



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 30th	Mt Burdell, Novato - Moderate	Marin County
Sunday, Oct 7 th	Golden Gate Park - Arboretum - Easy	San Francisco
Sunday, Oct 14 th	Estero Trail - Pt Reyes Ntl. Seashore - Moderate	Marin County
Sunday, Oct. 21 st	Armstrong Redwoods St. Park, Guerneville - Moderate	Sonoma County
Sunday, Oct. 28th	Coastal Trail, Pt Reyes Ntl. Seashore - Easy - Moderate	Marin County
Sunday, Nov 4 th	Presidio, San Francisco - Easy to Moderate	San Francisco
Sunday, Nov 11 th	Skyline Wilderness Park - Moderate	Napa County
Sunday, Nov 18 th	Taylor Mt - Easy to Moderate	Sonoma County
Sunday, Nov 25 th	Mt Whittenberg, Pt Reyes Ntl Park - Strenuous	Marin County
Sunday, Dec 2 nd	NO HIKE - ANNUAL PAF HOLIDAY PARTY	Sonoma County
Sunday, Dec 9 th	Indian Tree Trail - Moderate	Marin County
Sunday, Dec 16 th	NO HIKE - PAF SNOW SHOE TRIP	Sierra Nevada



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