



PROSTATE AWARENESS FOUNDATION

Spring 2019 Hiking Schedule, Sundays at 8am

Easy to Advanced (*some hikes can be modified if need be*)

PAF sponsored hikes begin at 8am and last between 3 & 7 hours. Elevation gains vary from a few 100' to over 2,000', and Distances vary between 3-12 miles. Some 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, **women are most welcome to join in** but trail talk is often about health related subjects. This is a great way to meet people of similar interest and get or stay in shape. Bring your lunch, water & a positive attitude. Call Ken Malik at 415-407-3961 or email kamalik@prostateawarenessfoundation.org by 5pm Saturday evening to let us know you are coming so we can plan logistics and carpools. We hope to see you on the trail!

March 17th Indian Tree Trail - Moderate to Strenuous Marin County

Saturday, March 23rd 5th Annual Bill Kortum Memorial Hike - Easy Sonoma Coast

PLEASE NOTE: SATURDAY 3/23, an easy hike with an 11am start time

March 31st Bald Mountain, Sugarloaf State Pk. - Strenuous Kenwood, Sonoma County

Monday, April 15th Big Basin St. Park Hike and Bike - Strenuous Santa Cruz Mountains

PLEASE NOTE: MONDAY 4/15, an 8 mile hike and a 12 mile bike ride (round trip)

April 21st Taylor Mountain - Moderate Santa Rosa, Sonoma County

April 28th Table Rock Trail - Moderate to Strenuous Calistoga, Napa County

May 5th Muir Woods - Strenuous Mill Valley, Marin County

May 12th Armstrong Redwoods State Pk. - Strenuous Guerneville, Sonoma County

May 19th Mt Tamalpais Summit - Strenuous Mill Valley, Marin County

May 26th Sutro Baths, Lands End - Easy San Francisco

June 2nd Annadel State Park - Moderate Santa Rosa, Sonoma County

June 9th Angel Island - Moderate Angel Island, Marin County

June 16th Hood Mountain - Strenuous Kenwood, Sonoma County

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Integrative Paths to Healing