



155851-HRECREATION DEPARTMENT  
 OPEN HOUSE SENIOR CENTER (OHSC)  
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## HIKING SCHEDULE

**July, August and September, 2014  
 (RAIN CANCELS HIKE)**

**1<sup>st</sup> & 3<sup>rd</sup> Fridays of the Month, 8:30a.m.-2:30p.m**

<b>07/04</b>	National Holiday. No scheduled hike today. Enjoy the outdoors with friends.
<b>07/18</b>	Easy to moderate. Devil's Slide Trail, Pacifica. About 2.6-miles on paved surface with a moderate slope. Enjoy spectacular views with soaring birds and crashing waves below. Walk safely and leisurely on this new trail created from Highway 1. Only walkers and bikers are allowed; cars go through the newly constructed tunnel. Lunch on the benches overlooking the Pacific Ocean.
<b>08/01</b>	Easy. Castle Rock Regional Recreation Area. About 3-miles out and back along a stage road, the Castle Rock Trail and by Pine Creek. There will be two creek crossings both of which are shallow. The trails are partially paved but mostly dirt and gravel with a few easy inclines. Wear sturdy water proof shoes; poles will be useful. Picnic areas and bathroom facilities are available. A lovely park with interesting plant life and sandstone cliffs. Summer can be very warm so bring plenty of water.
<b>08/15</b>	Double hike. Redwood Park. Easy - Walk along East Ridge. Wide fire trail with beautiful views. Moderate to strenuous - A loop starting with West Ridge and ending with East Ridge Trails. Hiking poles highly recommended.
<b>09/05</b>	Easy to moderate. Pt. Pinole. About 4-miles on dirt and paved trails.
<b>09/19</b>	Easy. Stinson Beach. Walk about 4-miles on Stinson Beach towards Bolinas and back. <b>Extended HIKE return time is 3:30PM FEE:\$17.00</b>

If time permits and at the discretion of trip leader there may be  
 A coffee / drink stop on the way back to El Cerrito.

Bring lunch/snacks and water. Wear sturdy shoes and dress in layers.  
 Bring hat and sun protection. Hiking poles recommended. RAIN CANCELS.

Cost per Trip: \$12 or \$17 per Person.  
 All trips depart from Civic Center parking lot (Pomona & Moeser Lane).  
 Advance reservations required. Payment is due upon registration.