



Prostate Awareness Foundation

Fall Hiking Schedule, Sundays at 8am

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

You are cordially invited to participate in PAF sponsored Bay Area hikes. The hikes begin at 8am and last between 3 & 7 hours. Elevation gains will vary from a few 100' to over 2,000'. Distances will vary between 3 & 12 miles. Most hikes are designed so you can shorten the length and still feel like part of the group. You do not have to have prostate issues to participate, but trail talk is often about health related subjects. **Women are most welcome to join in.** This is a great way to meet people of similar interest and get or stay in shape. Bring your lunch, water & a positive attitude. Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Saturday evening to let us know you will participate so we can plan logistics and carpools. We hope to see you on the trail!

Fall Hiking Schedule:

Sunday, Sept. 17 th	Shiloh Ranch St. Park - Easy to Moderate - Windsor	Sonoma Cty
Sunday, Sept. 24 th	Marin Headlands - Moderate	Marin Cty
Sunday, Oct. 1 st	Bear Valley to Arch Rock & Back - Easy to Moderate Pt Reyes Ntl Seashore	Marin Cty
Sunday, Oct. 8 th	Jack London Park - Summit Ridge -Moderate to Strenuous	Sonoma Cty
Sunday, Oct. 15 th	Montara Mtn - Pacifica - Easy to Moderate	San Mateo Cty
Sunday, Oct. 22 nd	Mt Tamalpais - Summit - Strenuous	Marin Cty
Sunday, Oct. 29 th	Tomales Pt.- Pt Reyes Ntl. Seashore Moderate to Strenuous	Marin Cty
Sunday, Nov. 5 th	Mt. St. Helena - Summit - STRENUOUS	Napa Cty
Sunday, Nov. 12 th	Taylor Mtn - Santa Rosa - Easy to Moderate	Sonoma Cty.
Sunday, Nov. 19 th	Sugarloaf St. Park - Moderate to Strenuous	Sonoma Cty
Sunday, Nov. 26 th	Skyline Wilderness Park - Moderate -	Napa Cty.
Sunday, Dec. 3 rd	Presidio - Easy to Moderate	San Francisco
Sunday, Dec. 10 th	Pomo Canyon - Sonoma Coast - Moderate	Sonoma Cty.
Sunday, Dec. 17 th	Muir Woods - Moderate to Strenuous	Marin Cty.