



## PROSTATE AWARENESS FOUNDATION

Spring Hiking Schedule, Sundays at 8am

Moderate to Advanced (*some hikes can be modified to be easier if need be*)

You are cordially invited to participate in PAF sponsored Bay Area hikes. These Sunday hikes begin at 8am and will last between 3 & 7 hours. By popular request, there is a combination of both pretty easy, moderate and difficult hikes and you will note the difficulty levels next to each hike so you can plan in advance. Elevation gains will vary from a few 100' to over 2,000' for the more strenuous hikes. Distances will vary between 3 & 14 miles. Some of the hikes are designed so you can shorten the length and still feel like part of the group experience. 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.**

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. Hiking poles are helpful and a headlamp this time of year is a smart addition to your pack. *Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.*

Please contact Ken Malik at 415-407-3961 or [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) by 5pm Saturday day evening, on 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!

### Revised Spring Hiking Schedule:

Sunday, April 23 <sup>th</sup>	Indian Tree / Verissimo Open Space	Novato, Marin County
Sunday, April 30 <sup>th</sup>	Laguna de Santa Rosa - EASY	Sebastopol, Sonoma County
Sunday, May 7 <sup>th</sup>	Palisades Trail Hike <b>STRENUOUS</b> ( <i>shorter easier route to the Labyrinth &amp; back available</i> )	Calistoga, Napa County
Sunday, May 14 <sup>th</sup>	Skyline Wilderness Park - MODERATE	Napa County
Sunday, May 21 <sup>st</sup>	Mt Tamalpais Summit - STRENUOUS	Mill Valley, Marin County
Sunday, May 28 <sup>th</sup>	Annadel State Park - MODERATE	Santa Rosa, Sonoma County
Sunday, June 4 <sup>th</sup>	Angel Island - EASY ( <i>10am ferry, last boat back 5:20</i> )	Angel Island, Marin County
Sunday, June 11 <sup>th</sup>	No Hike - 3 day late Spring Gathering at Lassen Volcanic National Park	
Sunday, June 18 <sup>th</sup>	Golden Gate Park - EASY	San Francisco