



SUMMER HIKING SCHEDULE - 2019

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.

Sunday, June 30 th	China Basin State Park - Moderate	San Rafael, Marin Cty.
Sunday, July 7 th	Taylor Mountain – Moderate	Santa Rosa, Sonoma Cty
Sunday, July 14 th	Barnaby Peak Loop - Moderate	West Marin Cty
Sunday, July 21 st	Land's End to Baker Beach Loop – Easy	San Francisco
Sunday, July 28 th	Mt Tamalpais Summit – Strenuous	Mill Valley, Marin Cty
Sunday, August 4 th	NO HIKE - PROSTATE GATHERING	5 nights
KINGS CANYON NTL. PARK		
Sunday, August 11 th	Armstrong Redwoods – Moderate to Strenuous	Guerneville, Sonoma Cty
Sunday, August 18 th	Mt Burdell Summit – Moderate to Strenuous	Novato, Marin Cty
Saturday, August 24	Russian River Canoe Trip – Easy	Forestville, Sonoma Cty
Sunday, Sept 1 st	Coyote Peak Bothe-Napa St. Park – Moderate	St Helena, Napa Cty
Sunday, Sept 8 th	NO HIKE - ANNUAL CANCER CLIMB & TREK	5 Nights.

LASSEN VOLCANIC NTL

PARK www.prostateawarenessfoundation.org