

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Skyline Wilderness Park,
East of the city of Napa, Napa County
Sunday, August 12th, 2018 - 8:00am
Moderate
4 hours, 1100'+ elevation gain, 7 miles

East of the City of Napa. Take Imola Ave off Hwy # 29 to the eastern side of the City of Napa. This private park has a \$5 entrance fee.

We have not visited this park before but it looks like a real winner. We will hike the Skyline Trail to the Rim Rock Trail to the upper reaches of the park. After a break to relax we'll weave our way back to the trail head.

Wear layered clothing; bring water and a snack. Hiking poles would be useful.

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 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.

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Integrative Paths to Healing