



SPRING HIKING SCHEDULE

NORTH BAY AND SAN FRANCISCO

PROSTATE AWARENESS FOUNDATION

SUNDAY'S @ 8AM UNLESS OTHERWISE NOTED

These Sunday hikes begin at 8am and will last between 3 & 6 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. 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. Bring your lunch, plenty of water and a positive attitude. Hiking poles can be very helpful. Please contact Ken Malik at 415-407-3961 or kamalik@prostateawarenessfoundation.org by 5pm Saturday the day before the hike to let us know you will participate so we can plan logistics and carpools. We hope to see you on the trail.

Sunday, March 17th Indian Tree Trail – Moderate to Strenuous Novato, Marin Cty.

Saturday, March 23rd Bill Kortum Trail – Easy Sonoma Coast, Sonoma Cty

PLEASE NOTE: This is a Saturday hike with an 11am start time for this hike only

Sunday, March 31st Bald Mountain, Sugarloaf State Pk. – Strenuous Kenwood, Sonoma Cty

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

PLEASE NOTE: This is a Monday hike of 8 miles and a bike ride of 12 miles round trip

Sunday, April 21st Taylor Mountain – Moderate Santa Rosa, Sonoma Cty.

Sunday, April 28th Table Rock Trail – Moderate to Strenuous Calistoga, Napa Cty.

Sunday, May 5th Muir Woods – Strenuous Mill Valley, Marin Cty.

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

Sunday May 19th Mt Tamalpais Summit - Strenuous Mill Valley, Marin Cty.

Sunday, May 26th Sutro Baths, Lands End – Easy San Francisco

Sunday, June 2nd Annadel State Park – Moderate Santa Rosa, Sonoma Cty

Sunday, June 9th Angel Island – Moderate Angel Island, Marin Cty

Sunday, June 16th NO HIKE TODAY FATHER'S DAY

www.prostateawarenessfoundation.org

