Prostate Awareness Foundation Hiking Program

Mondays at ~~9:00Am 10:00am~~

Pantoll to Muir Woods and Back

Mt Tamalpais, Marin County
Monday, November 30, 2026, 10:00am.
Strenuous
4-5 hours, 1,600' elevation gain, Up to 8 miles

Meet at the parking lot at Pantoll on the Panoramic Hwy in Mill Valley. Our hike starts promptly at 10:00 am, please be on time.

We'll hike down into Muir Woods and then back up. Exact route to be determined by the hiking group abilities. Some may choose easier routes from Pantoll.

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; and 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. Email 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