

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9AM



Barnabe Peak Loop, Samuel Taylor State Park

West Marin County

Monday, February 12, 2024 @ 9am

Moderate to Strenuous / Out and Back

4 1/2 hours, 1,400' elevation gain, 9.0 miles

Meet at the turn out about 1 mile north of the Samuel Taylor Park entrance across from the Devil's Gulch Trail Head. From Hwy 101 take Sir Francis Drake Blvd west about 15 miles past San Anselmo and Fairfax. Our hike starts promptly at 9am, please be on time.

We will cross the street and start at the Devil's Gulch travel and up Bill's Trail thru the woods on multiple switchbacks to the top of Mt Barnabe (1,466'). There are great views at the top of Tomales Bay, Pt Reyes Ntl. Seashore and Bolinas Ridge.

Bring layered clothing, plenty of water and your lunch. Hiking poles may come in handy.

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

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