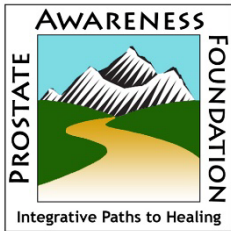


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9AM



Indian Tree Trail, Novato, Marin County

Monday, March 17, 2025 @ 9am

Moderate to Strenuous

4.5 hours, 1,100' Elevation Gain, 7.5 miles

This West Marin hike is still a well-kept secret and one of the PAF hiker's favorites. Great views, redwoods and ferns all over. This is a great hike!

Take Highway 101 to San Marin Drive in north Novato and head west 2.7 miles. San Marin Dr. turns into Sutro Ave at Novato Blvd. Follow Sutro Ave one mile and turn right at Vineyard Rd and follow 1 mile. The trailhead is on the left where the paved road becomes a dirt road. The trail ascends uphill about 1,000' and is in shade a good part of the way. We'll hike through oaks, buckeyes and redwoods with great views in all directions.

Wear layered clothing; bring plenty of water and a snack. Hiking poles are always helpful. You don't have to have prostate issues to participate.

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 Indian Tree 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