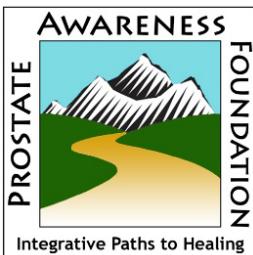


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Special Start Time: 10:00am



Limantour Spit Beach Out and Back

Pt Reyes, Marin County

Monday, January 5, 2026, 10:00am

Easy to Moderate

3-4 Hours, 100' elevation, 5 miles

Please note: Special Start Time: 10:00am

Meet at the Parking lot at Limantour Beach. To get there take Sir Francis Drake Boulevard to Olema. Turn right on Highway 1 and drive 100 yards and turn left onto Bear Valley Road. Then drive north to Limantour Road and turn left. Go about 7.6 miles to the Limantour Beach parking lot. We'll hike north on the beach to the end of Limantour Spit and back.

Wear layered clothing; bring plenty of water and snacks or lunch.

Please contact Ken Malik **no later than 5pm on Monday night** to let us know you plan to participate and to arrange carpooling and logistics. You can email Ken at kamalik@prostateawarenessfoundation.org or call 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