

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9AM



Heart's Desire Beach, Jepson Grove, Indian Beach
Tomales Bay State Park, Pt Reyes
Monday, March 3rd @ 9am
4 Hours, 400' - 900' Elevation Gain, 4 miles
Easy, Moderate or Challenging. Your choice!

This is a PAF favorite any time of the year. From Pt. Reyes Station take Sir Francis Drake Blvd north past Inverness north to the sign for Heart's Desire Beach. Turn right and then go to the State Park entrance and drive down to the parking lot at Heart's Desire Beach.

We will hike up to the ridge and back to Heart's Desire Beach. An easy alternative is a trail over to Indian Beach on a 2-mile round trip on a pretty flat trail.

Bring layered clothing, plenty of water and your lunch. Hiking poles may come in handy.

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 pro-actively take care of yourself.

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Integrative Paths to Healing