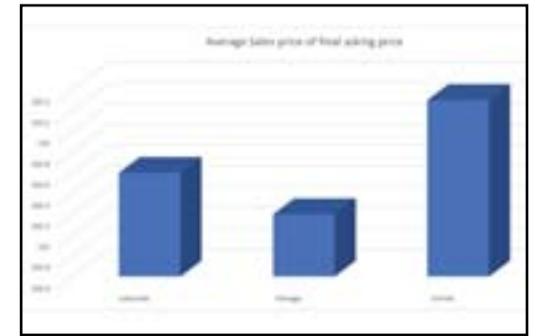


# Lamorinda

# OUR HOMES

Lamorinda Weekly Volume 13 Issue 10 Wednesday, July 10, 2019



The Real Estate Quarter in Review ...

read on Page D4

## Digging Deep with Goddess Gardener, Cynthia Brian

### Parks not pills



Colorful succulent flowers

Photo Cynthia Brian

#### By Cynthia Brian

*“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul!”—John Muir*

How often are you outdoors? Are you

spending most of your time sitting in a chair staring at your computer screen? Do you feel lethargic, tired and anxious?

You are not alone and help could be right outside your door. In today’s technological world, many people, including children, are increasingly living their lives indoors. Ac-

ording to the Centers for Disease Control and Prevention, 20% of children (one in five) and 30% of adults (one in three) in the United States are obese.

Back in 2005 when I was doing my weekly radio broadcast, StarStyle®-Be the Star You Are!® ([www.StarStyleRadio.com](http://www.StarStyleRadio.com)) on World Talk Radio out of studios in San Diego, I invited author Richard Louv to be a guest on my program with his newest hardbound book at the time, “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.” Before the program, we sat in the sound booth lamenting the startling facts that the average child of the day could identify TV personalities yet knew nothing about bugs, flowers, trees, or nature in general. Kids were not outside playing as we did as children because they wanted to be plugged in and tuned out. His book and the interview have remained lodged in my psyche as a warning that we don’t want our child to be the last to witness the woods.

Fast forward to 2019 and although nature-deficit disorder is not an official medical disease, children and adults are more alienated from nature than ever before with increased attention difficulties, higher stress levels, poorer body image, obesity issues, and a plethora of physical and emotional illnesses. Pills have been prescribed yet people are sicker.

Could spending more time in nature be the answer to our woes?

Physicians throughout the ages have encouraged people to go outside more. Hippocrates wrote that walking was “man’s best medicine.”

... continued on Page D8

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## MORAGA Walk to Town

Light and bright end unit offers 3 bedrooms, 2.5 bathrooms with approx. 1,440

square feet of living space. New paint and flooring throughout, lots of natural light, indoor laundry, private courtyard and garage are just a few of the amenities this unit has to offer. Located within walking distance to the Moraga library, trails, shopping center, Moraga Commons park and Sunday's popular Farmers Market. The community pool is perfect for hot summer days. Offered at \$715,000

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## Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	23	\$830,000	\$3,150,000
MORAGA	13	\$400,000	\$1,780,000
ORINDA	15	\$1,125,000	\$2,200,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

### LAFAYETTE

- 556 Arrowhead Drive, \$2,037,000, 4 Bdrms, 2584 SqFt, 1959 YrBlt, 05-31-19, Previous Sale: \$1,000,000, 12-26-12  
 3289 Beechwood Drive, \$1,025,000, 2 Bdrms, 1178 SqFt, 1947 YrBlt, 05-31-19, Previous Sale: \$792,000, 07-21-14  
 870 Birdhaven Court, \$2,300,000, 4 Bdrms, 2505 SqFt, 1948 YrBlt, 05-24-19  
 1 Casa De Cima, \$2,185,000, 4 Bdrms, 3337 SqFt, 1978 YrBlt, 05-20-19, Previous Sale: \$1,355,000, 04-17-09  
 3966 Cowan Road, \$2,295,000, 4 Bdrms, 2754 SqFt, 1960 YrBlt, 05-20-19, Previous Sale: \$1,795,000, 10-07-14  
 134 Haslemere Court, \$830,000, 3 Bdrms, 1638 SqFt, 1988 YrBlt, 05-21-19, Previous Sale: \$417,500, 09-03-99  
 3269 Judith Lane, \$960,000, 3 Bdrms, 1642 SqFt, 1960 YrBlt, 05-30-19, Previous Sale: \$960,000, 05-28-19  
 2 Juniper Drive, \$1,310,000, 4 Bdrms, 3208 SqFt, 1941 YrBlt, 05-20-19  
 808 Las Trampas Road, \$1,427,500, 3 Bdrms, 1752 SqFt, 1971 YrBlt, 05-21-19, Previous Sale: \$1,525,000, 04-25-19  
 883 Las Trampas Road, \$1,995,000, 4 Bdrms, 3608 SqFt, 1946 YrBlt, 05-30-19, Previous Sale: \$859,000, 06-09-98  
 1136 Laurel Drive, \$2,610,000, 5 Bdrms, 3410 SqFt, 1953 YrBlt, 05-30-19, Previous Sale: \$450,000, 08-20-98  
 620 Michael Lane, \$3,150,000, 4 Bdrms, 3877 SqFt, 1987 YrBlt, 05-30-19, Previous Sale: \$2,395,000, 05-31-16  
 755 Moraga Road, \$1,240,000, 3 Bdrms, 2625 SqFt, 1946 YrBlt, 05-24-19  
 857 Mountain View Drive #A, \$1,510,000, 3 Bdrms, 4222 SqFt, 1995 YrBlt, 05-22-19, Previous Sale: \$1,309,000, 08-24-07  
 1146 Palomares Court, \$1,238,000, 4 Bdrms, 1552 SqFt, 1935 YrBlt, 05-31-19, Previous Sale: \$1,050,000, 04-20-16  
 3973 Rancho Road, \$1,759,000, 4 Bdrms, 2738 SqFt, 1954 YrBlt, 05-31-19, Previous Sale: \$155,000, 05-01-78  
 841 Santa Maria Way, \$3,900,000, 3 Bdrms, 1844 SqFt, 1946 YrBlt, 05-30-19, Previous Sale: \$1,425,000, 04-05-17  
 3425 Shangri La Road, \$3,000,000, 5 Bdrms, 3383 SqFt, 1972 YrBlt, 05-29-19, Previous Sale: \$2,637,000, 08-07-14  
 561 Silverado Drive, \$1,450,000, 4 Bdrms, 2347 SqFt, 1959 YrBlt, 05-20-19  
 635 Sky Hy Circle, \$2,017,500, 5 Bdrms, 3248 SqFt, 1977 YrBlt, 05-30-19, Previous Sale: \$1,085,000, 04-26-02  
 625 St Marys Road, \$1,101,000, 3 Bdrms, 1386 SqFt, 1957 YrBlt, 05-20-19  
 21 Tofflemire Drive, \$1,650,000, 3 Bdrms, 2479 SqFt, 1960 YrBlt, 05-22-19, Previous Sale: \$1,023,000, 08-08-05  
 821 Topper Lane, \$2,675,000, 5 Bdrms, 3021 SqFt, 2010 YrBlt, 05-22-19, Previous Sale: \$1,625,000, 07-31-12

### MORAGA

- 106 Alta Mesa Court, \$1,042,500, 4 Bdrms, 2486 SqFt, 1974 YrBlt, 05-24-19, Previous Sale: \$515,000, 11-22-10  
 2087 Ascot Drive #226, \$400,000, 1 Bdrms, 790 SqFt, 1971 YrBlt, 05-23-19, Previous Sale: \$113,000, 06-17-99  
 97 Corliss Drive, \$1,700,000, 4 Bdrms, 2204 SqFt, 1964 YrBlt, 05-20-19, Previous Sale: \$1,453,000, 02-12-18  
 144 Cypress Point Way, \$1,550,000, 3 Bdrms, 2021 SqFt, 1973 YrBlt, 05-28-19, Previous Sale: \$650,000, 03-14-02  
 10 Gloria Court, \$1,150,000, 3 Bdrms, 1608 SqFt, 1961 YrBlt, 05-22-19  
 1 Harrington Road, \$1,512,000, 4 Bdrms, 2740 SqFt, 1985 YrBlt, 05-29-19  
 5 Josefa Place, \$950,000, 2 Bdrms, 1845 SqFt, 1985 YrBlt, 05-29-19, Previous Sale: \$800,000, 05-04-17  
 111 Merion Terrace, \$1,055,000, 3 Bdrms, 2680 SqFt, 1987 YrBlt, 05-31-19, Previous Sale: \$815,000, 01-25-10  
 312 Rheem Boulevard, \$1,450,000, 3 Bdrms, 2096 SqFt, 1955 YrBlt, 05-22-19, Previous Sale: \$810,000, 09-19-11  
 486 Rheem Boulevard, \$718,000, 3 Bdrms, 1322 SqFt, 1974 YrBlt, 05-31-19, Previous Sale: \$490,000, 12-10-13

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## Paddy Kehoe

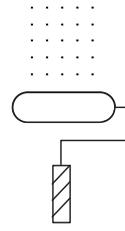
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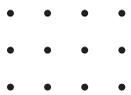
After

### Services may include:

- |                              |   |
|------------------------------|---|
| Deep cleaning                | Seller-side inspections + evaluations   |
| Cosmetic renovations         | Moving & storage                        |
| Decluttering                 | Roofing repair                          |
| Landscaping                  | Water mitigation                        |
| Interior & exterior painting | Water heater                            |
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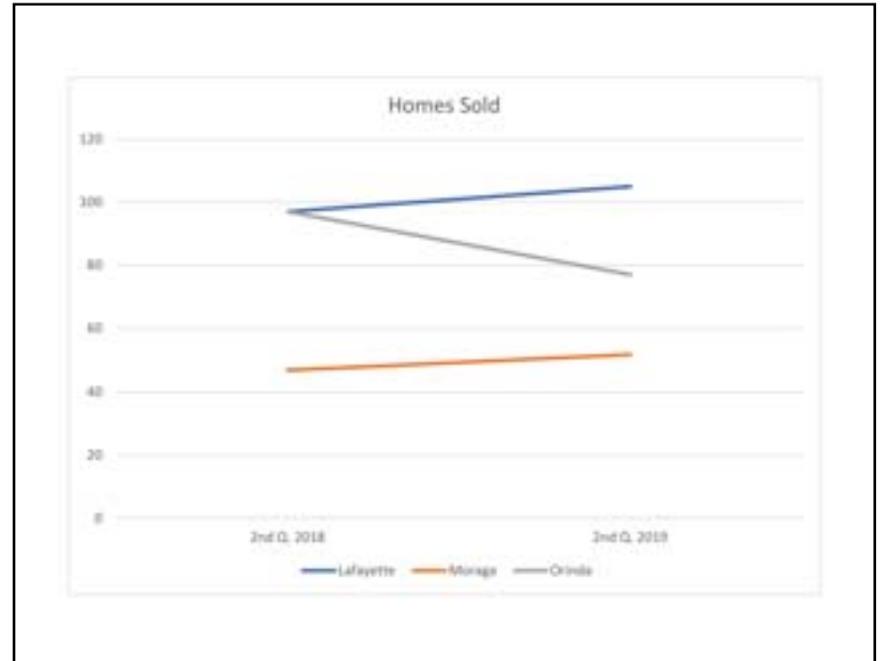
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# The Real Estate Quarter in Review



**By Conrad Bassett, CRP, GMS-T**

The second quarter of 2019 was again seasonally strong with a solid volume of closed sale activity on the residential side of Lamorinda real estate, excepting Orinda. Supply, however, increased significantly in Moraga and especially Orinda while in Lafayette inventory continued to be low. Pending sales stayed consistent with sales prices moderating in Lafayette and Orinda.

Per Contra Costa Association of Realtors statistics reported from April 1 through June 30, 105 single family homes closed in Lafayette. This was an increase from the 97 single family homes closed in the same period one year ago. Sales prices ranged from \$540,000 to \$3,487,500 and the average number of days on market was 22. In the year ago second quarter it was 19 days. The average sales price was \$1,779,112 down a bit from \$1,818,600 a year ago. In 2017 it was \$1,684,206 and in 2016 it was \$1,548,267.

In Moraga there were 52 single-family closings, an increase of five from the year ago period. Prices ranged from \$925,000 to \$2.805 million. The average sale price was \$1,542,888, a slight rise from a year ago when it was \$1,508,591. It was \$1,401,392 in 2Q17, which was an increase from \$1,316,655 in 2Q2016. The average marketing time was up slightly to 17 days from 14 days a year ago.

In Orinda, there were 77 single-family closings, down from 97 in 2Q18. Sales prices ranged from \$669,000 to \$3.15 million with an average price of \$1,623,995. A year ago it was \$1,705,473. In 2017 it was \$1,723,552.

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# Relaxing Summers in Lamorinda



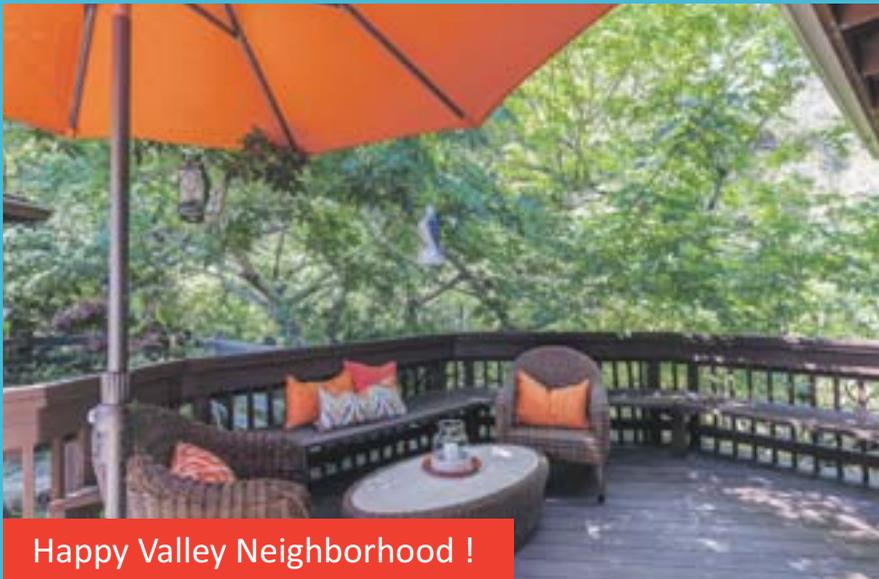
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New Construction in Orinda!

48 OAK DRIVE, ORINDA | \$2,765,000  
4 BEDROOMS | 3.5BATHS | 3990 SQ. FT. | .95 ACRE



Happy Valley Neighborhood !

110 CAMELIA LANE, LAFAYETTE | \$1,699,900  
5 BEDROOMS | 4 BATHS | 3888 SQ. FT. | .71 ACRE



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3 BEDROOMS | 2 BATHS | 1762 SQ. FT.



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# The Real Estate Quarter in Review



... continued from Page D4

This makes the second year in a row that the average price has fallen during the second quarter. It took an average of 23 days to have a house go pending, about the same as the 24 days in the same period a year ago.

In the quarter ending June 30, on an average price per square foot basis, Lafayette detached single-family homes sold at \$708.33, slightly up from \$693.66 per square foot in 2018. It was \$660 per square foot in 2017, \$598 per square foot in 2016 and \$594 in 2015. Moraga homes sold for \$620.42 up from \$577.39 per square foot in 2018. Orinda was down from \$672.90 a year ago to \$635.35 in this most recent quarter. It was \$626.18 in 2Q2017.

In Lafayette, the average sales price was 102.6% of the final asking price, almost identical to a year ago. In Moraga it was 102.2% and in Orinda it was 103.3%.

In the condominium/town home category, Lafayette had five resale closings between \$627,000 and \$1.039 million, Moraga had 20, down from a year ago when there were 34. They ranged from \$400,000 to \$1.12 million and Orinda had one at \$1.125 million.

As of July 5 there were 78 homes under contract in the MLS in the three communities combined with asking prices of \$799,000 to \$3.995 million. A year ago, there were 72 homes under contract per the MLS in the three communities combined. There is only one "Potential Short Sale" that is currently

pending and subject to lender approval. At this same time a year ago, there was also one. There are no pending REO (bank owned) sales.

This is due to property values continuing to increase versus the low point and many of those sellers are no longer "under water" or have been able to refinance their homes and are no longer at the point of foreclosure.

Inventory, however, is increasing. There are 146 properties on the market and a year ago there were 100 available properties in the three communities combined. That is the largest year over year increase in several years.

There are "only" 42 properties on the market in Lafayette—about the same as the 45 at this same time a year ago. Asking prices in Lafayette currently range from \$829,000 for a townhome to \$13.5 million. In Moraga, buyers have their choice of 34 homes or condominiums listed between \$545,000 and \$2.528 million. A year ago at this time, there were 14. Supply is way up in Moraga but this does include the newly constructed homes off Rheem Boulevard.

In Orinda there are 70 – again a huge increase from 43 on the market at the same time a year ago. The list prices range from \$785,000 to \$5.25 million, with a few being new construction in Wilder.

At the high end, 56 homes sold above \$2 million in the three communities combined. A year ago, there were 62. There are also 51 currently available above this amount in

Lamorinda.

Interest rates continue to be at very reasonable levels and many corporations have expanded their businesses and continue to relocate families both into and out of the area.

We are also seeing an influx of buyers from San Francisco and even the Silicon Valley who find the local prices reasonable versus those areas and they are willing to make the commutes.

Lastly, it is important to look at what homes are selling for versus their list prices. Often homes come on the market at unrealistic prices, and they do not sell, but in the second quarter of this year many homes have had multiple offers and have sold at or above the list price.

We are also seeing many buyers having to make offers without the traditional contingencies of obtaining financing or having a home appraise or even having the home inspected. Many sellers are now opting to obtain pre-sale inspections in order to understand the condition of their homes and to also prevent a buyer from trying to renegotiate a lower price or repairs.

Of the 105 single family sales that closed in Lafayette in the second quarter of 2019, 78 sold at or above the final list price.

In Moraga, 36 of the 52 sales were at or above the asking price and in Orinda, 52 of the 77 sold at or above the final listing price.

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## Digging Deep with Goddess Gardener, Cynthia Brian

# Parks not pills



Create a bucolic space with a gazing ball, birdbaths, and birdhouse.

Photos Cynthia Brian

... continued from Page D1

To ward off aging, physicians in the Han dynasty suggested outdoor “frolicking exercises.” In the 19th and 20th centuries, people were instructed to visit the mountains to enjoy the “magic airs” or “take in the waters” at a mineral spring to mitigate a variety of infirmities.

Science supports the fact that exposure to natural stimuli, especially gardening, lowers blood pressure, bolsters immune systems, reduces the levels of stress hormones, improves our disposition, increases confidence, promotes healing, lessens inflammation, minimizes obesity problems, and decreases our dependence on pain medication.

Besides having fun, a brisk walk in the park three or four times a week may stave off cognitive impairment for older adults. For

kids, the exercise and fresh air of playing will help with maintaining a healthy weight as well as heighten their cognizance of the natural world. Community gardens offer people an opportunity to commune together to grow and harvest fresh food promoting better health.

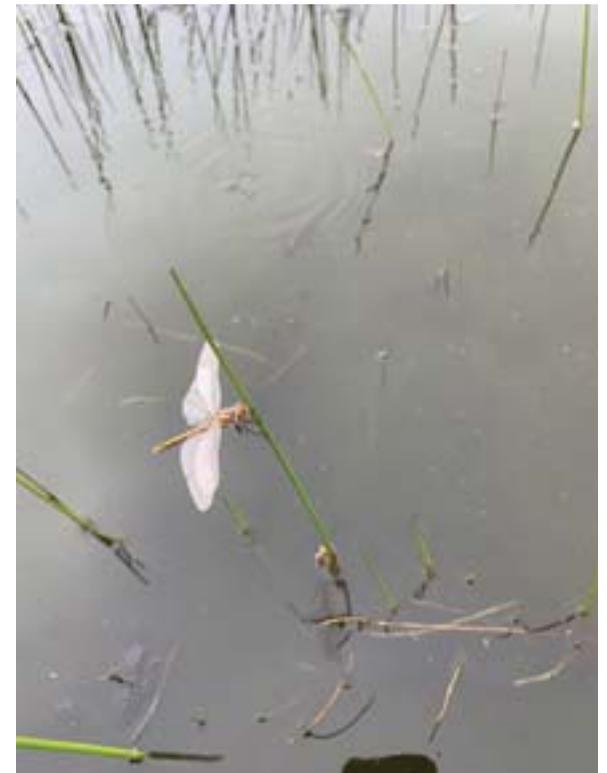
Nature is a healer. For me, my garden is my happy place, my refuge, and my innovator. I get all my best ideas for my endeavors while outside listening, watching, tasting, feeling, exploring, experiencing, doing and being. Right outside my office, a beautiful redheaded house finch perches on my gurgling fountain singing his heart out daily. The frogs croaking, the buzzing bees, the wind in the palms, the scent of the star jasmine, the rustling magnolia leaves, the beauty of blossoms, the trickle of the water, the cooing of the doves and the chants of the quail activate

my imagination and soothe my soul. The repeated refrains of Mother Nature are my nurture and my medicine.

It won't be long before physicians everywhere will be writing prescriptions for parks instead of painkillers. Being in the outdoors inspires awe and wonder. We are blessed to have an abundance of open space, meadows, trails, mountains, and local parks where we can experience the tranquility and magic of the outdoors.

It's summer. Nature is calling. Get up, get out, and welcome the fresh air. Spend more time in a garden or a commons. See for yourself how you feel. Although I'm not a doctor, I am prescribing more parks instead of pills. There is no downside.

*“All my hurts my garden spade can heal.” – Ralph Waldo Emerson*



A dragonfly rests on a reed.

# Lamorinda home sales recorded

... continued from Page D2

### MORAGA ... continued

72 Sanders Ranch Road, \$1,780,000, 4 Bdrms, 3466 SqFt, 1989 YrBlt, 05-20-19  
60 Wandel Drive, \$1,610,000, 3 Bdrms, 2374 SqFt, 1991 YrBlt, 05-29-19,  
Previous Sale: \$950,000, 07-11-11  
40 Woodford Drive, \$1,315,000, 4 Bdrms, 1907 SqFt, 1968 YrBlt, 05-23-19,  
Previous Sale: \$955,000, 05-25-07

### ORINDA

85 Bates Boulevard, \$1,900,000, 5 Bdrms, 2750 SqFt, 1974 YrBlt, 05-30-19  
79 Bates Boulevard, \$2,051,000, 5 Bdrms, 2526 SqFt, 1974 YrBlt, 05-31-19,  
Previous Sale: \$730,000, 12-29-99  
171 Crestview Drive, \$1,810,000, 4 Bdrms, 3685 SqFt, 1948 YrBlt, 05-31-19,  
Previous Sale: \$725,000, 03-09-99  
115 El Toyonal, \$1,250,000, 3 Bdrms, 1594 SqFt, 1952 YrBlt, 05-28-19,  
Previous Sale: \$777,000, 09-11-02  
213 Glorietta Boulevard, \$1,800,000, 4 Bdrms, 2381 SqFt, 1952 YrBlt, 05-22-19  
15 Glorietta Court, \$1,390,000, 3 Bdrms, 1845 SqFt, 1941 YrBlt, 05-29-19  
12 Jack Tree Knolls, \$1,510,000, 4 Bdrms, 2385 SqFt, 2014 YrBlt, 05-24-19  
89 La Espiral, \$1,335,000, 3 Bdrms, 2456 SqFt, 1980 YrBlt, 05-21-19,  
Previous Sale: \$1,075,000, 02-11-15  
48 Longridge Road, \$2,014,000, 3 Bdrms, 1271 SqFt, 1952 YrBlt, 05-20-19,  
Previous Sale: \$758,000, 05-25-16  
491 Moraga Way, \$1,310,000, 3 Bdrms, 1832 SqFt, 1950 YrBlt, 05-20-19,  
Previous Sale: \$760,000, 08-09-18  
9 Southwood Drive, \$1,605,000, 3 Bdrms, 1960 SqFt, 1950 YrBlt, 05-22-19,  
Previous Sale: \$935,000, 11-28-11  
9 Valley View Drive, \$1,795,000, 3 Bdrms, 2726 SqFt, 1940 YrBlt, 05-21-19,  
Previous Sale: \$321,000, 04-01-87  
45 Tara Road, \$1,850,000, 4 Bdrms, 2904 SqFt, 1955 YrBlt, 05-28-19  
15 West Hill Way, \$2,200,000, 3 Bdrms, 3538 SqFt, 2017 YrBlt, 05-29-19,  
Previous Sale: \$24,440,000, 12-23-15  
412 Wovenwood, \$1,125,000, 3 Bdrms, 2284 SqFt, 1981 YrBlt, 05-24-19,  
Previous Sale: \$999,000, 02-19-15



## 25 MORAGA VIA, ORINDA

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# Cynthia Brian's Garden Goddess Guide for Increasing Health Through Nature

**IMPROVE** physical skills for kids by getting them to play outside more.

**BUY** a supersize bubble wand and blow bubbles in the yard.

**EAT** healthier with a Mediterranean diet loaded with freshly harvested vegetables and fruits.

**SOURCE** produce hyper-locally at your Farmers' Market or rural fruit stands if you are not growing your own. Summer is the optimum time for the freshest fruits and vegetables with high nutritional values. Did you know that the USDA defines purchasing local produce and food as within 400 miles of your state? Most food on the American dinner table has traveled between 1,500-2,500 miles, according to the Worldwatch Institute meaning that nutrients and antioxidants have been diminished. If you really want to pack a punch with your food, you have options. Eating in season while growing your own or being part of a community garden is the number one solution. Frequenting farmers' markets will reduce your carbon footprint and offer fresher alternatives. Or take a drive to a local farming community to purchase freshly harvest crops at road stands. This serves a dual purpose of getting you out into nature as an RX for better health and stocking your kitchen with food that will be delicious and nutritious.

**FLOAT** bougainvilleas blooms as a creative centerpiece.

**SOAK** your tired feet in a bowl of warm water filled with healing marigolds and chrysanthemums.

**COOL** off on a cushion of green moss.

**EXPRESS** awe at a dragonfly hovering on a reed in the water.

**ENLIGHTEN** your perspective with a copy of "Last Child in the Woods" by Richard Louv.

**PICK** chamomile flowers to make a soothing tea. Save some of the seeds to plant.

**INSTALL** a birdhouse and a fountain to entice the songbirds.

**WANDER** through a colorful succulent garden to see the various textures and forms.

**WONDER** at the sight of a flower that you've never seen before.

**SOAK** in the beauty of the delicate blossoms on a silk tree.

**GAZE** at the clouds and be grateful for your health.

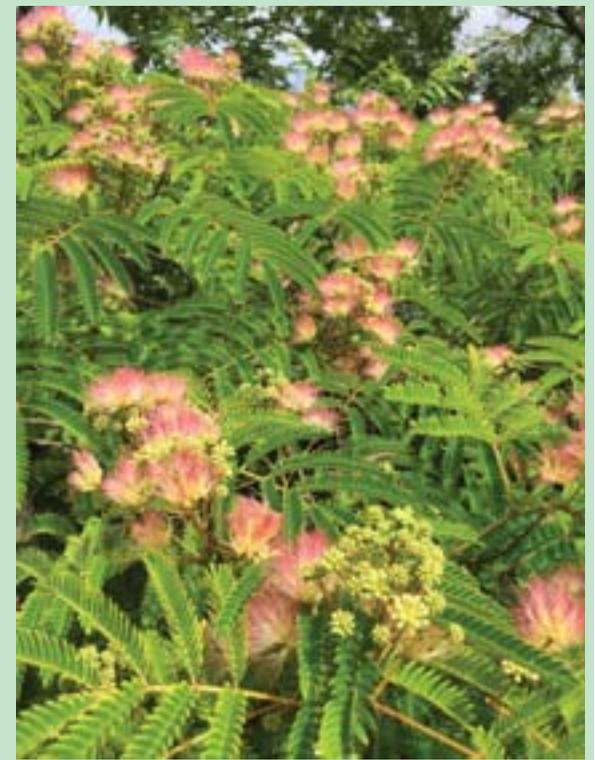
**DRINK** plenty of water to stay hydrated.

**LISTEN** to the sounds of our beautiful earth to experience calm.

Happy Gardening. Happy Growing!



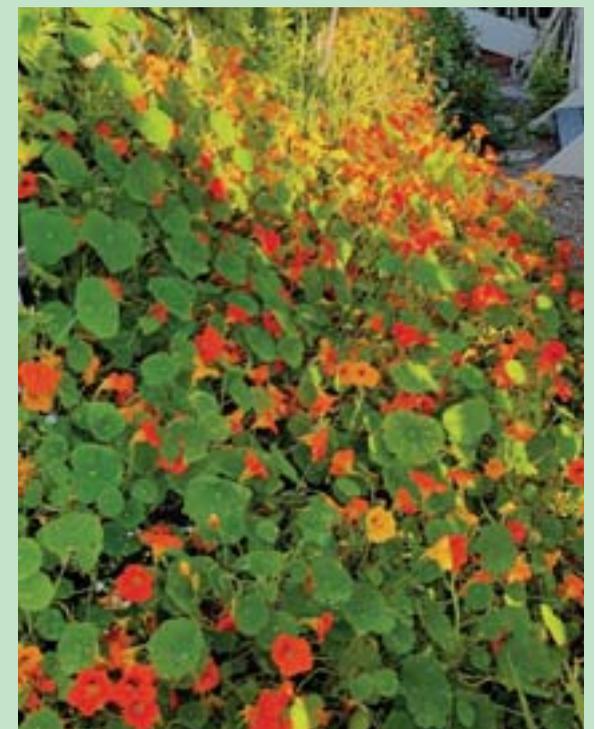
Float bougainvilleas bloom as a creative centerpiece.



The delicate fronds and flowers of a silk tree.



Wander through a colorful succulent garden.



Nasturtiums are beautiful, edible and nutritious.



**A field of charming and restorative chamomile.**



### **Cynthia welcomes you to summer gardening.**

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!@ 501 c3. Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com).

Buy a copy of her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store). Hire Cynthia for projects, consults, and lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com)

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### 6 Linda Vista

Incredible opportunity to design and build a home in this fine enclave of Orinda Country Club properties.

\$549,000

## ORINDA



### 537 The Glade

One level 3 bed 2 bath patio home with vaulted living room, formal dining and modern kitchen.

\$1,399,000

## ORINDA



### 54 Hazel Tree Ridge

Part of the Orinda Grove community this 4 bed/ 3 bath home offers modern and tasteful finishes.

\$1,495,000

## ORINDA



### 114 Goodfellow Drive

Updated 5 bed/ 4 bath storybook home in the heart of Orinda on an oak tree studded .48 lot.

\$1,675,000

## ORINDA



### 8 Santa Lucia

Lovely 5 bed/ 5 bath restored Spanish style home with quality features & craftsmanship.

\$1,795,000

## ORINDA



### 19 Donald Drive

Serene 3297 sqft garden oasis with panoramic views, luxurious interiors & numerous meditative retreats.

\$1,795,000

## ORINDA



### 48 Oak Drive

Elegant 4 bed/ 3.5 bath two level new construction home with remarkable views from terrace decks.

\$2,765,000

## ORINDA



### 3 Honey Hill Court

Gracious gated estate, sweeping lawns, sports court, on a close in cul-de-sac. Privacy & views.

\$2,795,000

## MORAGA



### 259 Lakefield Place

Open and spacious, light and bright, incredible 5 Bed/ 4.5 Bath Moraga estate on 1.72 acres.

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## MORAGA



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