



## **2019 Monthly Hiking Schedule**

### **NORTH BAY AND SAN FRANCISCO**

### **PROSTATE AWARENESS FOUNDATION**

### **SUNDAY'S @ 9AM UNLESS OTHERWISE NOTED**

These monthly Sunday hikes begin at 9am unless otherwise indicated and will last between 4-5 hours. Elevation gains will vary from a few 100' to over 1,500' for the more strenuous hikes. Distances will vary between 4 and 9 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](mailto: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.

<b>Sunday, Sept. 22 @ 9am</b>	<b>Olompali Trail</b>	<b>Moderate</b>	<b>Novato, Marin</b>
<b>Sunday, Oct. 20 @ 10am</b>	<b>Pt Reyes</b>	<b>Moderate</b>	<b>West Marin</b>
<b>Sunday, Nov. 24 @ 9am</b>	<b>Golden Gate Park</b>	<b>Easy</b>	<b>San Francisco</b>
<b>Sunday, Dec. 15 @ 9am</b>	<b>Muir Woods</b>	<b>Strenuous</b>	<b>Mill Valley, Marin</b>