



PAF Spring Retreat 2025

Pomo Canyon Trail, Sonoma Coast

MODERATE TO STRENUOUS

Friday, April 11, 2024, 11am

3- 4 hours, 700' - 1,700' elevation gain, up to 7 miles

For many of PAF's regular hikers the **Pomo Canyon Trail** is a favorite. Spectacular coastal and river views, redwoods and wildflowers galore! This is an out and back hike that can be shortened. It can be a strenuous one if you choose to go over **Red Hill Trail** on the way back.

Hikers will **meet at the parking lot at Shell Beach on Hwy # 101** – parking is free. To reach the Shell Beach parking lot drive along Hwy #1 about 7 miles north of the town of Bodega Bay, or a few miles south from Highway 116. The parking lot is on the ocean side of Hwy # 1. We will hike inland into the Redwoods. Those going over Red Hill for extra cardio will hike an extra hour, with additional elevation gain.

Please note the 11am start time for this hike. Please be on time. Wear layered clothing, bring plenty of water, and a snack and or lunch. Hiking poles are helpful on this one.

Please contact Ken Malik no later than 5pm on Thursday to let us know you plan to participate and to arrange carpools and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

www.prostateawarenessfoundation.org

Integrative Paths to Healing