



**China Camp State Park  
San Rafael, Marin County  
Sunday, June 30, 2019 @ 8am  
Moderate to Strenuous**

**4-5 hours, 700' elevation gain, 8-9 miles**

Take Hwy # 101 to North San Pedro Rd on the north side of San Rafael. Take the San Pedro Rd East about 5 miles to China Camp Village, address: 101 Peacock Gap Trail, San Rafael, CA 94901. Go into the Park and follow the shoreline drive and park at the Bullhead Flat Parking lot.

We will hike on the Shoreline Trail along the shore and then up into the hills and then back to Bullhead Flat. The group will determine difficulty but expect a moderate pace.

Bring layered clothing, lunch, trail snacks and plenty of water. Hiking poles are optional but helpful.

Please contact Ken Malik at 415-407-3961 or at

[kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org)

by 5pm on Saturday night to let us know you are planning to participate so we can arrange carpooling and discuss logistics. Hope to see you on the trail

**[www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)**

*Integrative Paths to Healing*