



ASC Walk Schedule May 2016

Walk, Talk and be Healthy!

Tuesday May 3 8:30am-2:30pm	Muir Woods National Monument, Mill Valley. Easy, beautiful walk in the National park among gigantic Redwoods, and along the gurgling Redwood Creek, plus a few (optional) interesting trail segments beyond the park. (Bring Golden Eagle pass if you have one.)	2 	2 or 3.5 mi. out-and-back walk on mostly flat, paved and dirt trails, with a few (optional) moderate slopes. Bring walking stick, water and bag lunch or buy lunch there. Fee: \$10/\$12/R/NR.
Tuesday May 10 8:30am-2:30pm	Pulgas Ridge Trail, Mid-Peninsula Open Space Preserve, Redwood city. An easy to moderate hike in a lovely park well-shaded with California Bay, Live Oaks and Buckeyes. (Rescheduled trip –Previous registered people need not sign up for this again, and may sign up for 2 additional trips this month.)	3 	A 3 mile moderate hike on paved and dirt trails, with a few well-graded slopes. Bring walking stick, water and bag lunch. Fee: \$12R/\$14NR
Tuesday May 17 8:30am-2:30pm	Jack London Historical State Park, Glen Ellen. Walk the Lake Trail and visit historical buildings and museum of the legendary writer.	2–3 	Approx. 4 mile hike on paved and dirt road. End with a visit to the House of Happy Walls Museum. Bring water and bag lunch. Fee: \$13R/\$15NR
Wednesday May 25 8:30am-4:30pm (Note Day & Time)	Angel Island Walk and Tour, S.F. Board Blue & Gold Ferry at Pier 41 to Angel Island. On the Island, walk on paved road to Immigration Station. Enjoy great view of San Francisco and the surrounding Bay area. Tour relics of a part of California history.	2–3 	One & 1/2 mile (one way) walk on paved road with moderate slopes. Bring water, snack and bag lunch. Fee: Ferry & Park Entrance fee included \$22 /\$24 R/NR (Bring along \$5 admission if you want to tour museum)

Name ¹(s):	Phone #	Address (new participants only):	Date
Write numbers 1,2,3,4 in the trip brackets below as your preferences. (The first 2 preference trips will be your chosen trips, and the 3 rd and 4 th trips are your waitlist trips. If the first or second chosen trips is full, you'll be put on the waiting list for that trip, and you will be registered to go for your 3 rd and/or 4 th priority trip. You'll need to pay for all the trips at sign-up time. Any unused money will be placed on your credit account for future use.)			
5/3 Muir Woods ()	5/10 Pulgas Ridge ()	5/17 Jack London ()	5/25 (Wednesday) Angel Island ()
Fee \$10/\$12 R/NR +	\$12/\$14 R/NR	+ \$13/\$15 R/NR	+ \$22/\$24 R/NR =Total \$
Payment method (Circle one)	Cash Check (#) Credit Card* ASC Credit	Address on Card (Must fill in, if you use Credit Card):	
*Credit Card: Circle one: Visa or MasterCard No.			Exp.
Name on Card		Signature:	

Note: ¹Only persons of the same household may register together on the same form.

Drawing for above trips takes place on the first Tuesday of the previous month, i.e. April 5, 8:30am

Reminder: Wednesday March 30 12 Noon. Hikers' Pot-Luck Luncheon. Don't miss it.