

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

**Mondays at 9:00am**

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**Mt Wittenberg Loop, Pt Reyes National Seashore, Marin**  
**Monday, September 1st @ 9am**  
**4 hours, 1,500' elevation, up to 8 miles**  
**Moderate to Strenuous – Up to you!**

Meet at the Bear Valley Visitor Center parking lot. The hike starts at 9am. Some of us will hike up to Mt Whittenberg, along the ridge and back down to the Meadow to the Bear Valley Trail. Those wanting an easier hike will take the BV Trail out to the meadow and back about 3.5 miles. This is a magical hike either way you choose!

Wear layered clothing; bring plenty of water, hiking poles if you have them and your lunch.

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and to 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!*



*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.*

**[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**

***Integrative Paths to Healing***