

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

**Mondays at 9am**



**Pantoll to Muir Woods & Back**  
**Mt Tamalpais, Mill Valley, Marin County**  
**Monday, August 18, 2025, 9:00am**  
**Level of difficulty: Strenuous**  
**4-5 hours, 1,350' elevation gain, 5-7 miles**

Meet at the parking lot at Pantoll Ranger Station on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 9:00 am, please be on time.

We'll hike down into Muir Woods and then back up. Exact route to be determined by the hiking group 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; your lunch; 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***