

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Mt Tamalpais, Marin County
Steep Ravine - Dipsea Trail Loop
Sunday, February 24, 2019, 2018 8am
Strenuous
4-5 hours, 1,100' elevation gain, 6 miles

We meet at the Pantoll Ranger Station parking lot at 8am.

We will hike down the Steep Ravine Trail to the Dipsea Trail and then back up to the Pantoll Ranger Station. This is truly a wonderful trail especially after a rainy winter.

Wear layered clothing; bring plenty of water, hiking poles if you have them and snacks.

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