

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Coyote Peak / Redwood Trail Loop

Bothe-Napa State Park

Sunday, September 1, 2019 8:00am

Moderate - Strenuous, 4 hours, 900' elevation gain, 5 miles

Take Highway 29 in the Napa Valley. Bothe-Napa State Park is about 5 miles north of St Helena and 4 miles south of Calistoga. Enter the park and pay an \$8 day use fee at the kiosk. Drive in about a ¼ mile and park at the Ritchey Canyon Trailhead. Please be on time for an 8:00am start.

As always: wear layered clothing; bring plenty of water and your lunch. 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