

Appendix A

Berkeley's Longest Paths

*or, why I took so long to graduate*¹

Один сидит – читает эпос,
 Другой сидит и смотрит эрос,
 а где-то в Соде некто Эфрос
 Сжимая мышь встречает Эос.
 Бродил бы меж холмов и хижин,
 Но дело есть: computer vision.

Вот день настал, что всем известен:
 Один сидит – горланит песни,
 Другой сидит и хоть ты тресни,
 А некто Эфрос не на месте...
 Он бродит меж холмов и хижин –
 Он позабыл computer vision!

TOLYA GRINSHPAN

It is with a heavy heart that I prepare to leave Berkeley, which has been my home for the last six years. But before I go, I will pay my last tribute to this wonderful town so neatly tucked into the East Bay hills right across from the Golden Gate Bridge. With its varied terrain, good views, and temperate climate, Berkeley is a perfect place for walking and hiking. Unfortunately, most people (brainwashed by the American car culture) are not aware of all the possibilities when they arrive to Berkeley, and when (as in my case) they finally discover these hidden treasures it is already time to leave.

In this Appendix (which will likely become the most useful part of the present manuscript), I will briefly describe some of the walking and hiking paths in and around Berkeley that I have discovered during my stay here. The list is by no means complete, and I will leave it as an enjoyable exercise to the reader to discover others. Unless otherwise stated, all hikes originate from the Berkeley campus and do not require a car. Distances are given in minutes of not-too-slow walking and I have tried to arrange the hikes in order of increasing distance.

¹from: A.A. Efros, “Data-driven Approaches for Texture and Motion”, Ph.D. Thesis, 2003.

The descriptions should be treated as ideas or suggestions, not detailed instructions; it is assumed that you also have access to a good map of Berkeley (e.g. [?]), maps of the Berkeley hills (the free map of Tilden Park, or better yet, the *Rambler's Guide to the Trails of the East Bay Hills/Map: Northern Section* [?] available at Cody's Books) and/or GOOGLE.

Sunset Walks

One day I saw the sun set forty-four times! ... You know, when you are feeling very sad, sunsets are wonderful...

ANTOINE DE SAINT-EXUPÉRY

Berkeley has numerous wonderful spots to watch the sun set. Here I will describe a few very close to campus, perfect for a quick escape from the lab.

Rose Garden (15 min.): Start at the North Gate (Hearst Ave. and Euclid Ave.) and walk north on Euclid about 8 blocks. Past Bayview Place you will see the Rose Garden on your left. Most of the year, this is not that great a place for sunsets (Mt. Tamalpais blocks part of the view) but the Garden itself is beautiful, especially when bathed in the golden light of the setting sun.

The Bay through the Campanile (15 min.): The walk starts from the lower parking lot of the Lawrence Berkeley Lab, on the east side of campus. To get there, start at the corner of Gayley Rd. and Stadium Rim Way and walk behind the Greek Theatre, where you will find stairs up to the parking lot. Alternatively, you can walk up Hearst Ave. and as it becomes Cyclotron Rd., and turn right into the parking lot.

Walk to the south end of the parking lot and you will see a dirt road beginning right where the parking lot ends. Walk up this road as it turns left and proceeds uphill. When in doubt, always choose the path going up. When the road hits another one, turn right and walk a couple of minutes to find a good place to watch the sunset. There is one spot from where, through the bells of the Campanile, you can see the Bay and a bit of the Golden Gate Bridge.

On The Rock, above it all (20 min.): This is my favorite place to watch a sunset. It is also very convenient if you are on the south-east end of campus (e.g. I-House). First, walk to the east end of the lower Dwight Way (at Fernwald Rd, on the northern edge of the Clark Kerr campus). From there, you will see a trail going uphill. You are now entering the Claremont Canyon Regional Preserve, one of Berkeley's secret jewels. As you walk up, you are suddenly not in Berkeley anymore, but in an idyllic pastoral painting, somewhere in the Swiss Alps, with tall trees, green (if you come in the spring) rolling hills, singing birds, crickets, the smell of quiet serenity... Follow the trail for about 5-10 minutes and you will find a big rock on the side of the hill. Sit on the rock, open a bottle of wine, and *watch*: down below opens a magnificent view of the entire Bay Area – Berkeley, Emeryville, Oakland, Richmond, Marin, San Francisco – all hustling and bustling, little houses everywhere, tiny cars driving over the miniature freeways, speckles of light starting to turn on all over the place as the sun slowly dips into the Pacific Ocean behind the Golden Gate Bridge... while you are sit above it all, sipping your wine in this secret island of untouched wilderness.

Following the trail a bit further, you will find a second, larger rock. Although it's more comfortable and higher up, the view from this rock is less intimate, less magical. You can follow the trail all the way up to Dwight Way (this is the upper continuation of Dwight, disconnected from the lower one), turn left and return to Berkeley through the streets, making a nice loop.

Lawrence Hall of Science (35 min.): The view from the Lawrence Hall of Science is great, but getting there is a bit tricky. One can walk up along Centennial Dr. but that's not very pleasant. One can take the Fire Trail but that's too long. Recently I have found a path that's relatively quick and nice. Start from north campus, the corner of Hearst and LeRoy (i.e. Soda Hall). Walk north on LeRoy (follow the stairs), right on Cedar, left on La Loma, right on Buena Vista, left on Delmar, right on Campus Dr. until it ends on the side of the hill. There a trail will start, which you should follow, going uphill at every fork. The trail will eventually lead to the Hall of Science parking lot, but it might be nicer to just stay there on the hill – the view may not be as panoramic, but more peaceful and quiet.

Taking the Fire Trail back will make this a nice (but long) walk. From the Hall of Science central parking lot, take the stairs all the way up to MSRI. The Fire Trail, a flat serene wooded path good for jogging, starts from there and after an hour deposits you on Panoramic Way (in the area around the previous hike), where you can take the streets and stairs down to campus.

Indian Rock (60 min.) A huge rock, with lots of people and great views, awaits you after an easy (but long) walk along the beautiful streets of North Berkeley. Starting from the corner of Hearst and Oxford (north-west corner of campus), walk north on Oxford for a *long* time until it ends at the Indian Rock Park. Climb the rock (there are stairs at the back for the less adventurous), get our your baguette, Camembert, and a good bottle of Malbec, and you are ready for a proper sun farewell ritual. Afterward, you can walk west along the hidden Indian Rock Path down to Solano Ave. for a good dinner and take a bus back home.

Purpose Hikes

These hikes have a destination, a definite purpose, which prevents them from becoming boring even after many many trips.

Swimming at Lake Anza (1 hr. one way): Lake Anza, a lovely forest lake in the heart of Tilden Park, is perfect for swimming from May to October. In the 1960s, it was a famous midnight skinny-dipping spot and even now you can occasionally spot a naked, badly-aged hippie or two. The best time to swim is in the evening when it's free and there are few people (when the lifeguards are on duty, 9am-6pm, it's often crowded and you will have to pay \$3). I like to come right after sundown, when the lake is calm and deserted: the water is perfectly still, reflecting the surrounding forest, steamy mist slowly rising up from the surface illuminated by the moonlight; ducks quacking in the distance. Sometimes the fog rolls in over the lake and is so thick that you have a feeling of swimming in cotton wool, parting it with your hands.

To get to Lake Anza start by following the directions to the Rose Garden above. After a mandatory stop in the garden (to smell the roses, of course!) continue on Euclid until you

find the Tamalpais Path, neatly tucked in at the end of Codornices Park on your right. Go up the steps to Tamalpais Rd, turn left and then left again onto Shasta Rd. Now stay on Shasta all the way to the top (stay alert – Shasta turns a lot and will try to break free of you). Keep your eyes open for various seasonal fruits along the way: plums, blackberries, apples, pears, and figs. When you reach Grizzly Peak Blvd., turn left and after half a block, Shasta will resume on your right. At this point you are at the global maximum and there are several ways to get down to the lake. The most scenic way is to continue on Shasta for a few minutes until you see a sign for Selby Trail on your left. Following the trail will eventually get you down to the lake (having a Tilden map for reference is recommended).

Riding the Steam Train (1.5 hr. one way): Did you know that there is a steam train up in Tilden Park? There are actually two: a small one and a *really* small one, and you can ride both (the first one, run by the Redwood Valley Railway Co. costs \$1.75 and is open on weekends and holidays; the other one is free, open sporadically, usually on Sunday afternoons). Yes, you can drive up there, but then you will be riding the little kiddie train feeling stupid, instead of feeling proud of what you have accomplished.

This hike can be started from many different places. Here we will describe just one – the continuation of our sunset hike “The Rock”. From the rock, continue uphill on the trail until you emerge on the continuation of Dwight Way. Turn right and walk uphill, along the edge of the Claremont Preserve on your right. When the street turns left continue going up on a trail which (if you are persistent in going up) will eventually emerge on Panoramic Way. Turn right and keep walking up as the street ends (at the gates of a very very fancy house) and becomes a dirt road going up the ridge between the Lawrence Berkeley Labs valley and the Fire Trail on the left, and the Oakland hills on the right. Continue on this road for a while (at forks, choose the road going straight east). Finally, the trail will turn left and after a minute you will emerge on Grizzly Peak Blvd. Turn right and walk 3-5 minutes until you see the Steam Trains sign on your left. You can return the same way, or forge ahead (see Grand Hikes below).

Grand Hikes

The best way to hike is to wake up in the morning and walk, walk, walk until you get somewhere else all tired but very happy and content. No cars, no long drives, no hassle. Here I list a few of my “Grand Hikes”, which start right at your doorstep and keep going as long as you want, passing through some of the most beautiful scenery in the Bay Area (especially in springtime).

Berkeley to Orinda BART (3-4 hrs): This is a nice half-day hike, perfect for a warm spring afternoon slowly turning into evening. Officially, you will need an EBMUD hiking permit (\$10 for a year including family and 3 guests, by mail or at Tilden Park Nature Area), but it doesn’t seem like anyone checks.

First, follow the path to the Steam Trains as discussed above. From there, go to the south end of the parking lot to find the trailhead for the Skyline Trail (also known as Bay Area Ridge Trail). Following the trail for about 15 minutes, you will come to a clearly marked fork. The Skyline Trail will continue to your right (see the Chabot hike below), but you will take the De La Veaga trail to Orinda (left). The trail rolls around beautiful green

hills, with not a soul in sight for miles, eventually coming up to a ridge from where you can see the entire Orinda valley. From there the trail slowly descends and comes out right next to the Orinda BART station (cross the street and walk right along the foot bridge over the freeway to get to the station). From there, it's only 3 stops and you are back home in Berkeley!

Berkeley to Richmond on Skyline Trail (4-5 hrs): The first part of the hike follows the trail to lake Anza (above). From there you can take Wildcat trail (north end of the lake), turn right onto Currant Trail which gets you to Inspiration Point. From there, the well-maintained Nimitz Way heads north along the ridge with breathtaking views of both the Bay and the Orinda Valley. Along the way, you can take a short detour to the Rotary Peace Grove at the Wildcat Peak (wildcat peak trail) for an even better 360-degree view. Back on Nimitz, after a while you will be leaving Tilden Park and entering the neighboring Wildcat Park. Follow Nimitz, eventually taking a left onto the Belgium trail which will bring you down to the Alvarado Staging Area. On weekdays, AC Transit bus 68 will take you to Richmond BART or El Cerrito BART (no bus on weekends). Alternatively, if you are bored of walking on the ridge all the way, you can take other trails in the valley (look at the Tilden and Wildcat maps for ideas). If it's spring, you really can't go wrong, no matter which trail you take – the whole area is amazingly beautiful, with gorgeous views and lots of green open space.

Steam Trains – Inspiration Point – Lake Anza Loop (5-6 hrs): Hike up to the Steam train as described earlier. Go onto the road at the east end of the parking lot; the trailhead will be in a couple of minutes. Either go straight onto the Bayview Trail or go on the Volmer Peak trail, switching to Bayview later (see the free Tilden map). The trail goes along the ridge separating Berkeley from Orinda valley all the way to Inspiration Point. From there, take the Currant Trail down to Lake Anza for a swim, before heading home as described in the Lake Anza section.

For a shorter hike, from the steam train, take the Volmer Peak trail, onto the Lupine trail, then cross the road to the Redwood trail which will bring you to MSRI and the Lawrence Hall of Science (discussed above).

Berkeley to Chabot Observatory on the Skyline Trail (6-7 hrs): The beginning of this hike, again, follows the path to the steam trains. From there, we will take the Skyline Trail going south (trailhead at the south end of the parking lot). Here I will only sketch the trail – the free Skyline Trail map (from the Tilden people) is very useful for details. Note that you don't need the EBMUD permit to walk this trail. The Skyline Trail traverses the rolling spine of the Oakland-Berkeley hills. The scenery is very varied, from fields and pastures, to groves and forests. On the way, you will be passing through several parks. The trail is well-marked and easy to follow. First, you will walk high over the Hwy 24 tunnel and arrive at the Sibley Volcanic Regional Preserve. From there you will walk through Huckleberry Botanic Regional Preserve (yes, there are Huckleberries to be picked, when in season) and into the Skyline Gate of the Redwood Regional Park. The Chabot Observatory is in Redwood park (get a map). From there, there is a bus to take you to the Fruitvale BART station. Also, sometimes in the evenings there are free telescope viewings at the observatory.



San Pablo Reservoir at sunset, as seen from Inspiration Trail

San Pablo Reservoir Loop (7-8 hrs): A wonderful up-and-down-and-up-and-down hike with many lakes and constantly changing scenery². First, follow the trail to lake Anza (above), but continue on Selby trail almost until it ends, then turn right onto Memory trail. Walk on to Jewel Lake (stopping at the Tilden Environmental Education Center if you don't have the EBMUD permit that you will need later on). From the lake, take the Wildcat Peak trail up the hill to the Rotary Peace Grove for one of the best 360 panoramic views of the Bay Area. From there, go north, joining Nimitz Way. Walk on Nimitz for a while, crossing into Wildcat Park, before turning right onto the Eagle's Nest Trail, an unmaintained EBMUD-land path winding its way down the hill toward the San Pablo Reservoir. This is my favorite part of the hike – the slow descent toward this huge lake through the tall sunlit grass fields and (at the end) a thick, dark Eucalyptus forest. The trail ends on San Pablo Dam road. Cross it and go toward the Reservoir (there is a nice park but, alas, no swimming allowed). A pleasant path, called the Old San Pablo Dam road, follows the bank of the Reservoir; follow it south for an hour or so. Eventually you will come back onto the Dam road just in time to catch a trail back home, called the Inspiration trail, taking you to Inspiration Point. From there, take the Currant trail to lake Anza, and proceed as before.

San Francisco and Beyond

Because San Francisco is just a short 20-minute BART ride away, I can't resist briefly sketching a couple great walks in the City. Crossing SF on foot is a perfect way to get to know it (SF is just 7 miles across!). There are many many ways of doing this. One of my favorites: start at Embarcadero BART. Walk through downtown and up Columbus (past the City Lights bookstore and many good Italian bakeries) to Washington Square Park. Take a look at the blatantly socialist-realism murals *a la* Diego Rivera by making a quick detour up to Coit Tower (go east and follow the Filbert Steps, a lovely garden staircase in the Mediterranean tradition). From there, get back to Union St. and walk west all the way to Presidio. Turn right and go down to the Bay. Turn left, walking along the Bay on the Coastal Trail to the Golden Gate Bridge. Continue past the bridge, walking on paths and roads until you hit Land's End – a gorgeous park at the northwest tip of the City. Continue along the coast, turning the curve right into the Pacific Ocean, past Sutro Baths, the Cliff House and finally onto Ocean Beach. If you are just interested in the beach (and sunsets!), go to Fort Funston (MUNI bus #18) and, after spending some time looking at the hang gliders who nest there, walk north along the beach all the way to Land's End. Or, you can

²See <http://www.cs.berkeley.edu/~efros/photos/Albums/BerkeleyHillsHike/> for illustrations

take MUNI bus #76 (Sundays only) to Point Bonita Lighthouse across the bay in the Marin Headlands and (after seeing the lighthouse and playing on the beach) follow the Coastal Trail back to SF across the Golden Gate Bridge, pausing on the hill overlooking the bridge on the Marin side, just as the sun sinks into the Pacific, making it look even more golden than usual. Or..., well, the possibilities are endless!

And in case you have a car, going just a bit further (but still staying close to the coast) is certainly worth it. Marin County, just north of SF, is full of great places to hike including the Marin Headlands, Mount Tamalpais, Tennessee Valley, Muir Woods (the hike from Muir Woods to Stinson Beach is wonderful), etc. But the jewel of Marin is **Point Reyes**, a peninsula that extends far into the Pacific, offering a breathtaking coastline, mysterious fog-drenched landscapes, forest lakes, waterfalls, plus plenty of hiking, camping, and kayaking. For a one day trip, hike to Tomales Point and afterward drive to the lighthouse for a magnificent sunset and chance to spot a whale.

Starting just South of Monterey (and expending all the way down to San Luis Obispo) lies **Big Sur**. I won't be even attempt to describe it, except to say that it's an amazing, magical, even spiritual place, especially if you love The Ocean... When you go, Andrew Molera State Park is good for camping and Julia Pfeiffer Burns Park for hiking, plus there is a two-day hike to Sykes Hot Springs (crowded on weekends) where after a 10-mile trek you get to feel like a real nouveau hippie, soaking in a hot tub, naked, surrounded by an ancient forest far far away from civilization).

Finally, the **Lost Coast Trail** in the King Range Wilderness near the California/Oregon border is an amazing 3-6 day hiking experience. Only after spending several days on the thin strip of dry land sandwiched between the ocean on one side and steep, imposing cliffs on the other, can one truly appreciate the power, the willfulness, and the beauty of the Great Pacific.