

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Mt Tamalpais Summit & Back, Marin County

Sunday, July 28, 2019 - 8am

Strenuous

5 hours, 1,600' elevation gain, 9 miles

Meet at the parking lot across from the Mountain Home Inn on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 8:00 am, 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. We'll eat our lunch at the summit and then descend on the Fern Creek trail. Exact route to be determined based on participants & abilities.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in.

As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

Please contact Ken Malik no later than 5pm on Saturday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

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