



PROSTATE AWARENESS FOUNDATION

Integrative Paths to Healing

Costanoa Hike, Bike and Camp

Monday, April 20th to Wednesday, April 22nd

Spring time on the California coast brings wildflowers, greenery and hopefully waterfalls. This will be the third year we will be visiting Costanoa to hike, bike and camp. For those who prefer *NOT* to camp, tent cabins and lodge rooms are available at the resort. The purpose of these PAF outings is firstly to get into the outdoors with like-minded people and share the beauty of California's parkland. The second objective is to begin getting in maximum physical condition for this summer's *Cancer Climb & Trek for Prostate Awareness* at Mt Baker in the Northern Cascades National Park in Washington state. You don't have to be on the expedition to join us at Costanoa. Thirdly, to practice the PAF Mantra of good prostate health: *a prostate friendly menu, lots of exercise, stress management and a zest for life to the fullest.*

We'll spend two nights and two and a half days car camping on the San Mateo coast not far from Pescadero and the Pigeon Point Lighthouse. We'll be hiking and biking in Big Basin State Park, hiking in Butano State Park or Ano Nuevo State Beach, and walking the beach close to the campgrounds at Costanoa Resort just off Highway #1 between Half Moon Bay and Santa Cruz. If you don't feel like being particularly active, just come and relax by the Ocean!

Itinerary:

Monday, April 20th: Leave home after the morning rush hour. Drive down the coast to Butano State Park, just outside of Pescadero. Meet in the parking lot at 12 Noon. We'll hike for a couple of hours in the redwoods and along the creek. Bring your lunch, water and snacks. Check into the Costanoa Resort sometime after the 2pm check in. Set up camp. Camp dinner will be around 6pm.

Tuesday, April 21st: This is one of the highlights of the trip, maybe the best combination hike and bike experience in the West. We'll eat and early breakfast in camp. Then take a short drive down the coast to Big Basin State Park. We will bike in about 6 miles on easy roads and trails and park our bikes at the trail head bike rack. We then take an 8 mile hike thru the forest and visit a number of waterfalls before we get back to our bikes for a 6 mile leisurely ride back to the trail head. We'll have dinner in camp. Those not interested in biking can hike along the coast at Ano Nuevo State Beach and watch the sea lions. This is a half day hike not far from Big Basin State Park.

Wednesday, April 22nd: Breakfast in camp. Break camp and then weather permitting take a walk on the beach. Head home.

Logistics:

Costanoa Camping: There is a KOA camp grounds in the Costanoa Resort. We reserved 2 sites for Monday and Tuesday nights. The sites hold up to 6 people, 2 tents and 2 cars each and the cost is \$60 per night each. We will split the cost by the number of campers. If we do not need the second site we can cancel it.

Tent Cabins & Lodge Rooms: Some in our group may choose to rent one of the Costanoa tent cabins, these are pretty luxurious compared to the Curry Village tent cabins in Yosemite. There are also lodge rooms and restaurant food available. You can visit www.costanoa.com to view options & make reservations if you'd rather not camp. Or you can call the resort at 877-262-7848.

Food: Ken will pre-prepare dinners and breakfast to make things easy for those wanting to eat prostate friendly. Individuals will provide their own lunches and trail food. Once we determine the number of participants, we will all chip in for food and camp supplies. We have extra tents available as well as a full kitchen kit.

Car Pooling: We can discuss carpooling and other logistics once you sign up for the trip.

Equipment: The climate on the coast can vary from hour to hour, dress in layers. You will need to bring: a sleeping bag, air mattress, layered clothing, sunscreen, day pack, stuff for lunch and snacks, a good disposition, hiking poles, blister pads, mountain bike if you want to try the Big Basin loop.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in. *Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.* The PAF hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

Please call Ken Malik with any questions you may have and to let us know if you plan to join us at 415-407-3961, or email Ken at kamalik@prostateawarenessfoundation.org

Hope to see you on the trail!

Ken Malik
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20 Year prostate cancer veteran
www.prostateawarenessfoundation.org