

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Mt. Burdell Trail Loop

Novato, Marin County

Monday, March 16, 2026, 9:00am

Moderate-Strenuous (This is a loop hike that can be shortened)
4 hours, 1558' elevation gain, 6 miles

This is a beautiful spring hike we haven't done in quite a while. Take Hwy #101 to San Marin Drive, the last north Novato exit. Go west 2.1 miles and turn right onto San Andreas Drive. Then go about ½ mile and park on the street by the Open Space Gate. Our goal is the summit of 1,558' Mt. Burdell, but this hike can be modified for a shorter distance.

You don't need to have a prostate to participate, but trail talk is often about prostate and other health related subjects. Women are most welcome to join the group.

Wear layered clothing, bring plenty of water, snacks and a positive attitude. Hiking poles are helpful.

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. 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 proactively take care of yourself.

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Integrative Paths to Healing