



SUMMER ACTIVITY SCHEDULE - 2020

PROSTATE AWARENESS FOUNDATION

Hikes are now Monday's @ 10am

During Covid-19 concerns, we will now be hiking on

Monday mornings at 10am. Trails will be less crowded during weekdays and the 10am start should avoid rush hour traffic. All trails are now open with social distance regulations in place, which we will honor. You do not have to have prostate issues to participate, but 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 Sunday, the day before the hike to let us know you will participate so we can plan logistics and carpools.

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| Monday, Aug. 3 rd | Presidion – Moderate | San Francisco Cty. |
| Monday, Aug. 10 th | Taylor Mt. Summit – Moderate | Santa Rosa, Sonoma Cty. |
| Monday, Aug 17 th | Muir Woods – Moderate/Strenuous | Mill Valley, Marin Cty. |
| Monday, Aug 24 th | Pomo Canyon – Red Hill Trail – Moderate | Jenner, Sonoma Cty |
| Monday, Aug. 31 st | Armstrong Redwoods St. Park – Moderate | Guerneville, Sonoma Cty |

www.prostateawarenessfoundation.org