



Jack London State Park Exploration

PAF Monday Hike

Monday, February 10, 2025 @9am

Easy to Moderate

4+ hours, up to 400' elevation gain, 3-6 miles

Meet at the upper parking lot at 9am

RAIN CANCELS THIS HIKE!

We will explore the lower slopes of Jack London State Park including: The Wolf House Ruins, Jack London's Grave, House of Happy Walls Museum, etc. Hikers ability will dictate our route.

To get to the park: go into the town of Glen Ellen off Hwy 12 in the Valley of the Moon. Go up the hill a mile or two to the park entrance kiosk. To reach the upper parking lot, make the first right after entering the park thru the kiosk and park in the lot. There is a \$10 entrance fee, so let's consider carpooling, the PAF has a State Park pass. Our hike starts promptly at 9am, please be on time. 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; snacks and a positive attitude! Hiking poles are an asset, but not necessary on this one.

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: 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
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