

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

SPECIAL TUESDAY HIKE DUE TO MEMORIAL DAY, 10AM



Bear Valley to Arch Rock & Back
Pt Reyes National Seashore, West Marin
Tuesday, May 26, 2026, 10:00am
Moderate to Strenuous because of distance.
4-5 hours, 300' elevation gain, 9 miles

Meet at the Bear Valley Visitor Center parking lot off Highway #1 close to the towns of Pt Reyes Station and Olema. **The hike starts at 10am**, please be on time. It's a long way out there!

We'll hike to the ocean and back. This is a magical hike through the woods with a great ocean view when we arrive at the coast. There is very little elevation gain, but the distance can be a challenge.

Wear layered clothing; bring your lunch and plenty of water. Hiking poles are not really necessary for this hike. Trail talk tends to involve prostate issues. Women are most welcome to join the fun.

Please email Ken Malik kamalik@prostateawarenessfoundation.org or **call him at 415-407-3961** no later than 5pm on Monday night to let us know you are planning to participate and to 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