



PROSTATE AWARENESS FOUNDATION

Integrative Paths to Healing

Winter Hiking Schedule Moderate to Advanced Mondays at 10am

You are cordially invited to participate in PAF sponsored Bay Area hikes. These Monday hikes will take place in Sonoma, Napa and Marin. All hikes begin at 10am and will last between four & six hours. Terrain will vary but all hikes will be moderate to strenuous. You can expect elevation gains between 1,000' and 2,500' with the longest being about ten miles. You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in. *Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.* These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

Bring your own lunch, water, snacks and a positive attitude. Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5:00pm the night before the hike to let us know you will participate and to plan logistics and carpools. Hope to see you on the trail!

Monday, January 5 th	Pomo Canyon Trail	Hwy 1 south of Jenner
Monday, January 12 th	Bald Mountain	Sugarloaf State Park
Monday, January 19 th	Cataract Trail	Mt Tamalpais (Fairfax)
Monday, January 26 th	East Ridge Trail	Armstrong Redwoods St. Park
Monday, February 2 nd	Summit Trail	Angel Island
Monday, February 9 th	Mountain Trail	Jack London State Park
Monday, February 16 th	Mt Whittenberg	Pt. Reyes National Seashore
Monday, February 23 rd	Mt St Helena	Calistoga, Napa County
Monday, March 2 nd	Tamalpais Summit	Mill Valley, Marin County
Monday, March 9	Brushy Peak Trail	Sugarloaf St. Park, Sonoma Cty.
Monday, March 16	Palisades Trail	Calistoga, Napa County