



Pantoll to Muir Woods and back loop
Mt Tamalpais, Marin County
Sunday, January 13, 2019, 8am
Strenuous

4-5 hours, 1,100' elevation gain, 6 miles

The creeks should be roaring after this week's rain. We will meet at the Pantoll Ranger Station on the Panoramic Hwy at 8am. We'll hike down the west side of Muir Woods canyon, into Muir Woods and then back up on the east side along the creek on the Bootjack Trail. Our hike starts promptly at 8am, please be on time.

Wear layered clothing, bring plenty of water and snacks. Hiking poles always make this hike a little easier.

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. Email Ken at kamalik@prostateawarenessfoundation.org or give him a call 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.

www.prostateawarenessfoundation.org
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