



# China Camp State Park San Rafael, Marin County

## Prostate Awareness Foundation Weekly Hike

Sunday, August 20, 2017 - 8am

Moderate

4-5 hours, 800' elevation gain, 8-9 miles

Take Hwy # 101 to North San Pedro Rd exit in northern San Rafael. Then take N. San Pedro Rd east for about 5 miles to China Camp Village. The address is 101 Peacock Gap Trail, San Rafael, CA 94901 if you are Mapquesting.

We will hike on the Shoreline Trail up into the hills and explore the old historic areas of the park. Our group will determine difficulty and the exact route we take.

Wear layered clothing; bring plenty of water and your lunch. Hiking poles are optional but helpful.

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. You can contact Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or 415-407-3961.

Hope to see you on the trail.

[www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)

***Integrative Paths to Healing***