

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Table Rock Trail, Mt St Helena, Napa County

Sunday, April 28, 2019 8am

Strenuous, 4 Hours, 1000' elevation gain, 6 miles

The Table Rock Trail is the first segment on the Palisades Trail on Mt St Helena. We will hike out to Table Rock with a stop along the way at the Labyrinth. This hike provides some magnificent views of the Napa Valley and the Mayacamas Mountains. This trail can be rugged in spots.

We'll meet in the Robert Louis Stevenson State Park parking lot on the southwest side of Mt St Helena on Hwy 29 on the way to Lake County from Calistoga.

The Hike starts at 8am. Please be on time. Bring your lunch, layered clothing, hiking poles if you have them and plenty of water (there is no water along the trail).

Please contact Ken Malik no later than 5pm on Saturday night to let us know you are planning to participate and to arrange for carpooling and logistics. You can call Ken at 415-407-3961 or send an email to 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