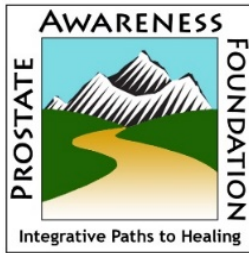


# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

## Sundays at 8:00am



**Pt Reyes National Seashore, Marin County**  
**Mt Whittenberg Trail Loop to Bear Valley Trail**  
**Sunday, May 13, 2018 8am**  
**Moderate to Strenuous**  
**5 hours, 1,300' elevation gain, 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.

The Mt Wittenberg trail is the least traveled trail in the park. This is a magical hike thru the woods with occasional views of Tomales Bay and the Ocean, weather permitting. We'll come back down along the Sky trail to the Old Pine Trail and back along the Bear Valley Trail to the parking lot.

Wear layered clothing; bring plenty of water, hiking poles if you have them 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. You can email Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or give him a 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.*

**[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**  
***Integrative Paths to Healing***