

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Mondays at 9:00am



Bear Valley to Arch Rock & Back
Point Reyes, West Marin County
Monday, May 12, 2025, 9:00am
Moderate
4-5 hours, 300' elevation gain, 9 miles

Meet at the Bear Valley Visitor Center parking lot off Hwy #1 close to the towns of Pt Reyes Station and Olema. The hike starts at 9am, please be on time. You can shorten this hike as it is an out and back. The Meadow is about halfway and a great place to stop, relax and dine.

We'll hike to the ocean and back. There is very little elevation gain but the distance can be a challenge. This is a magical hike thru the woods with a great ocean view at the coast.

Wear layered clothing; bring plenty of water and your lunch. Hiking poles are useful.

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. Call Ken at 415-407-3961 or send an email to kamalik@prostateawarenessfoundation.org

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.

WWW.PROSTATEAWARENESSFOUNDATION.ORG

Integrative Paths to Healing