

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



## Pomo Canyon Trail with Red Hill

### Sonoma Coast

Moderate to Strenuous

Monday, September 22<sup>nd</sup>, 2025 @ 9am

4 hours, 600' – 1,200' elevation gain, 5-8 miles

The Pomo Canyon Trail from Shell Beach on the ocean to the redwoods and back is a great hike and a favorite. This hike can be a strenuous one if you choose to go over Red Hill on the way back! Hikers will **meet at the parking lot at Shell Beach on Hwy # 101** – parking is free.

To reach the Shell Beach parking lot drive along Hwy #1 about 7 miles north from the town of Bodega Bay. The parking lot is on the ocean side of Hwy # 1. We will hike inland into the Redwoods. Those going over Red Hill for extra cardio will climb about 1,200'.

**Our hike starts promptly at 9am, please be on time.** 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 are helpful on this one.

Please email Ken Malik [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call him at 415-407-3961 no later than 5pm on Sunday night to let us know you are planning to participate and so that we can arrange carpooling and logistics.

*Hope to see you on the trail!*



Fact: recent 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*