

# Berkeley's PATHS

Vol. 18, No. 2

Berkeley Path Wanderers Association

Summer 2015

## BPWA's 12<sup>th</sup> Annual Path-a-thon Saturday, July 11: Three Walks, Three Levels, Three Leaders; One Picnic

Once a year, we celebrate Berkeley's path system by walking paths in one part of town. We offer three routes, starting at staggered times. They range from a stroll to a heart-thumping power walk.

Saturday, July 11, the walks will leave from Great Stoneface Park (1930 Thousand Oaks Blvd.) and end there about 11:45 with a BYO picnic. We'll supply lemonade and cake.

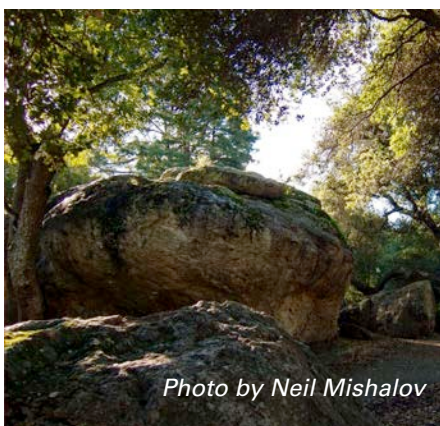


Photo by Neil Mishalov

**All three walks begin and end in Great Stoneface Park.**

Our pop-up store will be open all morning, offering BPWA maps, clothing, totebags, and more.

Kay Englund will lead **Power Up to the Rock Parks**, the most difficult of the three walks. Starting at 9:45, you'll climb 11 stair paths and visit all seven of North Berkeley's rock parks. This two-hour adventure will cover about four miles. Expect some uneven footing, steep runs of steps, and a good cardio workout. Your reward will be the beautiful vistas you'll enjoy from these unusual parks.



Photo by Heather Schooler

**On the second walk, you may want to hang a wish on this whimsical tree.**

Our moderately paced walk, **Not So Hidden Treasures**, leaves at 10:15 and will be led by Heather Schooler and Steve Barr. They'll take you past houses by some of Berkeley's noted architects, the make-a-wish tree, Contra Costa Rock Park, and the poetry wall. You'll enjoy sweeping views of the Bay and Mt. Tam and cross two creeks. This route includes some gently sloping paths and steep, oak-canopied stairways.

At 10:30, Jacque Ensign will lead **Stroll 'n Chat with a BPWA Founder**, a one-hour easy walk. You'll meander through the hills; take Tunbridge and Mendocino Paths; and visit John Hinkel, Mortar, Indian Rock, and Frederick-Mini Parks. A few surprises and a bit of history await along the way. If you'd like, bring a poem to post on the Poetry Wall. Parts of the route are uphill or have uneven surfaces, but we'll take our time.

So pack a picnic, pick your paths, and come join the fun!

### BPWA Walks

Walks proceed at 1.5 to 2 mph, last 2-3 hours unless otherwise noted, and are free and open to all. Questions about a walk? Well in advance of the date, please write us at: [walks@berkeleypaths.org](mailto:walks@berkeleypaths.org)

Weather cancellations will be posted on the morning of the walk on [berkeleypaths.org](http://berkeleypaths.org)

**Please note: Our walks have become so popular that we no longer can accommodate your dogs except on our Pooches on the Paths walks.**

### Scoop-to-Scoop Ice Cream Walk Thursday, July 2 @ 6 p.m.

**Leader:** Glen Lindwall

**Start:** Live Oak Park, (1301 Shattuck Ave @ Berryman)

Celebrate National Ice Cream Month on a 3½-mile loop that includes stops at some of Berkeley's gourmet ice cream shops: Caravaggio on Shattuck — or nearby Lush Gelato, if you prefer — and iScream on Solano. We'll melt those frozen calories by walking at a moderately brisk pace, mostly sidewalks, with some paths at the end. We'll provide free, hand-cranked ice cream at the end.

### 12th Annual Path-a-thon: 3 walks Sat, July 11 @ 9:45, 10:15, or 10:30 a.m.

**Start:** Great Stoneface Park

**See the story on this page for details.**

### Meet the Paths that We Built Wednesday, August 5 @ 6 p.m.

**Leader:** Charlie Bowen

**Start:** The fountain @ Park Gate Rd, opposite the fire station at 3000 Shasta Rd.

The leader of our volunteer path builders will take us on many of the wood-tie paths that BPWA has created in the last 15 years, including our newest: long, steep Tilden Path. The walk will be fairly strenuous as we crisscross the hills to cover as many paths as possible. Charlie will share some of the, well, ups and downs of our path-building history.

### Quaint Pt. Richmond and Miller-Knox Regional Shoreline Saturday, August 15 @ 10 a.m.

**Leader:** Colleen Neff

**Start:** In front of the Plunge (1 East Richmond Ave, Pt. Richmond)

This moderately strenuous, two-part walk will start on Pt. Richmond's charming, hilly streets with their grand Bay views, some nautical-themed architecture, and lovely gardens. Expect some stairs and uneven footing. Then we'll head down Miller-Knox Regional Shoreline for a different perspective on the Bay and plenty of shorebirds. The terrain near the water is rocky. Note to swimmers: The gorgeous Plunge opens at 8 a.m. if you want to do your laps before the walk. The nonresident fee to swim is \$6.25

***(Walks continued)***

**Pooches on the Paths  
Wednesday, Sept. 2 @ 5:30 p.m.**

**Leaders:** Figgy & Wally

**Start:** Codornices Park, 1201 Euclid Ave

Fall has gone to the dogs, literally. September is National Service Dog Month, and October is National Adopt-a-Shelter-Pet Month. We can't think of a better way to celebrate than with BPWA's favorite four-footed walk leaders. Join Figgy, a change-of-career service dog, and Wally, a rescue dog, on this two-mile exploration of the paths and parks in the North Berkeley Hills. We'll take several unpaved, rugged paths with uneven footing and climb some stairways. Whether you have a dog, love dogs, or just want to come for the famous biscuit and cookie break, we hope you'll join us.

**Third Annual Walk Every Path in a Day\*  
Sunday, Sept. 20 @ 7 a.m.**

**Start:** Marin Circle

**Leaders:** Jacob Lehmann Duke and Zeke Gerwein

Ready for a TRUE path-a-thon? Join our intrepid young hike leaders as they once again walk every path in Berkeley in one day. This 34-mile trek features cement paths, dirt paths, flat paths, sloped paths, paths with more than 200 steps, and lots of streets in between. The boys expect to finish around 9 p.m. No worries if you can't do the whole walk; they have divided their route into five segments. For more details, please see [berkeleypaths.org/guided-walks](http://berkeleypaths.org/guided-walks). *\*This is not an official BPWA walk, so we will not be staffing it. However, we support and admire the boys' dedication to the paths, their enthusiasm, and their willingness to share their adventures with others.*

**New Deal Berkeley  
Saturday, Sept. 26 @ 10 a.m.**

**Leader:** Harvey Smith

**Start:** Berkeley High (Corner of Allston Way and Milvia Street)

This history stroll is a companion to our Annual Meeting September 24<sup>th</sup>, which will feature this noted New Deal historian. (See box below.) In a two-mile route, he will highlight some of Berkeley's treasures, including Civic Center, the Post Office art, the old UC Press Building (now being repurposed as the Berkeley Art Museum and Pacific Film Archive), the old Farm Credit Building, and WPA projects on campus.

**BPWA Annual Meeting, Sept. 24<sup>th</sup>  
7 p.m., Hillside Club, (2286 Cedar St.)**

**Save the date!** Harvey Smith, author of *Berkeley and the New Deal*, will present an illustrated talk following a brief business meeting, the election of officers, and an update on path building and path maintenance. Free and open to all.

*Jonas Duke and Sophia Lehmann find hiking the Berkeley paths with Jacob, 13, and Celia, 11, an ideal family activity. Jacob and his friend Zeke Gerwein regularly lead walks for Berkeley Path Wanderers.*

*Photo by Colleen Neff*



***First Person Singular:***

**Path Walks Have Enriched Our Family Life**

*By Sophia Lehmann*

My enjoyment of walking Berkeley's paths has increased in ways I never anticipated. I grew up in Berkeley and began walking the paths as an individual pursuit. They were scenic and peaceful, providing an easy, efficient way to stay fit. What could be better? As it turned out, many things.

When my husband Jonas and I moved back to Berkeley and had children, we began exploring the paths as a family. Two-year-old Jacob would toddle up Indian Trail, stopping to explore the cave, rest, and eat a snack while baby Celia slept in a pack on my back. As the kids grew, our walks got longer and involved fewer stops at playgrounds.

Jacob, now 13, takes extended path walks on his own and also plans wonderful routes for us. One of our favorites follows paths up through North Berkeley to Lawrence Hall of Science, descends on the Fire Trail through Strawberry Canyon, and takes us home through the University. Celia, now 11, has become an eager participant in our outings and walked 15 miles last month on BPWA's Long Walk.

Our involvement with BPWA began two years ago when Jacob contacted the group after he and his friend Zeke Gerwein walked all the paths in one day. They quickly joined BPWA's crew of regular walk leaders. [See walk column on this page for information on their

third annual all-paths walk.]

Soon we all became part of an incredible community that has added a new aspect to our walking and our lives. We now attend BPWA's walks, engaging in lively conversations, hearing about the progress on new paths, and learning about the history of Berkeley and its pathways.

On the Long Walk, I spoke with a fellow hiker about how wonderful it was to see the old Nike missile site in Tilden now lush and green and the former military road that led to it now a trail.

I get this same sense of pleasure walking my favorite paths: Oak Street Path, with its leafy covering and grazing deer, only one block from Eunice; and Covert Path, with its tiny stream crossing and redwood saplings. The respite provided by walking on dirt beneath the trees still takes me by surprise and is one of the many ways the paths enrich our lives: a small oasis in a busy urban area, an antidote to the technology, cars, and concrete all around us. And, for our family, the paths offer an opportunity to be together, tell stories, meet new people, and relish nature so close to home.

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*Do you have a personal story for this occasional series? We'd love to know how Berkeley's paths have enhanced your life or your neighborhood. We can interview you, or you can write the piece yourself. Please contact us at [info@berkeleypaths.org](mailto:info@berkeleypaths.org)*



# Scouts Improve Paths While Learning To Lead

By Colleen Neff

Berkeley's pathways continue to benefit from aspiring Eagle Scouts who fulfill their public service requirements by planning a project and recruiting helpers. This year alone, three boys from local Troop 24 gave walkers much to celebrate.



Photos by Colleen Neff and Sandy Friedland

*A new step pleases Casey Hopkins.*

Casey Hopkins, 17, plus 16 helpers installed 12 new wooden steps on Keeler Path in just one day. What he remembers most about his project was the very beginning, "figuring out where to put that first step." Melissa Weaver, one of BPWA's expert path builders, taught Casey to position steps, but he found conveying those skills to others could be difficult.

"Sometimes, after spending a while on one step, volunteers got frustrated and wanted to pound in rebar even though their measurements were off," Casey recalls. "I had to remind them why it's so important to be careful and to make sure all the steps are level."

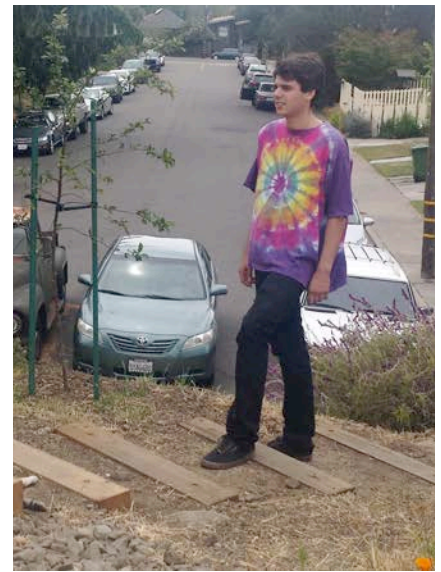


*Alfred Yoon's rye grass is thriving.*

Alfred Yoon, 15, chose to remove ivy and re-establish the native habitat on Keeler Path, the first Scout project of its kind on a path. Alfred took six months to plan his restoration but only three days to complete it with a team of 30. He sought advice from Susan Schwartz of Friends of Five Creeks, UC biologist Alan Shabel, and Steve Glaeser, BPWA's path building co-leader.

Among the rustic charms of Keeler Path, Alfred found several large woodrat lodges. "The animals should be better off now," he says.

Jeremy Saunders, 17, chose to do his project on the Santa Fe Right of Way near his home. He had noticed that people were using a



*Jeremy Saunders tries his steps.*

steep dirt path between the SFROW and Lincoln Street.

With 25 volunteers, he laid 25 steps in a day, making the shortcut safer and slowing erosion. He had mastered the art of rise and run with Steve Glaeser on Tilden Path. One of Jeremy's biggest challenges, like Casey's, was convincing others to value that precision. "Although my main job was to supervise," he says, "I also had to lead by example."

## BPWA Membership/Donation Form

*Tax-deductible household memberships are \$5.00 and cover one calendar year. Benefits include a newsletter and BPWA email updates. If you can give more, please consider a donation. Join or donate at [berkeleypaths.org](http://berkeleypaths.org) or send this form and a check, payable to our fiscal parent, Berkeley Partners for Parks, to:*

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

I am enclosing \$5 for membership  new  renewal

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

I am interested in volunteering

Please make checks payable to our fiscal parent, Berkeley Partners for Parks (BPPF)

Berkeley Path Wanderers Association  
1442-A Walnut St. #269  
Berkeley, CA 94709  
[berkeleypaths.org](http://berkeleypaths.org)

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If "Mem 14" appears by your name, please renew your membership as soon as possible, either by returning the form on page 3 or visiting: <http://berkeleypaths.org/joinrenew/>

## Berkeley Path Wanderers Association Summer 2015

*Berkeley Path Wanderers Association, an affiliate of Berkeley Partners for Parks, is dedicated to the creation, preservation, and restoration of public paths and stairways for the use and enjoyment of all. We are community volunteers who work to increase awareness of Berkeley's pathways. Our activities include guided walks, mapping Berkeley's path network, and building and maintaining paths on previously inaccessible city-owned rights-of way.*

Pick up a copy of the 7<sup>th</sup> edition of *Berkeley and Its Pathways* at these vendors:

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Photo by Jonas Duke

Tired but happy hikers await a train back to Berkeley at the El Cerrito Del Norte BART station, the end of BPWA's 5<sup>th</sup> Annual Long Walk, May 30. Our always-cheerful leader, Neil Mishalov (center in black shirt), clocked the walk at 15.5 miles with 2,300' of climbing! His route started at North Berkeley BART, wound through the Berkeley hills via lots of stair paths, traversed Tilden Park to reach the Nimetz Way. It then straddled San Pablo Ridge, descended into Wildcat Canyon to Alvarado Park, and finally followed city streets to BART. Find the details at [berkeleypaths.org/guided-walks-archives](http://berkeleypaths.org/guided-walks-archives).