

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE



ANGEL ISLAND

San Francisco Bay

Sunday, June 4th, 2017 @ 10am

EASY to MODERATE

The only way to get to the island is by ferry. Most of us will take the 10am boat from the end of Tiberon Blvd in Tiberon. Get off of US #101 at Tiberon Blvd and head east. Parking is very limited. Consider parking a bit away from the ferry slip and walking to the ferry. You can pay to park your car in the Bank of America parking lot. Please allow plenty of time as you should be at the Ferry by 9:30 to line up to buy your ticket. The fare is \$14 for seniors, \$15 for adults, no credit cards or Clipper Cards, cash or check only. No advance sales. There is also ferry service from San Francisco, Oakland and Vallejo. Make sure you check the schedule and location and plan on being on Angel Island for when the Tiberon Ferry arrives at about 10:15am. The last boat leaves for Tiberon at 5:20pm! They run every hour.

We've been to the top of Mt Livermore and back before, so this trip let's explore some of the old buildings and other interesting sites on the island. These include the Immigration Station, Nike Missile Site and old barracks.

Bring your lunch, water and layered clothing. The weather on the bay can be unpredictable.

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.

WWW.PROSTATEAWARENESSFOUNDATION.ORG