

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Coastal Trail from Palomarin to Bass Lake, perhaps to Alamere Falls, Pt Reyes National Seashore, Marin

Monday, July 14, 2025, 9:00am

Moderate to Strenuous if you go all the way!

5.0 hours 600' elevation gain, 8.4 Maximum miles

This is a great hike this time of the year with the likelihood of hot weather inland. Bass Lake is a great stop, and is swimmable, bring a bathing suit if you like. Alamere Falls empties out right on the beach. There is a scramble from the top of the falls to the beach and back so it's a little tricky at the end but worth it.

We'll meet at the Palomarin Parking lot and take the coastal trail. It's at the south end of Pt Reyes National Seashore. Please allow plenty of time to get to the trailhead. NOTE: There is no cellphone connection in this area.

Take Hwy # 1 to Olema-Bolinas Rd and follow about 1.3 miles to Horseshoe Hill Rd. then turn left and follow Olema-Bolinas Rd .5 miles south to Mesa Rd. Make a right and follow Mesa Rd. about 4.8 miles to the parking lot and trail head. Please note: the last 1.5 miles is a good road but not paved!

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and to arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him 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 proactively take care of yourself.

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Integrative Paths to Healing