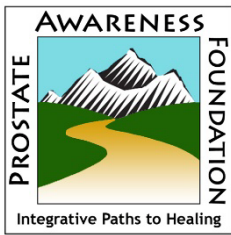


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

PLEASE NOTE THE SPECIAL START TIME ~ 1:00pm



Golden Gate Park Exploration, San Francisco

Monday, June 22, 2026, 1:00pm

Easy to Moderate

3 1/2 Hrs. 150' Elevation Gain, 3 miles

The Arboretum is alive with beauty this time of the year. We will meet just inside the park in front of the Arboretum at 9th Ave and Lincoln Ave. If you are not a San Francisco resident there is an entrance fee of \$10. Our route will be determined by group ability. Wear layered clothing; bring plenty of water and a snack. You don't have to have a prostate to hike with us, but the talk tends to involve prostate issues. *Women are welcome to join the fun.*

We'll wander the Arboretum and then explore the surrounding area. Some may want to grab a light dinner before heading home.

Please 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 pro-actively take care of yourself.

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Integrative Paths to Healing