





BPWA Walks

Guided walks take place rain or shine and last 2-3 hours unless otherwise noted. Self-guided walks have no leader, just a starting location and a suggested route. Check www.berkeleypaths.org for these routes and/or any last minute changes for any walk. People without internet access can call 510 520-3876. Walks are divided into four types:

-  Theme
-  Friendly
-  Power
-  Self Guided

October 4, Sunday - 1:30 PM - *Informal*

Colleen Neff will lead a one-way walk from the Path Wanderers booth at the Spice of Life Festival on Shattuck Ave in North Berkeley to Cragmont Rock Park for the dance and poetry performances (2:30 to 4 pm by PACES, a dance/poetry collaborative performing company).

October 7, Wednesday - *Paths, Creeks & History-10:00 AM [No Leader]*

Contact Keith Skinner at keithskinner.public@gmail.com - 510-520-3876
Meeting Place: In front of Live Oak Park Recreation Center - 1301 Shattuck Ave
Transit: AC #18 bus

A walk in the Upper Codornices and Schoolhouse watersheds. Read Susan Schwartz's excellent summary of the history of this area and follow her route. www.berkeleypaths.org/walkhandouts/walk_Codornices.htm

October 17, Saturday - *Panoramic Hill Walk - 10:00 AM*

Ron Sipherd. Contact Keith Skinner at keithskinner.public@gmail.com 510-520-3876
Meeting Place: Foot of Panoramic at south end of the football stadium. Transit: AC #52L, #7 & #51 buses

An insider's look at this unusual neighborhood with steep steps and hills. Moderate pace. Allow ten minutes to park. Rain cancels. Preview this walk at: www.well.com/~ronks/pix/panowalk/

October 22, Thursday - *Founder's Walk - 10:00 AM*

Pat DeVito. Contact Keith Skinner at keithskinner.public@gmail.com 510-520-3876
Meeting Place: Berkeley Rose Garden - near sign. Transit: AC #67 & #65 buses

Join a BPWA co-founder on a brisk tour of her favorite paths. Includes some steep uphill and brief rest stops. Walk starts promptly at 10 and lasts 2.5 hours, so avoid two-hour parking spots around the park.

9/11 National Day of Service

Service on the paths, September 11, 10 AM-noon. Meet at Virginia Gardens, at the corner of Virginia and West Street for a morning of weeding the Santa Fe Right of Way. Bring-weeding tools, gloves, and drinks. Contact Lori Kohlstaedt at info@berkeleypaths.org
Transit: Short walk from North Berkeley BART, AC #19 & #72 buses

Berkeley's PATHS

Vol. 12 No. 3

Berkeley Path Wanderers Association

Autumn 2009

Wild Cats at BPWA Annual Meeting! — Jaz Zaitlin

Do wildcats roam Wildcat Canyon? Are the mountain-lion warning signs at trailheads of some East Bay Regional Parks for real? Can big cats actually turn up in suburbia?

Zara McDonald, founder and director of the Felidae Conservation Fund, will have the answers at BPWA's Annual Meeting on Thursday, October 1, at the Berkeley Hillside Club, 2286 Cedar St. A brief business meeting and election of board members will precede the keynote talk. It all begins at 7 p.m.

Ms. McDonald will introduce the Bay Area Puma Project (BAPP), the first comprehensive study of pumas in this part of California. Also known as mountain lions or cougars, pumas are secretive and elusive animals that usually avoid humans. But rapid land development that fragments their habitat and closes off their movement corridors brings them increasingly into conflict with humans. Researchers hope to learn where these cats live, what their range and dietary needs are, and how to minimize their conflicts with humans.

BAPP is monitoring seven adults and three kittens in the Santa Cruz Mountains and plans to expand to the East Bay and North Bay. Special GPS/accelerometer collars provide detailed information on the cats' movements. New data on the pumas' physiology and activities are revealing how environmental stresses alter their normal behavior.

Ms. McDonald first saw tigers in the wild while studying yoga in India, but her interest in wild cats was piqued after she encountered mountain lions twice while running in the Marin Headlands. She started the first company to produce wrist-

mounted GPS devices and co-founded a venture capital firm that focuses on "green" startups.

In 2006, Ms. McDonald founded the Felidae Conservation Fund. (Felidae is the biological family that includes felids, ranging from house



cats to tigers.) The Tiburon-based nonprofit is dedicated to preserving wild cats and their habitats world wide. The organization works on research and conservation projects, collaborates with scientists and other environmental organizations, and develops outreach and education programs.

BPWA's Annual Meeting is free and open to the public, and light refreshments will be served. Berkeley's Pathways map, which now includes specially designated bicycle boulevards, will be on sale, as will BPWA note cards featuring watercolors of four picturesque paths. Local artist Marlina Rinzen will display her paintings of Berkeley paths.

Walks Continued

November 4, Wednesday - Emeryville Public Art - 10:00 AM [No Leader]

Contact Keith Skinner at keithskinner.public@gmail.com - 510-520-3876
Meeting Place: Ruby's Cafe - Hollis & 63rd
Transit: Emery-Go-Round Shuttle from MacArthur BART or AC #18 bus
Discover the wealth of public art in Emeryville by following this route: www.berkeleypaths.org/walkhandouts/walk_Emeryvilleart.htm This walk is flat.

November 7, Saturday - Fruitvale Walk - 10:00 AM

Susan Schwartz, Friends of Five Creeks at f5creeks@aol.com 520 848 9358

Meeting Place: Fruitvale BART station
Transit: Richmond/Fremont BART line

Discover a bit of Central America in this neighborhood of colorful shops, charming streets with early 1900's houses, and small parks. Get a glimpse of Peralta Creek and the historic Peralta mansion.

Optional lunch at local Latin restaurant.

November 18, Wednesday - Savoring the Moment - 10:00 AM

Barbara Robben. Contact Keith Skinner at keithskinner.public@gmail.com 510-520-3876
Meeting Place: Live Oak Park Arts Center
Transit: AC buses #67, #7, #9, and #18

The focus of this low-impact walk is to take time to smell the roses, observe the small things around you, and enjoy each other's company. Short distance and leisurely pace.

December 2, Wednesday - Northbrae Paths & Rock Parks - 10:00 AM [No Leader]

Contact Keith Skinner at keithskinner.public@gmail.com 510-520-3876
Meeting Place: Corner Santa Barbara and Spruce
Transit: AC buses #67, #19, #9, and #18
Follow Pat DeVito's May 1999 walk and enjoy her short history of the Northbrae neighborhood. You'll find the route here: www.berkeleypaths.org/walkhandouts/walk_Northbrae.htm.

December 6, Sunday - Ft. Winfield Scott and the Presidio - 11:00 AM

Keith Skinner. Contact Keith Skinner at keithskinner.public@gmail.com 510-520-3876
Meeting Place: Barnard Hall, 1330 Kobbe Ave., San Francisco (email/call for directions)
Transit: BART, Muni #28 and #29, and PresidioGo Shuttle (email/call for details)
Follow Adah Bakalinsky's route from *Stairway Walks in San Francisco* to explore this lovely historic part of the Presidio. Many interesting side trips are nearby, so come prepared to spend the day.

December 17, Thursday - StairMaster™ Without the Gym - 10:00 AM

Collen Neff. Contact Keith Skinner at keithskinner.public@gmail.com 510-520-3876
Meeting Place: Walnut St. adjacent to the Berryman Path

A vigorous pre-holiday calorie burner. Fast paced with a lot of steps and great views. Includes the newly opened Northgate Path.

Path Parties: A Change of Pace — Sandy Friedland

Berkeley's paths provide handy short-cuts, stunning vistas, heart-pumping exercise, and a way to reduce your carbon footprint. And one more thing: You can party on them. BPWA has learned of path lovers who have used the paths to celebrate events, raise money, and entertain children.

For example, when Deb Trillia hit fifty in 2007, she marked the occasion by inviting 25 friends and relatives to take a path walk on a Sunday afternoon. She gave out copies of a route that started at her house on Yolo Ave, just off The Alameda, and included five paths and lots of scenic streets. To make the afternoon more interesting, she incorporated a scavenger-hunt-like quiz. Her questions ranged from "What is above the mail box at #3 Oak Path?" to "How many steps run between Scenic Ave. and Hawthorn Terrace?"

"I told everyone to have fun, be careful crossing streets, and enjoy the views," said Deb, who moved to Berkeley from walker-friendly England in 1983. "People were thrilled with the walk. Many of them called it eye opening."

At the end of the walk, Deb went over the answers with pictures she had taken before the party. While people were enjoying sushi, tea, and cookies, she gave out another quiz with questions about the year she was born and some local history, including "Where was Maybeck's first house?" and "For whom is the city of Berkeley named?" She gave BPWA's Berkeley's Pathways map as prizes.

Last spring, BPWA Vice President Colleen Neff found a clever way to raise money for the Berkeley Montessori School, where her younger son was a student. She sold ten tickets for \$30 each to what she billed as a Path Picnic. When the day arrived, she greeted participants with goody bags filled with a BPWA map, trail mix, bottled water, and a Band-Aid. Starting at her house on Shattuck, her route featured 12 paths, which varied in length from three-part Easter Path to the aptly named Short Cut.

Colleen planned frequent eating stops featuring food from some of Berkeley's notable restaurants and bakeries. At Cragmont Rock Park, for instance, she



Deb Trillia and mailbox at #3 Oak St. Path

served cupcakes from Love at First Bite and cider from the North Berkeley Farmer's market. At Codornices Park, she served crackers and Cheeseboard cheese. When the group descended back to Shattuck, they enjoyed French macarons at Masse's and crispy potato puffs from Gregoire.

Even before BPWA formed and published Berkeley's first path map, residents recognized the potential of using the paths for events. The Berkwood Hedge School, a private elementary school, held annual fundraisers called "400 Steps" from 1994-1996. Local architects, historians, and horticulturists led groups of 15-20 participants along a carefully planned route, leaving at staggered times. Everyone got a detailed guidebook that noted significant houses and other points of interest. Each year focused on a different neighborhood.

This writer has developed a children's scavenger hunt in the Claremont-Uplands neighborhood that features a flight of stairs that go nowhere next to the lower part of the Footway, a serpent doorbell on a house on Park Path, a green door with no house just above Claremont Path, and whimsical art near upper Oakridge Path.

BPWA would like to post information on our website about the ways people have used the paths for parties. E-mail your ideas to info@berkeleypaths.org.

BPWA Board Meetings

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

Meet the Paths:

Steep Northgate is a Work in Progress

— Colleen Neff

Forget about the StairMaster™ at the gym. Soon you'll be able to work out on the 200+ steps of Northgate Path. BPWA volunteers have been hard at work on it since April. It is by far the steepest, most technically challenging path we have tackled. When completed, Northgate will connect Shasta Road with Northgate Ave near Glendale-LaLoma Park.

Charlie Bowen, BPWA path-building leader, got more requests for Northgate Path to be developed than for any other unfinished path. Neighbors wanted a shortcut down to Rose Walk and to shops and buses. Fitness walkers wanted a connection from Tamalpais Path to the three-part Glendale Path stairs, so they could head up to Atlas Path and onto the Selby Trail in Tilden.

Charlie and her second-in-command, Steve Glaeser, pondered how to tackle Northgate. The just-completed lower section of Covert Path gave their crew a chance to hone their skills on steep terrain. However, the slope was not their only problem. Two fences cut across the path, and a guardrail blocked access to its top.

When the time was right, BPWA paid a surveyor to mark the boundaries of the ten-foot wide, city-owned right of way. Because the steps BPWA uses are only three feet wide, Charlie and Steve had some leeway in designing the path. They carefully planned Northgate's course, avoiding some landscaping near the top. Neighbors cooperated with BPWA to remove the fences. We will work with the city to open the guardrail.

With its 100-foot elevation gain, Northgate leaves no room for error. Every fifty-pound step must be placed perfectly. The top of each is 6" higher than the last (the rise), and its leading edge must be 13" from the front of the next (the run). Charlie checks to make sure every step is level and in the right spot before volunteers fix it with rebar.

Thanks to late rains, the soil on Northgate was perfect for construction to start in April. By June, neighbors provided water so work could continue. Two Boy Scouts, Rob Loebel and Huntly Morrison, also have been invaluable on Northgate Path. Both boys came to work parties on the path and consulted with Charlie as they planned their projects, so they were prepared for problems that



Delivering new steps is no easy task!

can arise when installing steps. They trained their peers to help install 25 steps each for the community service and leadership requirements for their Eagle Scout rank.

Proceeds from BPWA dues, maps, and donations will cover the \$3,800 cost of supplies and the survey for Northgate Path. But only our volunteers' hard work is making this dream come true for everyone who loves to climb high into the Berkeley Hills. Northgate Path should be done in November.

If you want to help complete Northgate Path or any others, e-mail Charlie Bowen (charlie_paths@comcast.net).



Charlie Bowen (left) checks the position of a new step.

Tax-deductible 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 online at www.berkeleypaths.org or by sending this form and a check, payable to our fiscal parent BPPF (Berkeley Partners for Parks) to:

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

BPWA Membership/Donation

Name _____

Address _____

E-mail _____

Telephone Number (optional) _____

I am enclosing \$5 for membership new renewal

I am also enclosing a donation of _____ (Please make checks to BPPF)

Berkeley Path Wanderers Association

Autumn 2009

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.

Do you know where in Berkeley you can find this cool skeleton playing his saxophone? Tell us where it is and win a BPWA map and a mention in our newsletter. Email your answer to ColleenNeff@earthlink.net or send it to the Path Wanderers address below, Attn: Colleen Neff



We will choose a winner at random from the correct answers.

The metal sculpture of a giraffe that was pictured in our last issue stands on the north side of Russell St. near the bottom of Oak Knoll Path.

Look for the BPWA booth at the The Solano Stroll, Sept. 13 on Solano Avenue in Berkeley/Albany and at the Spice of Life festival, Oct. 4 on Shattuck Ave. in North Berkeley.

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

www.berkeleypaths.org

Board Members

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GLEN LINDWALL, newsletter editor
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KEITH SKINNER, walk coordinator
JAZ ZAITLIN, internal events coordinator, e-newsletter

Attention '09 Members:

Avoid the year-end crunch and renew your membership now for 2010! You can renew online or send in the form on page three with a check made out to our fiscal parent BPPF.