

Hi, All outdoor lovers,

Even though Center will close for renovation, our monthly healthy hiking group still continues. **This month is Mt. Diablo trails on Friday 7/18/2014.**

The trail starts from Blackhawk community.

Sycamore Creek, Devils Slide Trail to Curry Point to Rock City, then Trail Through time, and Sycamore Creek back. It's a loop around 5 miles. Elevation gain about 660ft. Very shaded, beginning the trail there is a steep climb. Afterwards it's all gentle slope.

If anyone finished last month hike, should be able to enjoy this one.

- Everyone bring a sack lunch and plenty of water. We will eat lunch at Rock City with picnic tables and portable potty.
- Hiking poles and hiking shoes are required.

Meeting point: Blackhawk Plaza. In front of Draeger's Market,
4100 Blackhawk Plaza Cir., Danville, CA 94506

We will car pool to Blackhawk community due to limited parking.

Meeting time: 9:00am. I will be there to lead other cars into BH gate.

For flat hikers, can drive up to Mt. Diablo

State Park, join us around 11:30 am at Rock City and hike around Rock City area.

Driving direction is passing Athenian School, (2100 Mt Diablo Blvd, Danville Ca 94506) then continue to drive up through Park entrance.

There is a fee \$5 per automobile.

Please feel free to call me **925-667-5590** if you have any questions.

Hope to see happy hikers on the 18th.

Sorry, our captain James can not join us.

July leader,

Julia Leng 冷孟岫屏