

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

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**Montara Mountain**, Pacifica, San Mateo County

**Monday, May 3, 2021 10am**

Moderate

4 hours, 1,800' elevation gain, 7 miles

We will meet in the parking lot at San Pedro Valley Park in Pacifica. Take Highway 1 South into Pacifica, turn left onto Linda Mar Blvd. Drive 2 miles east to the end. Turn right onto Oddstad Rd and make the first left into the park and the parking lot.

We'll summit on the Montara Mountain Trail and return on the Brooks Falls Trail. There are great views of the coast and the bay area from the summit. After lunch at the top we'll weave our way back to the trail head.

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 Sunday night** to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961.

*Hope to see you on the trail!*

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*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*