

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Muir Woods, Marin County
Sunday, March 11, 2018, 8am
Moderate to Strenuous
4-5 hours, 1,400' elevation gain, 7-8 miles

With all the rain we have had lately the creeks will be really flowing. That makes it an especially great time to be doing this magnificent hike. Parking is always a challenge, that's why we start so early on Sunday hikes. As of mid-February one needs to use the new shuttle service into and out of Muir Woods parking lot, because of traffic congestion at this popular site.

To avoid having to do that, we will meet at Pantoll Ranger Station on the Panoramic Hwy at 8am. Instead of hiking up and then back down we will do the opposite: down then back up.

Wear layered clothing, bring plenty of water and snacks. Hiking poles always make this hike a little easier.

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!



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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Integrative Paths to Healing