Prostate Awareness Foundation Hiking Program

Mondays at 9am

Mt. Tamalpais East Peak Summit
Mill Valley, Marin County, CA
Monday, August 31, 2026, 9:00am
Strenuous or moderately easy
4-5 hours, 1,350' elevation gain, 7 miles (maximum)

Planned in preparation for the September mountain climb and trek in the Rockies, this hike will be an indication of how good a shape our climbing and trekking team is for Colorado. We meet at the parking lot across from the Mt Home Inn on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 9am, please be on time.

We will hike up the south side of Mt Tamalpais to the summit of East Peak. The ability of the group will determine our route to the top. Wear layered clothing; bring plenty of water and a snack. Hiking poles are always useful.

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.*

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 proactively take care of yourself.