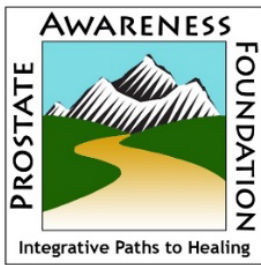


# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

**Mondays at 9am**



**Mt Tamalpais Summit, Mill Valley, Marin County**

**Prostate Awareness Foundation Weekly Hike**

**Monday, July 28, 2025 @ 9am**

**Strenuous**

**5 hours, 1,600' elevation gain, 7 miles**

Meet at the parking lot across from the Mountain Home Inn on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 9:00 am, please be on time.

We will hike up the south side of Mt Tamalpais on a series of wooded and open trails, some of them steep, to the summit. We will then descend on the Fern Creek trail. Exact route to be determined based on participants & abilities.

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

As always, wear layered clothing; bring plenty of water; snacks, and a positive attitude! Hiking poles will really help on this hike.

Contact Ken Malik as soon as possible 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***