

BPWA Guided Walks

Walks begin at 10 AM, rain or shine. Allow 2-3 hours unless otherwise noted. They are free and open to all.

Saturday Walks

Jan 5 - New Waterfront Walk

Susan Schwartz 510 848-9358
f5creeks@aol.com

Meet at Shorebird Nature Center in Berkeley to explore the waterfront. Susan, the president of Friends of Five Creeks, will discuss the waterfront's past, how it's being revitalized, the effects of the recent oil spill, and new opportunities for citizen involvement. This walk is level but not suitable for wheelchairs or strollers. The center is a buff-colored building with a roofed terrace at 160 University Ave, on the south side of the street, just before it ends at the Berkeley Pier. Park across the street. AC Transit 9 stops nearby.

Feb 9 - Waterfalls of Berkeley (Co-listed with Greenbelt Alliance)

Bob Johnson rejberk@covad.net

Visit two waterfalls tucked away in the midst of the city. Climb a volcanic rock for a view. Stroll through neighborhoods of historic homes and gardens. See how creeks are incorporated in private yards. Visit and learn the histories of Live Oak Park, Indian Rock Park and Cragmont Park, where we will have lunch. It will be a five-mile walk with a 500 ft. elevation gain. Meet at the Liaison Café, NE corner of Shattuck and Hearst Aves. Bring lunch, liquids, and sturdy shoes. Walk will end at 2:30 p.m.

Mar 15 - Bay Area Ridge Trail

Morris Older 925 254-8943
morrisolder@comcast.net

This five-and-a-half-mile walk from Tilden Park to Huckleberry Botanic Regional Preserve will take us over the top of the Caldecott Tunnel and through Sibley Volcanic Regional Preserve. The route includes one rugged downhill stretch, several smaller up and down sections, and many spectacular views. Bring lunch. Meet at the Upper (overflow) parking lot by the Tilden Park Steam Trains at the intersection of Grizzly Peak Blvd and Lomas Cantadas. Before leaving, we will shuttle a few vehicles to Huckleberry to bring us back. The walk will end no later than 2:00 PM.

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Berkeley's PATHS

Vol. 10 No. 4

Berkeley Path Wanderers Association

Winter 2007-08

President's Annual Message

- Sandy Friedland

I hope that you've had a chance to explore some of our newest paths during our gentle Fall. BPWA's amazing volunteers have gotten quite expert at clearing steep hillsides and installing wooden steps in just the right places. This year our path builders, under Charlie Bowen's skilled direction, completed Poppy, Shasta, and Whitaker Paths, bringing to 23 the total number of paths that we have added to the system. Several others are underway.

We made great progress on other fronts as well in 2007. In July, we released the 4th edition of our popular Berkeley Pathways map, an easy-to-read guide to all the hidden stairways and picturesque footpaths that add to the quality of life in Berkeley. For the first time, we have included a street index, making the map more useful to visitors, new residents, and UC students. By the end of the year, we will have sold nearly 2000 of the 4th edition map, bringing the total number of maps in circulation to almost 18,000!

We also added a February program to our schedule. Naturalist Jim Hale regaled a full house with tales and pictures of the wildlife in our backyards. And in August, walking stick guru Jayah Paley brought her enthusiasm and gear to a hands-on workshop, held in conjunction with the official opening of the three-part Glendale Path. And, finally, Berkeley monologist Josh Kornbluth injected humor into our Annual Meeting in September, where we learned about the Bay Area Ridge Trail and the Bay Trail from Bill Long, chair of the Bay Area Ridge Trail Council. And, of

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. It's a wonderful gift for anyone who plans to drive, bike or hike in Berkeley.

course, we continued to offer two free walks a month and publish four newsletters a year.

All these efforts are directed at preserving, publicizing, and extending the path system and encouraging people to walk more. So how can you help us? The most important way is by joining or renewing your membership and encouraging your friends and neighbors to do so. Our dues are still just \$5 a year per household. Joining BPWA is like voting to maintain the paths.

Second, volunteer to help us build paths, plan or lead walks, work at our booth during events, or help with publicity, programs, or map sales. E-mail us at info@berkeleypaths.org if you have time and talents to share.

Third, consider giving our map or a packet of our four beautiful note cards for your holiday gifts. The note cards

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First Wednesday Walks

Jan 2 - Lower Strawberry Canyon
Barbara Robben 510 524-2383

Meet on steps to the entrance of International House, 2299 Piedmont Ave, at the top of Bancroft Ave. Culture and history will be featured. Moderate pace. Optional lunch in area afterwards.

Feb 6 - Albany Hill
Susan Schwartz 510 848-9358
F5creeks@aol.com

Meet at Peet's, San Pablo Ave, and Carlson Blvd, El Cerrito, for a loop walk along Cerrito Creek and up Albany Hill, in hopes of seeing wintering Monarch butterflies. Bring water and a snack, dress in layers, and wear hiking shoes or boots with good traction. Be prepared to cross Cerrito Creek on stepping stones if the weather is dry.

Mar 5 - UCB Architecture, Part III
Alan Kaplan 510 526-7609

We will explore the NE campus, from the Mining Circle to Faculty Club. Meet at the Northgate entrance to the campus, intersection of Hearst and Euclid Aves.

BPWA Note Cards



This set of four note cards with envelopes features Rose Walk (above) and three other paths. The cards are gorgeous reproductions of watercolors by Karen Kemp. The set is only \$6.50 and makes a wonderful gift.

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 to attend. Please enter via the side door at 1842 Marin Ave.

Incoming Board Member Jen English Is Walking Every Street and Path in Berkeley — Really!



Jen English, Ambitious Walker

About two weeks after this newsletter lands in your mailbox, Jen English will finish her one-and-a-half-year, 250-mile project of walking every street and path in Berkeley. Here are excerpts from our recent interview with Jen, who doesn't even own a car.

I knew when I moved to Berkeley that I wanted to do as much walking around as possible to explore my new home. Berkeley's compactness makes it an ideal walking city, and I also found that there were interesting sights to see on every block. I was inspired to make it a formal project after reading a piece in *The New Yorker* about a man who walked every street in Manhattan.

I originally dismissed the idea of recording my experiences online, thinking the world really didn't need another blog. However, after several months of walking and telling people about the project, I realized others might enjoy learning more about the city and/or be encouraged to get out and explore their neighborhoods on foot.

I've written a lot about Berkeley and my walking experiences on my blog: <http://walkingberkeley.wordpress.com>. I've also covered philosophical topics related to walking, like a series entitled Walking Isn't Boring and another on the reasons why people walk.

I haven't paid too much attention to what shoes I wear as long as they're comfortable. In the hilly areas, especially where one might encounter dirt trails, slippery leaves, or steep streets, I usually wear hiking boots or cross-training shoes. I have not used any walking sticks or poles, though I hear that they are useful.

In a couple of cases, I've taken BART across town; but usually I start walking right out my front door. One nice thing about this method is that I walked some streets multiple times -- and I've always managed to see something new.

I've usually walked alone, but my partner Joe sometimes comes along. I haven't walked with friends very often because the process of finding all of the streets, stopping often, and so forth can be tedious. I have, however, had some very nice walks with people who read my blog and wanted to share their Berkeley neighborhood with me.

In fact, this was one of the most rewarding results of my blog. I've gotten many nice comments and email messages from people who live or have lived in Berkeley and enjoyed reading about the city. Additionally, I have corresponded with others who are walking or have walked every street in their town - one from as far away as Australia!

One thing that I learned while I was out walking is how diverse Berkeley really is. For instance I was walking a short stretch of the Ohlone Greenway and spotted a bicycle-powered DJ setup rolling by, a Tibetan Buddhist monk in saffron robes, a *tai chi* practice group, and what appeared to be a senior aerobics class dancing to a boom box set up in the trunk of a car.

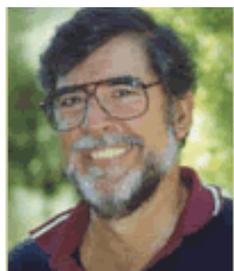
I've never felt threatened, but when I walk by myself, I generally stay aware of my surroundings and don't walk much after dark. I try to dress as low-key as possible and carry only water, a snack, a camera, my phone, a map, my ID, and some cash. I write out the directions for each walk on a small sheet of paper to

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Native Bees – What’s the Buzz?

- Marilyn Siegel

Dr. Gordon Frankie, a professor of insect biology and a research entomologist in the College of Natural



Resources at UC Berkeley, will speak at the BPWA winter program on Thursday, February 7, at Redwood Gardens (2951

Derby St). Admission is free and the public is welcome.

Dr. Frankie specializes in plant reproductive biology, pollination ecology, and solitary-bee biology in the wild and urban environments of California and Costa Rica. He also heads the Urban Bees Research Project, which documents urban bee diversity and populations throughout California, including bees and their floral hosts in North Berkeley residential and community gardens.



His illustrated talk for BPWA will focus on Berkeley’s native bees. He will discuss whether their population is decreasing and, if so, what are the causes, effects, and possible remedies. Find links to more information about Dr. Frankie’s projects and directions to Redwood Gardens at our web site www.berkeleypaths.org

Jen English - from Page 2

keep in my wallet so that I don't often have to stand around looking at a map and appearing to be lost.

Before I started, I didn't realize there were so many paths. Originally I set out only to walk all of the streets in Berkeley. I was looking around for a good map to use and discovered the Path Wanderers map. I was very excited when I opened the map and saw all of the paths! I immediately revised my goal to include all of them. This was very easy to do because they're clearly marked on the map and easy to read. That's how I learned about the BPWA. I sent in my membership application. At about that same time, Sandy Friedland found my blog and invited me to speak at a board meeting.

I am excited about joining the board. I am very impressed by how much this all-volunteer organization accomplishes and am pleased to be a part of it. I'm still just getting familiar with all of the projects, but I hope I can help even more people to learn about the BPWA and Berkeley's amazing path system.

One of the great things about Berkeley's paths is their appeal to a wide audience. They offer something for people interested in local history, architecture, plants and gardens, photography, exercise, walking as a mode of transportation, places to take children, and much more.

A city that outdistances man's walking powers is a trap for man.
- Arnold Toynbee

President's Message - from Page 1

feature color watercolors of four paths by local artist Karen Kemp. For information on ordering, go to www.berkeleypaths.org.

Finally, include BPWA in your year-end giving. We keep our dues low to attract more members. However, that amount does not cover printing and mailing our newsletters, dues to our parent group, Berkeley Partners for Parks; maintenance of our web site; and supplies for our public meetings and free guided walks. We rely on map sales, small grants, and your generosity to continue to expand and beautify the paths and to invite more people to experience the special pleasure of walking on them.



Farewell to Our Leader

Sandy Friedland is completing her term as president of the BPWA. We're going to miss her strong leadership and energy. We're confident incoming president Lori Kohlstaedt will do an equally great job.

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

Winter 2007 - 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.



Dr. Gordon Frankie will speak about Berkeley's native bees at our Winter program. See story - Page 3. (Photo by Susan Schwartz)

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

www.berkeleypaths.org

Board Members

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