

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



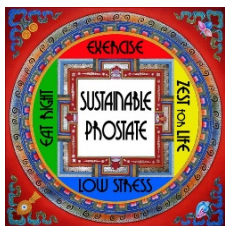
Bothe-Napa State Park
Coyote Peak / Redwood Trail Loop
Sunday, November 19th, 2017 @ 8am
Moderate to strenuous
4 hours, 900' elevation gain, 5 miles

Take Hwy # 29 in the Napa Valley. Bothe-Napa State Park is about 5 miles north of St Helena and 4 miles south of Calistoga. Enter the park and pay an \$8 day use fee at the kiosk. Drive in about a ¼ mile and park at the Ritchey Canyon Trailhead.

The hike starts at 8am, please be on time. Bring your lunch, layered clothing, and plenty of water. Hiking poles help!

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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