

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE



Muir Woods: Dipsea Trail to Pantoll to Muir Woods

SUNDAY February 26th, 2017 8:00am

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.

WE CAN MODIFY THE ROUTE BASED ON PARTICIPANTS!

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; 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 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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