



Golden Gate Park - Arboretum San Francisco Sunday, November 24th @ 9am

Easy to Moderate

3-4 hours, 150' elevation gain, 2-3miles

Meet in front of the Arboretum at 9th by Lincoln Ave.

San Francisco's Golden Gate Park Arboretum has the largest diversity of different plants anywhere in the world. We'll walk thru the Arboretum (Botanical Gardens) and then around Stowe Lake and up Strawberry Hill if time permits. (\$8 admission into the Arboretum if you are not a SF resident). Some of us may want to take in a prostate friendly lunch after the hike. There is a vegan Chinese restaurant in the neighborhood!

Wear layered clothing; bring water and a snack. Please contact Ken Malik at 415-407-3961 Or kamalik@prostateawarenessfoundation.org

no later than 5pm on Saturday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Hope to see you on the trail.

www.prostateawarenessfoundation.org

Integrative Paths to Healing