

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Taylor Mountain Loop, Sonoma County

Sunday, August 13th, 2017 @ 8am

Moderate

3 hours, 950' elevation gain, 4-5 miles

Meet in the parking lot @ Kawana Terrace. \$7 parking fee per vehicle. To get to the trailhead take Kawana Springs Road from Petaluma Hill Rd and make the first right onto Franz Kafka Way and then the first left on to Kawana Rd, then follow for about a half mile up the hill to the parking lot.

We will take the Western Trail to start then depending on the group we will explore the mountain. This is a fairly easy hike with plenty of open terrain. The hike starts at 8am, please be on time.

Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water (there is no water in the park). make sure you bring sunscreen and a hat it warms up fast this time of year.

Please contact Ken Malik no later than 5pm on SATURDAY night to let us know you are planning to participate and so we can arrange carpooling and logistics. Call 415-407-3961 or email him at kamalik@prostateawarenessfoundation.org.

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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