

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Please note special time: **1:00pm**



**Sutro Heights and the western end of Golden Gate Park  
San Francisco**

**Monday, July 21, 2025, 1:00pm**

**Easy to Moderate, Out and Back**

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

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

Meet at the Beach Chalet parking lot on the Great Hwy. We will hike up to Sutro Heights to explore the ruins and then back down into Golden Gate Park to explore the western end of the park. This is an out and back hike that can be shortened.

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](mailto: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.*

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

*Integrative Paths to Healing*