



# PROSTATE AWARENESS FOUNDATION

*Integrative Paths to Healing*

Winter Hiking Schedule

Easy to Moderate

Wednesdays at 10am

You are cordially invited to participate in PAF sponsored Bay Area hikes. These Wednesday hikes will take place in Sonoma and Marin. All hikes begin at 10am and will last between two and three hours. Terrain will vary but all hikes will be easy to moderate. You can expect fairly minimal elevation gains with the longest being about three 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, get or to stay in shape and pro-actively take care of yourself.

Bring your own lunch, water, snacks and a positive attitude. Please contact Ken Malik at 415-407-3961 (c) or [kamalik@prostateawarenessfoundation.org](mailto: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!

Wednesday, January 7 <sup>th</sup>	Joe Rodota Trail	Forestville to Graton & back
Wednesday, January 14	Vista/Hillside Trail	Sugarloaf State Park
Wednesday, January 21 <sup>st</sup>	Laguna de Santa Rosa	Sebastopol (off Hwy 12)
Wednesday, January 28 <sup>th</sup>	Olompali Park	Novato (off Hwy 101)
Wednesday, February 4 <sup>th</sup>	Ridge trail	City of Sonoma
Wednesday, February 11 <sup>th</sup>	Spring Lake	Santa Rosa, Howarth Park
Wednesday, February 18 <sup>th</sup>	Lake Trail	Jack London State Park
Wednesday, February 25 <sup>th</sup>	Redwoods	Armstrong Redwoods St. Park
Wednesday, March 4 <sup>th</sup>	West Trail Loop	Taylor Mountain, Santa Rosa
Wednesday, March 11 <sup>th</sup>	Joe Rodota Trail	Graton to Forestville & back
Wednesday, March 18 <sup>th</sup>	Hillside/Vista Trail	Sugarloaf State Park

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[www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)