

Prostate Awareness Foundation Weekly Hike

Mondays at 9:00am



Pantoll to the Dipsea Trail & Back

Pantoll Ranger Station, Mt. Tamalpais, Marin County

Monday, September 21, 2026, 9:00am

Strenuous

4 hours, 1600' elevation gain, 6 miles

Meet at the parking lot at Pantoll Ranger Station on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 9:00 am, please be on time.

We'll hike down the Steep Ravine Trail to the Dipsea Trail and back up. The group's ability will determine our return trail.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in. As always, wear layered clothing; bring plenty of water; your lunch; plus a positive attitude!

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and to arrange carpooling and logistics. Send an email to kamalik@prostateawarenessfoundation.org or call Ken 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 proactively take care of yourself.

www.prostateawarenessfoundation.org

Integrative Paths to Healing