



**Prostate Gathering in the Northern Sierras**  
**Sponsored by Prostate Awareness Foundation**  
**Wild Plum Campgrounds in Sierra City, CA**  
**Sunday, June 12 to Tuesday, June 14, 2016**

June in the Sierras is wild flower season. We have been tent camping on Wild Plum Creek for a few years now; it is a peaceful spot. The Lake Basin of the Yuba Pass area has a multitude of hiking trails including the Sierra Buttes, the Pacific Crest Trail and the Yuba Pass. Join us for two nights and three days in the great outdoors. This is a “gourmet” car camping trip. You can stay for the whole gathering or join us just for a day and or night. We will practice the four keys to a sustainable prostate. The keys are: a prostate healthy diet, exercise, stress management and a zest for life. You don’t have to have a prostate to participate, but trail and camp talk is often about prostate and health related subjects. Women are most welcome to join in. *Fact: recent clinical research indicates that men dealing with prostate cancer who have a consistent exercise program and prostate friendly diet have the slowest disease progression!*

The Prostate Gatherings are a great way to meet those of a similar interest, to get or stay in shape, and to pro-actively take better care of yourself. This is a great “tune-up” for August’s Prostate Gathering in the Yosemite High Country. Please review the below information and then send an email to Ken Malik at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-675-5661 with any questions you may have and to reserve your space at the Gathering.

**Weather:** We will be camping at about 6,000’ so evenings can be chilly. In the past we have had temperature ranges in the evening between 40 and 60 degrees. Day time temperatures can be in the 90’s but normal is in the 70’s and 80’s.

**Fitness Level:** You don’t have to be in great shape to participate. If you are currently in good shape you will definitely be able to do all the activities. If you are not in such good shape, there

are easier options each day. If you have been promising yourself to get into better shape this is a great opportunity to start.

**Gear:** Since you can't count on the weather, be prepared. Plan to dress in layers. Include a warm jacket, gloves and a hat for the evening and early morning hours and shorts and bathing suit as well. Bring a day-pack, sleeping bag, air mattress and a tent. Don't have one? The PAF has extras, let us know! Hiking poles are a smart option.

**Wild Plum Campgrounds:** Sierra City is on Hwy 49. Wild Plum Campgrounds is one mile east of Sierra City on Haypress Creek off of Wild Plum Road. Take Hwy 80 East to Auburn, take Hwy 49 north through Grass Valley and Nevada City to Sierra City.

**(Lodging Options:** Tent camping is recommended to really experience the outdoors, but below is a short list of other options: The Yuba River Inn ([www.yubariverinn.com](http://www.yubariverinn.com)), Herrington's Resort ([www.herringtonssierrapines.com](http://www.herringtonssierrapines.com))

## **Itinerary:**

**Sunday, June 12 @ 7am --** Drive to Sierra City and setup camp. Afternoon hike on the Haskell Peak Trail a three-mile, two-hour hike to 8,107' Haskell Peak with unbelievable views of the surrounding mountains. Please let us know if you plan to hike on Sunday so we can plan logistics. Dinner will be served between 6 and 7 pm.

**Monday, June 13: Options 1: Sierra Buttes Trail.** This is a great five-mile round trip hike to the Sierra Buttes lookout station that takes about 4 hours. We will get an early start so those that would like can take a trip to the Sierra Hot Spring for a late afternoon soak. (Sierra Hot Spring fee is \$15 for 3 hours)

**Option # 2: Haypress Creek Trail** out of the campgrounds to a swimming hole a mile or two away and back. Travel in the afternoon to Sierra Hot Springs and an afternoon soak.

**Tuesday, June 14:** Early breakfast and break camp. Short, optional hike in the area before leaving for home.

**Meals:** All meals will be prostate friendly. You will have a choice of either vegan or pescatarian (seafood eating vegan). Breakfast, lunch and dinner are included in your cost. We will try to accommodate all dietary needs. Let us know if you need to eat gluten free, etc. Tentative dinner menu includes: Vegan Eggplant Parmesan, Vegan Mountain Man Chili.

**Food & Supplies:** The PAF will prepare prostate friendly meals in advance and will be supplying water, dinner, breakfast, lunch materials, cooking equipment, utensils, paper plates, etc. You will need to supply trail food, your own snacks and additional beverages if you want. Hope to see you at the Gathering,

**Cost:** We have made every effort to keep the costs down. All meals are included in the \$100 fee. That includes breakfast, varied selections for a make it yourself trail lunch and dinner. Want to attend but don't like to camp? There are accommodations in Sierra City about 10 minutes from the campground. The costs below include camping and all meals. They do not include transportation, hotels if you're not camping, alcoholic beverages and your personal snacks, or the fee for the hot-springs soak. Car-pooling may be an option for some folks. Please let Ken know if you are open to sharing your car or hoping to catch a ride with another camper.

**Total cost per person below for the entire stay: includes meals and campsite fees is \$100. Please make your checks payable to the PAF and mail to:**

**Prostate Awareness Foundation  
Attn: Ken Malik  
PO Box 2934,  
Santa Rosa, CA 95409**



Ken Malik is the founder and Executive Director of the PAF, he is also a 21-year prostate cancer veteran. Email [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org), call 415-675-5661 or visit the PAF website [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) for more information about the mission of the PAF.