



# Coastal Trail - Pelican Lake & Back Pt. Reyes Ntl. Seashore Marin County

**Prostate Awareness Foundation Weekly Hike**  
**Sunday, February 11, 2018 8am**  
**Easy to Moderate**  
**4 hours, 1,600' elevation gain, 7 miles**

Directions: Take Hwy # 1 to Olema-Bolinas Rd and follow about 1.3 miles to Horseshoe Hill Rd and make a left. Horseshoe Hill Rd will connect once again with Olema-Bolinas Rd. In less than a mile make a right onto Mesa Rd and follow to the Palomarin Trailhead. The last part is a dirt road.

It is a pretty easy hike past Bass Lake to beautiful Pelican Lake and back. The hardy may want to hike another mile or so to Alamere Falls, but this includes a more difficult scramble at the end.

Wear layered clothing; bring plenty of water and your lunch.

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

[www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)  
***Integrative Paths to Healing***