

## Prostate Awareness Foundation Hiking Program

*Mondays at 9am*

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### **Indian Tree Trail, Novato, Marin County**

**Monday, June 16, 2025 @ 9am**

**Moderate to Strenuous**

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

Lots of shade makes this trail perfect when it is hot. This West Marin hike is still a well-kept secret and one of the PAF's favorites. Great views, redwoods, ferns all over. This is a great hike.

Take Hwy #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 Avenue one mile and turn right at Vineyard Road and follow for 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, buckeye 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 a prostate 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 [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call Ken at 415-407-3961.

*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](http://www.prostateawarenessfoundation.org)  
**Integrative Paths to Healing**