

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am - 10:00 this week only



ANGEL ISLAND - MT LIVERMORE, TIBERON, MARIN COUNTY

Sunday, June 9, 2019 10:00am

Moderate, 3-5 hours, 650' elevation gain, 5 miles

Please note the 10:00am start time for this hike. The only way to get to the island is by ferry. We will take the 10am boat from the end of Tiberon Blvd. Get off of US #101 at Tiberon Blvd and head east. Parking is very limited. Consider parking a bit away from the ferry slip and walking to the ferry. Please allow plenty of time to get to the Ferry by 9:45am. There is also ferry service from San Francisco, Oakland and Vallejo. Make sure you check the schedule and location and plan on meeting on Angel Island for when the Tiberon Ferry arrives at about 10:15am. The last boat leaves for Tiberon at 5:20pm! The fare on the Tiberon Ferry is \$14 for a senior round trip or \$15 regular fare. Cash or check only! The hike to the top of Mt Livermore is spectacular. At the top we will get a 360 degree view of the bay area. The actual hike only takes about 3 hours round trip so we will wander around the rest of the island on the way back.

Bring your lunch, water and layered clothing. The weather on the bay can be unpredictable. Hiking poles are an asset.

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