

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9 AM



**Lands End – Sutro Baths Trail to Baker Beach and Back
San Francisco**

Monday, October 7, 2024, 9:00am

Easy to Moderate

3-4 hours, 200' elevation gain, 4-5 miles

Meet in the Sutro Baths Parking Lot at Land's End on Geary Boulevard/Point Lobos Avenue at 9am. Please be on time.

We'll first visit the Sutro Baths ruins, then hike along the coastal trail, thru the Sea Cliff neighborhood to Baker Beach and back. You can shorten this hike as it is an out and back.

Wear layered clothing; bring water, snacks and lunch

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 Or call him at 415-407-3961.

Hope to see you on the trail!



Fact: 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