



Pantoll to Muir Woods and Back Mt Tamalpais, Marin County Prostate Awareness Foundation Monthly Hike

**Sunday, December 29, 2019 8am
Moderate to Strenuous
4-5 hours, 1,600' elevation gain, 9 miles**

Meet at the parking lot at Pantoll on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 9:00 am, please be on time.

We'll hike down into Muir Woods and then back up. Exact route to be determined by the hiking group 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.

www.prostateawarenessfoundation.org
Integrative Paths to Healing