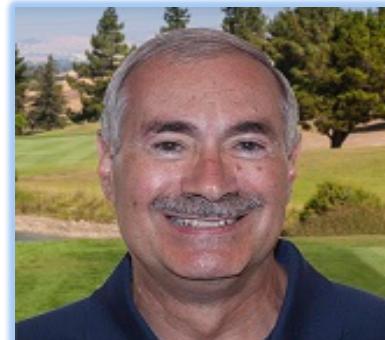


Hiking

Ray Martz

Bob Wilkenfeld



Exercise and friends are keys to long and happy lives.

Come join our hiking group and get a two-in-one package.

Our hikes are held each Monday, starting at 10am, at one of the numerous nearby regional parks or open spaces. Hikes range in length from 4-7 miles and usually include climbing 400-1200 feet of elevation. But don't let these numbers scare you; we are an easy-going bunch of hikers with a range of abilities. Spouses and partners are definitely welcome.

Rain, extreme heat, or high winds will lead to cancellation.

To be added to our mailing list, contact Bob at: wilkx4@gmail.com



Ray Martz

rayhvac@gmail.com

C: 925-788-0023

Bob Wilkenfeld

wilkx4@gmail.com

C: 925-348-1904