

LIVER LIFE

CHALLENGE CLIMB

Mt. Shasta June 5-6 & 10-13 2010

Hike	Date	Title	Location	Duration	Mileage	Elevation Gained
1	3/13/2010	Mission Peak	Fremont	4 hours	7	2,000'
2	3/27/2010	Mount Diablo	Clifton	6 hours	10	3,000'
3	4/10/2010	Del Valle	Livermore	8 hours	14	3,500'
4	5/1/2010	Skyline	Saratoga	12 hours	16	4,000'
5	5/22/10-5/23/10	Half Dome	Yosemite	14 hours	18	5,000'

American Liver Foundation | Northern California & Nevada Division
870 Market Street, Suite 1048, San Francisco, CA 94102
tel: 415-248-1060 | fax: 415-248-1066
CA/NV Toll Free 800-292-9099
National Toll Free HelpLine: 800.GO.LIVER

www.liverfoundation.org