

Prostate Awareness Foundation Weekly Hike

Mondays at ~~9:00am~~ 10:00 in the winter



Estero Americano/Pinnacle Gulch on the Sonoma Coast, Sonoma County

Easy to Moderate

Monday, October 26, 2026, 10:00am

3.5 to 4 hours, 500' elevation gain, 5.0 miles

The address is 20345 Osprey Drive, Bodega Bay, CA. Free on-street parking. Please park along the curb on the same side as the Shorttail Gulch Trailhead.

Please take note of the special start time of 10:00am.

This is a new trail that should be great to explore for the PAF. The Sonoma Coast is spectacular, especially this time of year. Expect sunshine and temperatures in the 60's with a breeze picking up in the afternoon. As always: wear layered clothing; bring plenty of water and snacks. Hiking poles are an asset!

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