

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am



Olompali - Mt. Burdell Trail

Novato, Marin County

Monday, April 13, 2026, 9:00am

Moderate

4-5 hours, 1200' elevation gain, 5.2 miles

PLEASE NOTE THE 9AM START

Meet in the parking lot at Olompali Park. To get there take Hwy # 101 and get off at the San Marin exit, the last northern Novato exit. Follow the service road on the west side of 101 to the park entrance, pay and look for parking. Please be on time.

We'll take the Miwok trail to the Mt Burdell trail and hike to the top of 1,558' Mt Burdell and back. We'll also explore a Miwok village and the remains of Rancho Olompali. This trail system offers some great views of San Pablo Bay and the Petaluma River Delta.

Wear layered clothing; bring plenty of water, your lunch. Hiking poles are handy

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