

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE



Muir Woods Dipsea Trail to Pantoll & Back

Monday, August 10th, 2015 10am

Moderate to Strenuous

5-6 hours, 1,800' elevation gain, 9 miles

Meet in the Muir Woods parking lot. Parking is always a challenge. You may have to opt for street parking or one of the overflow lots.

We'll hike up the Dipsea trail to take advantage of great coastal views, then down the Dipsea Trail to the Steep Ravine Trail and up to the Pantoll Ranger Station. After lunch we'll trek along the Alpine Trail to Van Wyck Meadow and down to Muir Woods along the Bootjack Trail.

Our hike starts promptly at 10am, please be on time. 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.

As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!



Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly 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.

WWW.PROSTATEAWARENESSFOUNDATION.ORG

Integrative Paths to Healing