

# Prostate Awareness Foundation

## Summer Hiking Schedule 2016, Monday's at 8am

### Moderate to Advanced

You are cordially invited to participate in PAF sponsored Bay Area hikes. These Monday hikes begin at 10am and will last between three and eight hours. Terrain will vary but all hikes will be moderate to strenuous. You can expect elevation gains between 0' and 3,000' with distances between 4 and 12 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 similar interest, to get or stay in shape and to pro-actively take care of yourself.

Bring your lunch, plenty of water and a positive attitude. It's best to dress in layers and many of us use hiking poles. Please contact Ken Malik at 415-407-3961 or [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) by 5pm Sunday evening, the day before the hike to let us know you will participate and to plan logistics and carpools. We hope to see you on the trail.

Monday, June 27th	Mt Tamalpais to Stinson Beach & Back	Pantoll, Marin Cty.
Monday, July 4 <sup>th</sup>	Pomo Canyon Trail – 4 <sup>th</sup> of July	Jenner, Sonoma Cty.
Monday, July 11th	Sears Point Wetlands Trail	Sonoma County
Monday, July 18 <sup>th</sup>	Mt Tamalpais Bottom to top & back	Mill Valley, Marin Cty.
Monday, July 25th	East Ridge Trail – Armstrong Redwoods	Guerneville, Sonoma Cty.
Monday, August 1st	Golden Gate Park	San Francisco Cty.
Monday, August 8 <sup>th</sup>	No Hike This Week	Prostate Gathering -Yosemite
Monday, August 15 <sup>th</sup>	Annadel State Park	Santa Rosa, Sonoma Cty.
Monday, August 22	Muir Woods	Mill Valley, Marin Cty.
Monday, August 29th	Shiloh Ridge Trail	Windsor, Sonoma Cty.
Monday, Sept. 5 <sup>th</sup>	Table Rock Trail & Labyrinth Hike	Calistoga, Napa County
Monday, 12 <sup>th</sup>	NO HIKE – Cancer Climb & Trek	Gran Paradiso, Italy
Monday, Sept 19 <sup>th</sup>	NO HIKE – Cancer Climb & Trek	Gran Paradiso, Italy

