



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 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!

Winter Schedule 2018-2019 -Revised

Sunday, Dec. 23th	Tolay Lake County Park, Petaluma. Easy to Moderate	Sonoma County
Sunday, Dec. 30 th	Quarry Hill Botanical Gardens, Glen Ellen. Easy walk	Sonoma County
	(Please note: 9am start for the above hike only!)	
Sunday, Jan. 6 th	Mt Burdell, Novato - Moderate to Strenuous	Marin County
Sunday, Jan. 13 th	Muir Woods from Pantoll - Strenuous	Marin County
Sunday, Jan. 20th	Golden Gate Park, San Francisco - Easy to Moderate	San Francisco
Sunday, Jan. 28 th	Mt St Helena, Calistoga - Strenuous	Napa County
Sunday, Feb. 3rd	Bear Valley Trail, Pt Reyes Ntl. Seashore - Moderate	Marin County
Sunday, Feb. 10th	No Hike This Week	
Sunday, Feb. 17th	No Hike This Week	
Sunday, Feb. 24th	Steep Ravine to Stinson Beach & back - Strenuous	Marin County
Sunday, March 3rd ^h	Land's End to Baker Beach & Back - Easy to Moderate	San Francisco
Sunday, March 10th	Cataract Trail, Fairfax - Strenuous	Marin County
Sunday, March 17th	Skyline Wilderness Park - Moderate	Napa County