



PROSTATE AWARENESS FOUNDATION

Spring 2018 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!

Spring 2018 Hiking Schedule:

Sunday, April 1st	Cataract Trail. Mt Tamalpais STRENUOUS	Mt Tamalpais, Marin County
Sunday, April 8th	Steep Ravine Trail MODERATE to STRENUOUS	Mt Tamalpais, Marin County
Sunday, April 15 th	Mt Whittenberg, MODERATE to STRENUOUS	Pt Reyes, Marin County
Sunday, April 22nd	Quarry Hill Botanical Gardens EASY PLEASE NOTE: 9AM START TIME FOR THE BOTANICAL GARDENS	Glen Ellen, Sonoma County
Sunday, April 29 th	ANNUAL SPRING PROSTATE GATHERING –Camp, Hike & Bike	
Monday, April 30 th	Costanoa, Butano, Big Basin State Park	San Mateo / Santa Cruz County
Sunday, May 6h	Mt Taylor MODERATE	Santa Rosa, Sonoma County
Sunday, May 13th	Palisades Trail Hike STRENUOUS OR: do the less strenuous part of the hike to the Labyrinth	Calistoga, Napa County
Sunday, May 20th	Marin Headlands MODERATE to STRENUOUS	Golden Gate National Seashore
Sunday, May 27th	Mt Tamalpais Summit STRENUOUS	Mill Valley, Marin County
Sunday, June 3 rd	NO HIKE THIS WEEK – PAF GARAGE SALE	Healdsburg, Sonoma County
Sunday, June 10	Angel Island EASY (9:45am - Tiberon Ferry to Angel Island)	San Francisco Bay
Sunday, June 17th	Annadel State Park MODERATE	Santa Rosa, Sonoma County