

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

~~Mondays at 9am~~ **1:00PM START TIME**



**Sutro Heights & Baths, Lands End Trail to Baker Beach & Back  
San Francisco**

**Monday, May 19, 2025, 1:00pm**

**Easy to Moderate, Out and Back**

**3-4 Hours, 200' 4-5 miles**

**\*\*\* PLEASE NOTE THE SPECIAL 1PM START TIME \*\*\***

Meet at the Beach Chalet parking lot. We will hike up to Sutro Heights and then walk down to Sutro Baths before walking the Land's End trail into the Sea Cliff neighborhood and over to Baker Beach and back. This is an out and bike hike that can be shortened.

You do not have to have prostate issues to participate, but trail talk is often about prostate & health related subjects. Women are most welcome to join us!

As always, wear layered clothing; bring plenty of water and a snack

Contact Ken Malik by 5pm Sunday to let him know you want to participate and to arrange carpooling and logistics. Call or text Ken at 415-407-3961 or send an email to him tonight at [kamalik@prostateawarenessfoundation.org](mailto: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 proactively take care of yourself.*

**[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**

*Integrative Paths to Healing*