

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Skyline Wilderness Park

East of the City of Napa, Napa County

Sunday, May 14, 2017 @ 8am

Moderate

4 hours, 1,100' elevation gain, 7 miles

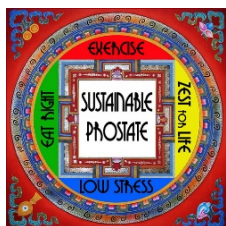
Take Imola Ave off Hwy # 29 to the eastern side of the City of Napa. This is a private park with an entrance fee of \$5.

We have not visited this park before but it looks like a real winner. We will hike the Skyline Trail to the Rim Rock Trail to the upper reaches of the park. After a break to relax we'll weave our way back to the trail head.

The Hike starts at 8am. Please be on time. Bring your lunch, layered clothing, hiking poles if you have them and plenty of water.

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. Call 415-407-3961 or email him at kamalik@prostateawarenessfoundation.org.

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.

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