



ASC Walk Schedule January 2017

Walk, Talk and be Healthy!

Tuesday January 3 2017 8:30 am-2:30pm	Don Castro Regional Recreation Area, Castro Valley. An easy to moderate walk along the shoreline of tranquil San Lorenzo Creek Reservoir, with opportunities for wild life viewing. (Rescheduled trip; Previous waitlisted people will be given priority.)	2-3 	4.0 mi. on fire road and paved surfaces, with a few easy slopes. Bring water, stick, and bag lunch. Fee:\$10/\$12 R/NR
Tuesday January 10 8:30 am-2:30pm	Presidio Inspiration Point, Bay Area Ridge Trail, S. F. From Inspiration Point, walk a segment of the Ridge Trail, pausing at the impressive Goldsworthy naturally-built cypress "Spire", matched only by beautiful views of S. F. famed artistic landmarks. Prepare to be inspired—twice!	3 	2.6 mile out and back hike on dirt and concrete trails through wooded area with a few gradual slopes. Bring water, stick, and bag lunch. Fee:\$10/\$12 R/NR
<div style="border: 1px solid black; padding: 2px; transform: rotate(-90deg); transform-origin: left top; position: absolute; left: -40px; top: 50%; font-weight: bold; color: red;">Newly Added</div> Tuesday January 17 <u>9:30am-2:00pm</u>	<div style="text-align: center; color: red;">(100% Walking Trip)</div> San Francisco Bay Trail, Albany & Berkeley. Walk from the Albany Senior Center to the Albany Beach, along the S.F. Bay Trail, and through the McLaughlin East Bay State Park, returning through Berkeley City streets.	2-3 	Approx. 4.5 mile loop on mostly paved with a few gentle slopes. Bring water, snack . Plan to buy lunch at the Berkeley Culinary School (formerly Bread Project). At 3.5 mile. Free.
Tuesday January 24 9:30am-2:30pm	Treasure Island, S.F. Leisurely walk along the shoreline and residential neighborhood of Treasure Island, with ground level, surround view of the Bay area. Enjoy a 3-course lunch at the Treasury Island Fine Dining Restaurant afterwards.	2 	3.8 miles on paved trails mostly along shoreline, parts through residential neighborhood. Fee: \$5/\$6 R/ NR. Lunch at the Culinary Academy on Treasure Island. Bring \$15 (? TBD)
Tuesday January 31 8:30am-2:30pm	Cascade Falls, Cascade Canyon Open Space, Marin county. A relatively short walk takes you through a lush natural preserve tucked into a hillside with the most pristine and diverse wildlife habitat, and emerges at a waterfalls up close.	3 	2.0 mile loop on winding and sloping dirt trails and fire roads. Bring snack, water and bag lunch. Fee:\$10/\$12 R/ NR

Name 1(s):	Phone #	Address (new participants)	Date
Write numbers 1,2,3,4 in the trip brackets below as your preferences. (The first 2 preference trips are your chosen "go" trips; 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 as openings exist.			
1/3 Don Castro ()	1/10 Presidio Inspiration Pt. ()	1/17 S.F. Bay Tr ()	1/24 Treasure Island ()
\$10/\$12 R/NR + \$10/\$12 R/NR + 0		+ \$5/\$6 R/NR + \$10/\$12 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:	

Drawing for above trips takes place on the first Tuesday of the previous month, i.e. **December 6, 8:30am**