



# HEALTH & FITNESS - 2019 SCHEDULE

## HIKE #1 led by Riz

Date: April 27, 2019

Place: Lake Lagunitas, Fairfax

Meet time: 8:30 AM - 11:30

## HIKE # 2 led by Teresa

Date: May 27, 2019

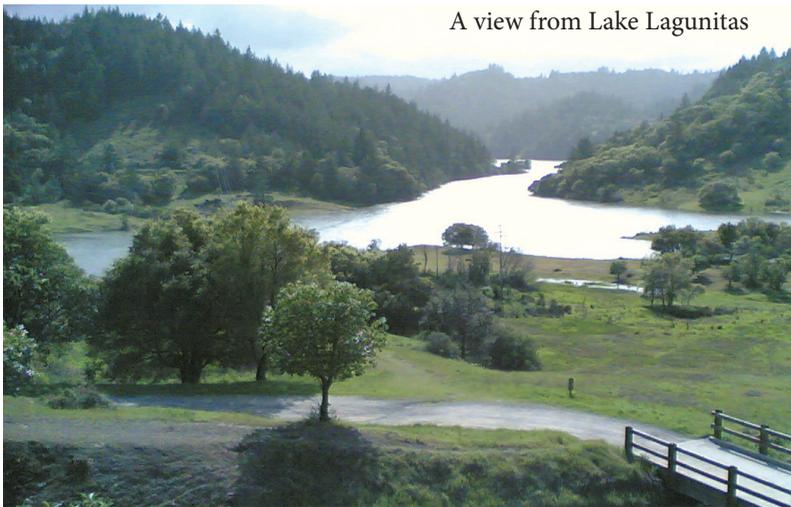
Place: Indian Valley, Novato

Meet time: 8:30 AM - 11:30

### Potluck brunch to follow hike

*Think fresh and /or dried fruits, trail mix, bagels, adobo and egg sandwiches, deviled eggs,*

**Please bring your own water bottles.**



A view from Lake Lagunitas



Lake Lagunitas

\* Please wear suitable hiking or trail shoes for your safety.

### Directions to Sky Oaks Watershed Headquarters & Lake Lagunitas (same entrance)

#### — From Novato

*( From Mill Valley, use San Anselmo, exit. You will land on Sir Francis Drake Blvd. upon exit. Follow from directions # 3, below)*

1. Take Highway 101 South to Central San Rafael exit. Turn right on Third Street.
2. Stay on Third. It will turn into Sir Francis Drake Blvd.
3. Stay on Sir Francis Drake until you get to the Fairfax town limits — about 3.8 miles
4. Turn left immediately after the gas station at Pacheco Ave.
5. Turn right onto Broadway Blvd. (You will see Fairfax Theatre in front of you.)
6. At the next stop sign, turn left onto Bolinas Road. (You will see Coffee Roastery at the corner)
7. Continue on Bolinas Road approximately 1-1/2 miles
8. At 700 Bolinas Road there is a wooden sign on your left saying “Lake Lagunitas.”  
Turn left at the sign onto Sky Oaks Road. Go slow as road narrows.
9. Go approximately 1/4 mile and Sky Oaks Watershed Headquarters is on the left at the crest of the hill.  
(If you miss the Sky Oaks Road turn-off and you get to the Meadow Club Golf Club, you have gone too far.)

- Lake Lagunitas parking lot is about 1-1/2 miles past the entrance gate of the Sky Oaks guard house.
- Pay with a credit card or **exactly \$8 in bills only, no coins**, at the shed past the guard house on the right.  
(Machine does not give change.) Entrance fee is per car, not per person.
- After about one mile, stay right at the intersection; within 100 yards you will be at the Lake Lagunitas parking area.

**Lake Lagunitas  
entrance fee  
is \$8. per car.  
Exactly \$8 in bills only.  
Carpooling  
is encouraged.**

Lake Lagunitas is in the Sky Oaks Watershed at: 49 Sky Oaks Road, Fairfax, California 94930