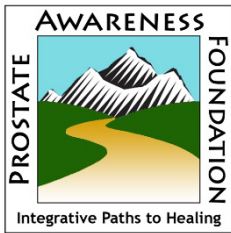


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9 AM



Marin Headlands, Rodeo Beach & Point Bonita
Marin County
Monday, February 19, 2024, 9am
3-4 hours, 400' elevation gain, 4 miles, Moderate

Meet in the Rodeo Beach parking lot @ 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 Rd heading west, make a left on Bunker Rd to Rodeo Beach and the parking area.

Bring layered clothing, plenty of water and your lunch. Hiking poles may come in handy.

Please email Ken Malik kamalik@prostateawarenessfoundation.org or call him at 415-407-3961 no later than 5pm on Sunday night to let us know you are planning to participate and so that we can arrange carpooling and logistics.

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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Integrative Paths to Healing