

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM



Marin Headlands, Rodeo Beach, Point Bonita, Marin County
Monday, September 20, 2021 9am
Moderate
3-4 hours, 400' elevation gain, 4 miles

Meet up in the Rodeo Beach parking lot at Ft. Cronkhite

This hike starts at Rodeo Beach and explores the beach, coastal bluffs and old military fortifications. The views are spectacular. To get there: from the North: get off at the last Hwy #101 exit right before the Golden Gate Bridge. (If coming from the south, get off at the first exit over the bridge). I believe the exit on both sides is called Alexander Ave. Follow the signs for the Marin Headlands and Conzelman Road heading west, make a left on Bunker Road to Rodeo Beach and the parking area. Our hike starts promptly at 9:00 am, 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 will are not needed on this hike.

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.

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