



Armstrong Redwoods East Ridge Trail Guerneville, Sonoma County

Prostate Awareness Foundation Weekly Hike
Sunday, January 21, 2018 - 8am
Moderate to Strenuous
4-5 hours, 1,100' elevation gain, 7 miles

Take Hwy # 101 to River Road/Mark West Springs Rd exist and make a left on to River Road to downtown Guerneville and make a right at the stop light onto Armstrong Woods Rd. Drive to the end and park in the free parking lot on the right before it enters the park and kiosk. The trail begins with a steady elevation gain and ends with a mellow walk thru the redwoods. This is a loop trail with options to shorten the length for those not inclined to hike the whole way.

Wear layered clothing; bring plenty of water and your lunch.

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 Ken at 415-407-3961 or email him at kamalik@prostateawarenessfoundation.org

Hope to see you on the trail!

www.prostateawarenessfoundation.org
Integrative Paths to Healing