board meets on the third Thursday of each month (except in September and December) at Music Sources, 1000 The Alameda (at Marin). Observers are welcome. Please enter via the side door at 1842 Marin Ave.

## *Meet the Paths:*

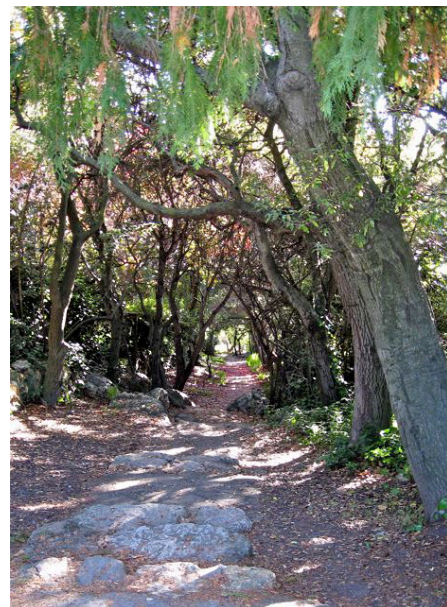
# *Indian Trail* — Colleen Neff

One of my favorite Berkeley paths is probably the oldest. Indian Trail, in the Thousand Oaks neighborhood of North Berkeley, supposedly was worn into the hillside by the Native Americans who roamed the rock-strewn hills thousands of years ago. The top faces Great Stoneface Park, where San Fernando Ave. meets Yosemite Road.

I recommend first walking down this rustic path. Before you begin, savor the view. Two large pine trees flank the entrance, and even though there are houses on either side, you feel like you are heading into the woods with a high canopy of branches overhead. An old rock wall runs parallel to the path on the right as you meander along. Halfway down the trail, the path curves to the left, around a large rock ledge that actually is the roof of a small cave visible from below. More stone steps take you around several protruding rocks. The wall will be on your right now and covered with ivy.

At the bottom, as you emerge onto The Alameda, a graceful six-foot-tall stone urn stands on your right. It is the last of more than 20 that once graced the paths and main intersections of Thousand Oaks. On the other side of the hedge on your left, look for a much smaller reproduction. What happened to the missing large urns is the stuff of legend: Some say they were tipped over and rolled down the hills. The Thousand Oaks Neighborhood Association is raising money for five replicas. They hope to return one to the top of the path.

It is well worth reversing your route to enjoy the path from the opposite direction. As you climb back, note the rock-strewn yards and the stately houses on either side, and pause halfway up to look inside the shallow cave.



When you reach the top, you can take a stroll to see some of the other historic houses and gardens nearby, many of which include huge rhyolite boulders. Of special note is the turn-of-the-century, chalet-style brown shingled house at 1865 Yosemite. The original owner was Mark Daniels, a writer and the landscape architect and civil engineer for John Hopkins Spring, the developer of Thousand Oaks.

If you cross Yosemite, you can explore Great Stoneface Park. From the path that hugs its south side, peer into one of the finer gardens in the area. At the top of the park, turn right onto Thousand Oaks Blvd. At 1936 is Villa della Rocca (1912), which John Hudson Thomas designed and at 1937 is a 1915 house with no right angles, designed by Julia Morgan.

From here you can continue south on Yosemite to Frederick Park and the two-part Yosemite Steps which will return you to The Alameda. From there, you can turn right and head north to the double El Paseo Path. Or continue to the end of The Alameda to Vincente Walk which runs down to the north end of Vincente Ave. At its intersection with Visalia Ave. just to the south, you will find Visalia Steps, the canted path pictured on the cover of the new BPWA Berkeley's Pathways map.

# Take the AC Transit 65 to Explore Our New Paths

— Charlie Bowen



When you take a walk, you usually start and end at the same point. A loop walk is certainly pleasant, but both the number of paths and the distance you can cover are limited. However, if you use the AC Transit bus lines creatively, you can do longer one-way walks and also explore different parts of town. As a bonus, you can take the bus uphill to avoid some of the longest, steepest slogs, enabling you to create a walk with your preferred mix of hilly and level terrain. You can even include a stop at a café or bakery.

A great line for exploring many of our paths is the 65, which runs from downtown Berkeley into the hills every 30 minutes. It skirts the campus on Hearst Ave, turns north onto Euclid Ave, and runs all the way up to turn south on Grizzly Peak Blvd, where it passes Lawrence Hall of Science. You can get off at various stops on Euclid and take paths up or down. But, because I'm in charge of path building, I recommend going to Griz-

zly Peak and getting off at one of these stops near the newest paths:

- **Latham Lane.** Go down Poppy Path to Remillard Park, then choose either Pinnacle Path with its fabulous pottery mosaic dragon or Keeler Path, aka "the wildest path in Berkeley." Then aim for path #50 (really Upper El Mirador), which has no sign yet.

- **Muir Way and Stevenson Ave.** Either go down Anne Brower Path and continue to the brand new Whitaker Path (no signs yet). Or walk south a bit to Stoddard Path, and then go down the two Stevenson Paths. Finally, head down Covert Path and appreciate the new native plants near the top. Stop at the bench under the redwoods, and plan the rest of your walk.

- **Arcade Ave.** Take Arcade down to the top of three-part Glendale Path. Note the variety of native plants added last winter.

Among other lines that reach our paths in different neighborhoods are the 7 and 67. Check [www.actransit.org](http://www.actransit.org) for the all AC routes and schedules.

Don't forget your BPWA map and exact change!

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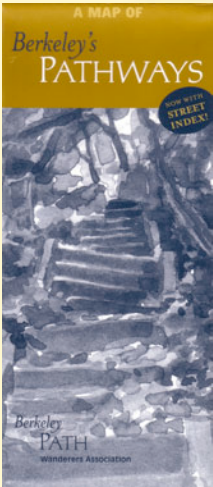
## Heart Mending (from Page 1)

"creep." He has become an earthquake buff, reciting facts about plate tectonics and previous earthquakes and offering tips on preparing for "the big one." Thanks to his computer skills, he has merged maps of the fault with satellite views of the city to create a new, highly detailed walking map with an ominous red line running under and between houses, through parks, and along streets.

"In retrospect, the most interesting paths — Santa Barbara Path, Chester Lane, Easter Way, Oak St. Path, Rose Walk, Hilgard Path, and La Vereda Steps — were near or across the fault," he said on a recent morning after inspecting La Loma Path. "They reveal the geomorphology of the land, the twisted and tortuous remnants of earthquakes of the past."

To read about Andy's walks, follow his progress along the Hayward Fault, and find informative links, visit his blog (<http://walkingthefault.wordpress.com/>).

**BPWA Map**



*This attractive and accurate map shows all the 135+ paths of Berkeley as well as all the streets. It is printed on sturdy, water resistant paper and is only \$6.95. To order see our web site. The map is a wonderful gift for anyone who plans to drive, bike, or hike in Berkeley.*

Household memberships in the BPWA are \$5.00 and cover one calendar year. If you can give more, please consider a donation. Benefits include a newsletter and other BPWA mailings and emails. You can join or donate by sending a check, payable to BPWA along with the form, to:

BPWA  
1442-A Walnut Street - #269  
Berkeley, CA 94709

## BPWA Membership/Donation Form

Please print clearly

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Telephone Number (optional) \_\_\_\_\_

I am enclosing \$5 for membership  new  renewal

I am also enclosing a donation of \_\_\_\_\_

# Berkeley Path Wanderers Association

Spring 2008

Dedicated to the creation, preservation, and restoration of public paths, steps, and walkways in Berkeley for the use and enjoyment of all.

*The Berkeley Path Wanderers Association, an affiliate of Berkeley Partners for Parks, is a volunteer group of community members who have come together to increase public awareness of the City of Berkeley's pathways. Our activities include guided path walks, the mapping of Berkeley's path network, the building of paths that are proposed, and the restoration of those that need maintenance.*



*This giant urn marks the bottom of Indian Trail (See page 2).*

**Berkeley Path Wanderers Association**  
1442-A Walnut St. #269  
Berkeley, CA 94709

[www.berkeleypaths.org](http://www.berkeleypaths.org)

## **Board Members**

LORI KOHLSTAEDT, president  
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JEN ENGLISH, walks  
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WILL SCHIEBER, web master  
MARILYN SIEGEL, secretary/internal events  
KEITH SKINNER, walk coordinator  
JERRY WACHTEL, image librarian/archivist  
BARBARA WEST, nominating committee chair