

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT ~~9AM~~ PLEASE NOTE 10AM START TIME



Heart's Desire Beach, Marin County

Tomales Bay State Park, Pt Reyes National Sea Shore

Monday, August 3, 2026, 10:00am

**Up to 4.5 hours, 400-900' Elevation Gain, Up to 6 miles
Easy, Moderate or Challenging – Your Choice!**

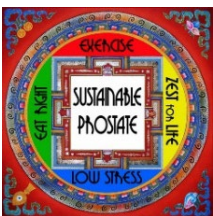
Take Sir Francis Drake Blvd and stay on it past Bear Valley Rd and the town of Inverness. Follow Sir Francis Drake Blvd for about 5 miles to Pierce Point Rd and make a right. Drive about 1.2 miles to the Tomales Bay State Park entrance, follow the road to the Ranger Station and pay the entrance fee. Follow the signs to Hearts Desire Beach and park in the lot.

We will hike up to the ridge and back to Heart's Desire Beach. An easy alternative is a trail over to Indian Beach, 2-miles round trip. The trail is a pretty flat one.

Bring layered clothing, plenty of water and your lunch, the bay is swimmable; bring a bathing suit if you like. Hiking poles are handy.

Please contact Tom Lennon at 415-861-8162 or Max Caruso at 707-480-6461 no later than 5pm on Sunday night to let us know you plan 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