

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Mt Tamalpais Summit, Mill Valley, Marin County
Sunday, May 19, 2019 - 8am
Strenuous, 5 hours, 1,600' elevation gain, 9 miles

We meet at the parking lot across from the Mtn Home Inn on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 8:00am, please be on time.

We'll hike up the south side of Mt Tamalpais on a series of wooded and open trails to the summit. Then take a nice break at the summit and descend on the Fern Creek trail. Exact route to be determined based on participants & abilities. Wear layered clothing; bring plenty of water and a snack. Hiking poles are always useful.

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 email 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