

Prostate Awareness Foundation Hiking Program

Mondays at ~~9:00am~~ 1:00pm start time



Presidio Hike & Exploration

Arguello Gate to Baker Beach, San Francisco

Monday, October 13, 2025, 1:00pm

Easy to Moderate

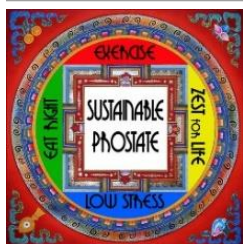
3-4 hrs, about 5 miles, 200' elevation gain

PLEASE NOTE THE 1PM START: Meet at the Arguello Gate, near Jackson Street and Arguello Street at 1PM. You can park in the golf course parking lot just inside the gate. We will hike through the Presidio to Baker Beach and back. This hike includes a stroll under the Golden Gate Bridge and hike through the Presidio Forest. Some of us may opt for a prostate friendly early dinner after the hike. Wear layered clothing; bring water and a snack.

As always: wear layered clothing, bring plenty of water and a snack.

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 pro-actively take care of yourself.

www.prostateawarenessfoundation.org

Integrative Paths to Healing