

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Monte Rio Trail Exploration, Sonoma County

Monday, November 4th, 9am

Moderate

3-4 hours and 800' elevation gain in 4-6 miles

This will be a new hike for the PAF Monday hikers. Sahar Pinkham who knows the area well be this week's hike leader. The trail will lead us through Redwood groves and the rolling hills of western Sonoma County. We will **meet in Occidental at Howard's Café @ 3611 Bohemian Hwy, Occidental, CA 95465 between 8:15 and 8:30** and we will carpool and car caravan to the trailhead.

One way to get to Occidental: Take Hwy #12 west from Sebastopol and bear right at the bottom of the big hill toward the town of Freestone. Follow the Bohemian Hwy into Occidental.

Bring layered clothing, plenty of water and snacks and your lunch. Hiking poles are handy.

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 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