

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9AM



Cataract Trail, Mt Tamalpais

Fairfax, Marin County

Monday, December 1, 2025 9:00am

Strenuous or less!

Up to 4.5 hours, 1,800' elevation gain, 7 miles

This hike is a workout. With all the rain, the creeks are full and there are beautiful waterfalls galore! This is an out and back hike so you can determine how far you want to go. Our destination is Rock Springs.

We will meet at the Fairfax Coffee Roastery, # 4 Bolinas Rd, in downtown Fairfax (corner Bolinas Rd and Broadway) at 8:30am. We will then carpool to the trailhead from there as parking is limited.

Wear layered clothing; bring water, snacks and lunch.

Please email Ken Malik 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 pro-actively take care of yourself.

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Integrative Paths to Healing