



PROSTATE AWARENESS FOUNDATION

Integrative Paths to Healing

Fall 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 & seven 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 twelve 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. Be sure to dress in layers, just in case. Please contact Ken Malik at 415-407-3961 or email kamalik@prostateawarenessfoundation.org by 5:00pm the night before to let us know you will participate and to plan logistics and carpools.

Hope to see you on the trail!

Monday, Sept. 21st	Tomales Point Trail	Pt Reyes National Seashore	Marin County
Monday, Sept. 28 th	Montara Mountain	Pacifica	San Mateo County
Monday, Oct. 5 th	Lake Sonoma	Healdsburg	Sonoma County
Monday, Oct. 12 th	Marin Headlands	Sausalito	Marin County
Monday, Oct. 19th	<i>No Hike This Week --- Prostate Conference</i>		
Monday, Oct. 26 th	Annadel State Park	Santa Rosa	Sonoma County
Monday, Nov. 2 nd	Mt Tamalpais	Mill Valley	Marin County
Monday, Nov. 9 th	Gilliam Creek Loop	Austin Creek St. Park	Sonoma County
Monday, Nov. 16 th	Oat Hill Mine Trail	Calistoga	Napa County
Monday, Nov. 23rd	<i>No Hike This Week --- Yosemite</i>		
Monday, Nov. 30 th	Muir Woods	Mill Valley	Marin County
Monday, Dec. 7 th	Purisima Creek	Half Moon Bay	San Mateo County
Monday, Dec. 14 th	Bald Mountain Trail	Sugar Loaf State Park	Sonoma County
Monday, Dec. 21 st	Barnabe Mtn.	Samuel P. Taylor State Park	Marin County