

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am - *Note special times below*

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**Mt Livermore, Angel Island, San Francisco Bay**  
**Sunday, June 10, 2018 - 9:30am in Tiburon**  
**Strenuous**  
**3-4 hours, 1,100' elevation gain, 5 miles**

The only way to get to the island is by ferry. Most of us will take the 10am boat from the end of Tiburon Blvd in Tiburon. Get off of US #101 at Tiburon Blvd in Marin County and head east. Parking is very limited. Consider parking a bit away from the ferry slip and walking to the ferry. Please allow plenty of time to get to the Ferry no later than 9:45am. There is also ferry service from San Francisco, Oakland and Vallejo. Make sure you check the schedule and location and plan on meeting on Angel Island for when the Tiburon Ferry arrives at about 10:15am.

We will hike to the top of Mt Livermore for an unbelievable 360 degree view of the whole bay. **The last boat leaves for Tiburon at 3:30pm.** The fare on the Tiburon Ferry is \$14 for seniors round trip cash or check only!

Bring your lunch, water and layered clothing. The weather on the bay can be unpredictable.

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](mailto: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.*

[www.ProstateAwarenessFoundation.org](http://www.ProstateAwarenessFoundation.org)