

# PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



**Lands End - Sutro Baths Trail to Baker Beach & Back, in San Francisco**

**Sunday, July 21, 2019 - 8am**

**Easy - Moderate, 4 hours, 200' elevation gain, 4-5 miles**

Meet in the Sutro Bath's Parking Lot at Land's End at Geary Blvd. / Pt Lobos Ave at 8am, please be on time.

We'll first visit the Sutro Baths ruins, then hike along the coastal trail, thru the Sea Cliff neighborhood to Baker Beach and back. You can take the bus back from Geary Blvd if you want, \$2 for the Muni. Some of us may wish to take in lunch after the hike.

Wear layered clothing; bring plenty of water and snacks.

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](mailto: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](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**

*Integrative Paths to Healing*