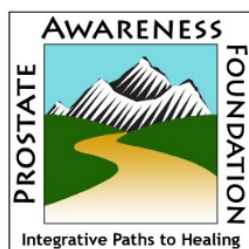


PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Mondays at 9:00am



Pantoll to Stinson Beach & Back

Mt. Tamalpais Marin County

Monday, November 24, 2025, 9:00am

Strenuous (This is a loop hike that can be shortened)

4-5 hours, 1500' elevation gain, 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 to Stinson Beach on the Matt Davis Trail and back up on the Steep Ravine Trail and back up the opposite way. This hike can be reversed or modified depending on the group.

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!

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and so we can arrange carpooling and logistics. Send an email to kamalik@prostateawarenessfoundation.org or you may call Ken 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.

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Integrative Paths to Healing