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## Follow Our News



*Oakridge Path East is one of many in the Claremont-Uplands neighborhood that provide a pleasant way to get exercise on a rainy day.*

### When It Rains, Take a Path Walk!

By Sandy Friedland

When rain is forecast day after day or even for a few hours, you don't have to retreat to the treadmill to work out or regret that your favorite hiking trails are too mucky to manage. With more than 135 paths and stairways in Berkeley — most of them paved and many with dramatic vistas — you still can exercise outside, commune with nature, *and* keep your feet clean.

Of course, waterproof outerwear and shoes make wet-

## Buy Our Map



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weather walking more comfortable. But unless the wind is wild or a downpour is torrential, you often can get by with just boots and an umbrella.

Use our water-resistant [Berkeley and Its Pathways](#) map to plot your rain route. The map not only shows the named and numbered city-owned paths and others, like the ones on campus, but it also indicates the above-ground segments of local creeks. Gushing with stormwater, they add new sights and sounds to familiar territory.

Consider planning your walk to intersect [Blackberry Creek](#) in North Berkeley or the two branches of [Strawberry Creek on campus](#). Moreover, the multitiered waterfalls of [Codornices Creek](#), one off [Tamalpais Path](#) and the other above Keith Avenue just south of [Lower Covert Path](#), are both in their cascading glory this time of year.

Claremont Creek (aka Harwood Creek or the north branch of [Temescal Creek](#)) features prominently in my favorite rain walk. It's a 2-mile route in the Claremont-Uplands neighborhood that includes seven paths, among them some steep ramps and stairs without railings. [Click here for detailed directions.](#)

## Walk With Us

Join us on our terrific guided walks, which are free and open to all. Unless otherwise noted, they last 2 to 3 hours and proceed at a moderate, conversational pace. We're sorry, but we can't accommodate your dogs except on walks specified as dog friendly. Please check our [home page](#) for last-minute weather cancellations. Questions about a walk? Write [walks@berkeleypaths.org](mailto:walks@berkeleypaths.org).

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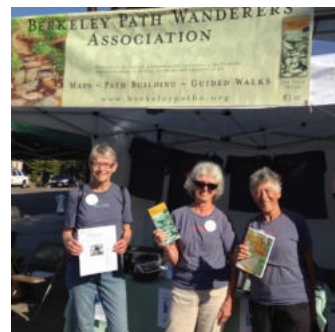
Your generosity enables us to build more paths and continue to offer our path-oriented events. [Donate now.](#)

## Shop Online



We sell Path Wanderer shirts, hats, and tote bags as well as guidebooks, posters, and note cards. [Visit our store.](#)

## Get to Know Us



Berkeley Path Wanderers Association (BPWA) is a grassroots organization of people who treasure the public pathways that crisscross our city. [Read more.](#)

## Meet Our Friends





You'll find links to many other organizations that promote walking, pedestrian safety, protecting the environment, and more on our [website](#).

*BPWA volunteers completed Tilden Path in 2015 to link Shasta Road and Grizzly Peak Boulevard.*

## **15 Years of Path-Building**

**Saturday, February 2 @ 10 a.m.**

**Leader:** Charlie Bowen

**Start:** Fountain at the corner of [Shasta Road and Park Gate](#)

Marvel at the accomplishments of our volunteer path builders on this 2-mile loop through the north Berkeley Hills. Charlie, one of our path-building co-leads, will take us on 19 of the wood-timber paths that BPWA has finished in the past 15 years. Expect lots of steps and steep uphill and downhill stretches during this 2½-hour walk. Charlie will keep up a moderate pace, stopping occasionally to share some of the highs and lows of building these paths.

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*Aeration fountains help add oxygen to Lake Merritt, to improve water quality.*

## **Lake Merritt: The Jewel of Oakland**

**Thursday, February 21 @ 10 a.m.**

**Leaders:** Sheryl Drinkwater and Susan Schwartz

**Start:** Oak Street entrance of [Oakland Museum \(1000 Oak Street\)](#)

On this easy, mostly level 3.2-mile loop around Lake Merritt, we'll see wintering birds and elegant architecture, and hear some local history. But the main focus will be the green infrastructure that supports this watery jewel — actually a tidal lagoon — including rain gardens, native plantings, and a green roof. We'll learn how citizen stewards have adopted spots along the lake and about U-Clean-It boxes containing equipment for volunteers to clear debris from the shoreline. Susan and Sheryl, veterans of Friends of Five Creeks, will also discuss the fountains that oxygenate the lake to improve water quality, huge vortex filters that trap trash, recent restoration efforts, and the possible effects of sea-level rise.

Benches, water fountains, and restrooms are available along the route. Those who don't want to walk the full loop, which may take 2½ hours, can get the gist of the narration in the first third and then return. Consider staying for an optional lunch at the museum cafe afterward (no museum admission required). The museum will be open, however, for those who want to visit the galleries.

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*Berkeley Potter's wall in Willard Park was inspired by the ceramic-covered walls created by Antoni Gaudi in Barcelona's Parc Guell.*

## **Southeast Berkeley's Historic Willard Neighborhood**

**Saturday, March 23 @ 10 a.m.**

**Leader:** Ron Sipherd

**Start:** [Regent & Russell Streets](#)

Join in the fun on this easy and leisurely Southside tour of the [Willard neighborhood](#) and beyond. Ron, a local history expert, will share the lore and landmarks that make this area recognition-worthy. Expect some surprises, from the spot where Isadora Duncan once danced to the home of the only person known to have built a scale model of the UC campus out of potatoes. Well-behaved dogs on leashes permitted.

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*Walking with our best friends in Codornices Park, where our All-the-Parks-in-Berkeley series will be hosting a celebration upon its finale.*

## **Bidding Arf-voir to Pooches on the Paths' Park Series**

**Saturday, March 30 @ 10 a.m.**

**Leaders:** Figgy & Wally

**Start:** [Berkeley Rose Garden](#) (1200 Euclid Ave.)

After 3 years, 60 parks, and more paths than we can count, the All-the-Parks-in-Berkeley series is reaching the finish line. Join us on this last leg as we visit beloved parks in North Berkeley. We'll be in the hills, so expect some ups and downs, with a few areas of uneven terrain. The pace, however, of this approximately 3-mile walk will be leisurely to accommodate both the chatters and the sniffers. And as always, everyone is welcome with or without a furry friend. The walk will culminate with a farewell party in Codornices Park where we will bid "happy tails" to you, until we meet again ...

**Join Our Work Parties**





*Intrepid volunteers spiffed up John Muir Path.*

## **Help us Keep our Paths Clear for Emergencies Sunday, February 24 @ 11 a.m.**

Help us transform a weed-obscured path into a safe and lovely walkway. Please email [Mary Lynch](mailto:Mary.Lynch@berkeley-path-wanderers.org) if you can come to the work party, and she will send you the location. We supply refreshments and gloves and tools, but feel free to bring your own.

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