

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Montara Mountain, Pacifica

Sunday, October 15th, 2017 @ 8am

Moderate

4 hours, 1800' elevation gain, 7 miles

We will meet the parking lot in San Pedro Valley Park in Pacifica. Take Hwy # 1 South into Pacifica, turn left onto Linda Mar Blvd. Drive about 2 miles east to the end. Turn right onto Oddstad Rd and make the first left into the park and the parking lot.

We'll summit on the Montara Mountain Trail and return on the Brooks Falls Trail. Weather permitting, we will have great views of the coast and the bay area from the summit. After lunch at the top we'll weave our way back to the trail head. Optional stop for lunch in Pacifica or SF!

The hike starts at 8am, please be on time. Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water (there is no water in the park). make sure you bring sunscreen and a hat it warms up fast this time of year.

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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