

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Muir Beach, Coastal Trail, Pirates Cove & Green Gulch Loop, Marin Coast

Monday, April 27, 2026, 9am

Moderate to Strenuous

4 hours, 1,500' elevation gain, 6 miles

Meet in the Parking lot off US #1 at Muir Beach, not the Muir Beach Overlook

It can get pretty foggy on the coast. Be certain to dress in layers! This hike starts off steep and can be challenging, be prepared. The hike is a loop, but for those not wanting to complete the circle you can opt for out and back.

Take Hwy # US 1 from Hwy # 101 from Mill Valley and drive all the way to the ocean. We will start from the parking lot and head west toward the ocean to the Coastal Trail, then on to the Pirates Cove Trail. We then head up Coyote Ridge to Green Gulch and down past the Zen Center to the parking lot.

Wear layered clothing; bring your lunch and plenty of water. Hiking poles will be a real asset on this hike

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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