



Bear Valley - Arch Rock & Back Pt Reyes National Seashore Marin County

Prostate Awareness Foundation Weekly Hike

Sunday, October 1, 2017 8am

Moderate

4-5 hours, 200' elevation gain, 8.8 miles

Meet at the Bear Valley Visitor Center parking lot off Hwy #1 close to the town of Olema. The hike starts at 8am, please be on time.

We will hike out to the ocean and back. There is very little elevation gain and a lot of shade. This is a magical hike through the woods with a great ocean view on the coast.

Wear layered clothing; bring plenty of water and your lunch.

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 him at 415-407-3961

Hope to see you on the trail!

www.prostateawarenessfoundation.org

Integrative Paths to Healing