



## Prostate Awareness Foundation

Winter 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](mailto: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, Dec. 24th	Quarry Hill Botanical Gardens, Glen Ellen - Easy Walk	Sonoma Cty.
	<b>(Please note: 9am start for the above hike only!)</b>	
Sunday, Dec. 31st	Mt Burdell, Novato - Moderate	Marin Cty.
Sunday, Jan. 7th	Mt St Helena, Calistoga - Moderate to Strenuous	Napa Cty.
Sunday, Jan. 14 <sup>th</sup>	Estero Trail - Pt Reyes Ntl. Seashore - Moderate	Marin Cty.
Sunday, Jan. 21 <sup>st</sup>	Armstrong Redwoods St. Park, Guerneville - Moderate	Sonoma Cty.
Sunday, Jan. 28th	Golden Gate Park, San Francisco - Easy to Moderate	San Francisco
Sunday, Feb. 4 <sup>th</sup>	Jack London Park, Glen Ellen - Moderate to Strenuous	Sonoma Cty.
Sunday, Feb. 11th	Coastal Trail, Pt Reyes Ntl. Seashore - Moderate	Marin Cty.
Sunday, Feb. 18 <sup>th</sup>	Mt Tamalpais - Summit - Strenuous	Marin Cty.
Sunday, Feb. 25th	Cataract Trail, Fairfax - Strenuous	Marin Cty.
Sunday, March 4th	Indian Tree, Novato - Moderate	Marin Cty.
Sunday, March 11 <sup>th</sup>	Presidio, San Francisco - Easy to Moderate	San Francisco
Sunday, March 18 <sup>th</sup>	Skyline Wilderness Park - Moderate	Napa Cty.

