

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Pt Reyes National Seashore, Marin County
Bear Valley - Arch Rock & Back
Sunday, February 3, 2019
Moderate
4-5 hours, 200' elevation gain, 8.8 miles

Meet at the Bear Valley Visitor Center parking lot off Hwy #1 close to the town of Olema. The hike starts at 8am, please be on time.

We will hike out to the ocean and back. There is very little elevation gain and a lot of shade. This is a magical hike through the woods with a great ocean view on the coast. The hike starts at 8am, please be on time.

Wear layered clothing, bring your lunch, and plenty of water. Hiking poles optional.

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.

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