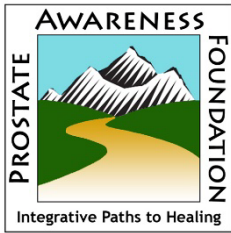


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

PLEASE NOTE THE SPECIAL START TIME ~ 1:00pm



North Beach Hike, Ramble & Exploration San Francisco

Monday, August 24, 2026, 1:00pm

Easy to Moderate

Please call Ken Malik at 415-407-3961 to discuss the meetup location for this hike.

This is more of a walk than a hike, but San Francisco streets can be steep. We will explore the area around Coit Tower including Jack Early Park, the smallest park in SF. We also hope to see or at least hear the parrots.

The afternoon will include an exploration of the North Beach neighborhood and for some an early dinner. We will meet right in front of Coit Tower, 1 Telegraph Hill Blvd, San Francisco, CA 94133.

Wear layered clothing; bring water, snacks and good vibes. As always, *women are welcome to join the fun.*

Email kamalik@prostateawarenessfoundation.org or call Ken Malik at 415-407-3961 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 all in the city!



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