

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Presidio Hike, San Francisco
Arguello Gate to the GG Bridge & Back
Sunday, November 4, 2018 8am
Easy to Moderate
3-4 hours, 200' elevation gain, 5 miles or less

Meet at the Arguello Gate: Jackson Street & Arguello Blvd promptly at 8am. We will hike by Inspiration Point, through the Presidio forest and past interesting historic sites, buildings and works of art. Our trails will include the Bay Area Ridge Trail, and the California Coastal Trail. Our destination will be the Golden Gate Bridge and then back. A Shuttle bus is available along the way.

Wear layered clothing; bring plenty of water 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. Call Ken at 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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Integrative Paths to Healing