

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

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## **Estero Trail, Pt. Reyes National Seashore**

**Sunday, October 14, - 8am**

**Moderate**

**4-5 hours, 300' elevation gain, 9 miles**

This is usually a great time of year out on the coastal Pt Reyes Peninsula. We did this hike last year and it is a beauty. This is a pretty flat hike with a climb of Drake's Head with great views. It is an out and back hike so you do not have to go all the way!

We'll meet in the parking lot for the Estero Trailhead. To get there take Sir Francis Drake Blvd from US 101 about 20 miles to Olema, turn right on Hwy. #1 and drive 2 miles then turn left at Sir Francis Drake Hwy and drive 8.2 miles. Turn left and drive about a mile to the parking lot at Estero. Please allow plenty of time to get to the trailhead from your home. Our hike starts promptly at 8am. The weather on the coast can be unpredictable, be sure to wear layered clothing. Bring plenty of water; your lunch and snacks; hiking poles if you have them and a positive attitude!

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. *Women are most welcome to join in!*

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. Send an email to Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961 or s 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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