



PROSTATE AWARENESS FOUNDATION

Summer Hiking Schedule 2018, Sundays at 8:00am

Easy 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. Elevation gains will vary from a few 100' to over 2,000' for the more strenuous hikes. Distances will vary between 3 & 12 miles. In many cases some of the Easy hikes are really walks. 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, water & a positive attitude.

Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Saturday 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!

Summer Hiking Schedule 2018

Sunday, June 24 th	North Sonoma Mountain - MODERATE	Santa Rosa - Sonoma County
Sunday, July 1 st	Stinson Beach to Pantoll and Back - STRENUOUS	Stinson Beach- Marin County
Sunday, July 8 th	Coit Tower and North Beach - EASY	San Francisco
Sunday, July 15 th	Sugar Loaf State Park - STRENUOUS	Kenwood - Sonoma County
<i>Sunday, July 22nd</i>	<i>NO HIKE - VACATION</i>	
Sunday, July 29 th	Taylor Mountain - MODERATE	Santa Rosa, Sonoma County
Sunday, August 5 th	San Francisco Presidio - EASY TO MODERATE	San Francisco, County of SF
Sunday, August 12 th	Skyline Wilderness Park - MODERATE TO STRENUOUS	Napa, Napa County
<i>Sunday, August 19th</i>	<i>ANNUAL PROSTATE GATHERING IN THE HIGH SIERRA</i>	
Sunday, August 26 th	Mt. Tamalpais Summit - STRENUOUS	Mill Valley, Marin County
Sunday, Sept. 2 nd	Jack London State Park - MODERATE	Glen Ellen, Sonoma County
<i>Sunday, Sept 9-16th</i>	<i>CANCER CLIMB & TREK FOR PROSTATE AWARENESS IN THE PERUVIAN ANDES</i>	



Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.

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Integrative Paths to Healing