

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

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## Oat Hill Mine Trail - Calistoga, Napa County

SUNDAY February 19th, 2017 8:00am

Moderate to Strenuous

4-5 hours, 1,500' elevation gain, 7-8 miles

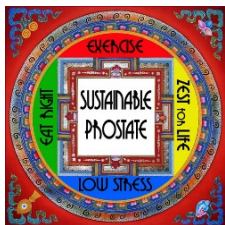
The Oat Hill Mine Trail is actually an old mercury mining road. We will hike up to the junction with the Palisades Trail and then back down. For those willing to go a mile or so more, there is an interesting cave to visit (that's the strenuous part!)

We'll meet in the parking lot at the Cal Mart Super Market at 1491 Lincoln Ave in downtown Calistoga at 7:45am and then car pool to the trailhead. The Hike starts at 8am. 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 (there is no water along the trail); your lunch; hiking poles if you have them and a positive attitude!

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



*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.*

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