

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Mt Tamalpais, Mill Valley, Marin County

Mountain Home Inn to the Summit & Back

Sunday, May 27, 2018 - 8am

Strenuous -- 5 hours, 1,400' elevation gain, 6-7 miles

This is a little tougher hike than we have been doing lately, but we've done it before. It's time to be pointing toward some more strenuous hikes in preparation for other PAF summer activities and hikes. This will be pretty good test of what kind of shape we are in. But we will take our time and anyone not wanting to go all the way to the summit and back will have other options.

We will meet in the parking lot across from the Mt Home Inn on the Panoramic Hwy in Mill Valley at 8:00am. Our descent will bring us down the Fern Creek Trail back to the Mountain Home Inn.

The Hike starts at 8am. Please be on time. Bring your lunch, layered clothing, hiking poles if you have them and plenty of water.

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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