



ASC Walk Schedule June 2018

Walk, Talk and be Healthy!

Date	Destination	Difficulty	Description
Tuesday June 5 2018 8:30 am-2:30pm	Five Bridge View Trail, China Camp State Park, San Rafael. A moderate walk in tranquil wooded area, interspersed with bay views, ending at a ridge with a unique, command view of 5 area bridges. <u>(This is a re-scheduled trip from March; previous enrollees will be automatically re-enrolled.)</u>	3 	3 mi. moderate walk on paved and dirt trails, with moderate slopes, to a scenic ridge, followed with a visit to historical China Camp. Bring water, stick and a bag lunch. Fee:\$13/\$15 R/NR
Tuesday June 12 No bus. 11:00 am-2:00pm	Ohlone Greenway Trail – An easy walk on the Ohlone Greenway from Albany Senior Center to El Cerrito, passing several small parks along the way.	1 	Easy 1.6 mi. one-way (3.2 mi. out and back) walk on flat, paved trail. Stopping for lunch at Little Hong Kong or other nearby restaurants. Free. Bring money for lunch.
Tuesday June 19 8:30am-2:30pm	Mt. Wada, Joh Muir National Historical Park, Martinez. Hike some of the trails that John Muir walked. A partial loop through grassy hills and oak trees near the John Muir home. Take a guided tour of the John Muir gravesite and his home before or after the walk (to be confirmed).	2 	2.3 mi. walk on dirt trails, with an initial moderate slope, after which easy, mostly flat trail. Bring water, snack, walking stick, plus bag lunch at the John Muir National Historical Museum Fee: \$13/?\$15 R/NR
Tuesday June 26 8:30am-2:30pm	Arrowhead Marsh Trail, MLK Regional Shoreline, San Leandro.. An easy walk along newly restored marshland and the San Leandro Creek, providing great vistas and unlimited opportunity for bird watching.	1-2 	2.1 mile easy walk on flat, paved trail along shoreline. Bring water and bag lunch. Fee::\$13/\$15 R/NR



Name '(s):	Phone #	Address (new participants only):	Date
<p>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 3rd and 4th trips are your waitlist trips. If the first 2 chosen trips are full, you'll be put on the waiting list for those trips, and you will be registered to go for your 3rd and/or 4th priority trip.</p>			
6/5 5-Bridge Trail Rescheduled ()	6/12 Ohlone Greenway ()	6/19 Mt. Wanda ()	6/26 Arrowhead Marsh ()
Fee \$13/\$15 R/NR	+ Free	+ \$13/\$15 R/NR	+ \$13/\$15 R/NR =Total \$
Payment Method (Circle one): Cash (\$) Check (Ck. No.) ASC Credit			
If you pay with Credit Card: Present it to Front Desk to enter amount into your credit account, and circle ASC Credit above.			
Note: Drawing for above trips takes place on the first Tuesday of the previous month, i.e. May 1, 8:30am			