

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am



## Pantoll to Muir Woods & Back

Mt Tamalpais, Marin County

Monday, April 6, 2026, 9:00am

Strenuous

5 hours, 1600' elevation gain, 9 miles

### PLEASE NOTE THE 9AM START

Meet at the parking lot at Pantoll on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 9:00 am, please be on time.

We'll hike down into Muir Woods and then back up. Exact route to be determined by the hiking group abilities.

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! Hiking poles are especially helpful for this hike.

Email Ken Malik [kamalik@prostateawarenessfoundation.org](mailto: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.

[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)

*Integrative Paths to Healing*