

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am



Muddy Hollow Trail Loop Exploration

West Marin, Pt Reyes National Seashore

Monday, July 13, 2026, 10:00am

Moderate to Strenuous

4 hours, 1,100' elevation gain, 6.5 miles

It has been a long time since we did this hike. Summer is a good time for this one as the trail is dry. This hike is popular for its multitude of bird life.

PLEASE NOTE THE 10AM START TIME FOR THIS HIKE.

We will start this hike from the Limantour Beach parking lot at 10:00am. To get there take Sir Francis Drake Boulevard to Olema. Turn right on Highway 1 and drive 100 yards and turn left onto Bear Valley Road. Then drive north to Limantour Road and turn left. Go about 7.6 miles to the Limantour Beach parking lot. We will head north from the Muddy Hollow trailhead.

Wear layered clothing; bring your lunch and plenty of water. Hiking poles always come in handy. Bring your lunch to eat on Limantour Beach.

Please contact Ken Malik no later than 5pm on Sunday night to let us know you plan to participate and to arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!



Fact: 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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