

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9AM



Heart's Desire Beach, Marin County
Tomales Bay State Park, Pt Reyes National Sea Shore
Monday, January 26, 2026, 10:00am
Up to 4.5 hours, 1250' Elevation Gain, Up to 8 miles
Easy to Strenuous. Your call!

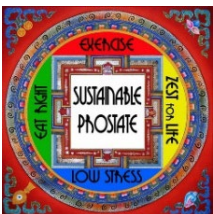
Take Sir Francis Drake Blvd and stay on it past Bear Valley Rd and the town of Inverness. Follow Sir Francis Drake Blvd for about 5 miles to Pierce Point Rd and make a right. Drive about 1.2 miles to the Tomales Bay State Park entrance, follow the road to the Ranger Station and pay the entrance fee. Follow the signs to Hearts Desire Beach and park in the lot.

Most of us will hike up to the ridge and follow it to Shell Beach, for an easier hike you can hike north thru the woods and along the shore to Indian Beach and back. Some of us want to hang out at Hearts Desire Beach after the hike and have lunch.

The hike starts at 10am, please be on time. As always: wear layered clothing; bring plenty of water and snacks. Hiking poles are always helpful.

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 proactively take care of yourself.

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Integrative Paths to Healing