



# **Pomo Canyon Trail**

## **Sonoma Coast**

### **Prostate Awareness Foundation Weekly Hike**

**Sunday, December 10, 2017**

**Moderate**

**4 hours, 400' elevation gain, 6 miles**

We'll hike the Pomo Canyon Trail from the ocean to the redwoods and back. Hikers will **meet at the parking lot at Shell Beach** – parking is free. To reach the Shell Beach parking lot drive along Hwy #1 about 7 miles north from the town of Bodega Bay. From the NE head south from Hwy #116 onto Hwy #1j just before you reach Jenner. Then look for the Shell Beach signage on the right. The parking lot is on the ocean side of Hwy # 1.

**Our hike starts promptly at 8am, please be on time.** You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in.

As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961.

Hope to see you on the trail!

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

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