

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Taylor Mountain Loop
Santa Rosa, Sonoma County
Sunday, July 29, 2018 8:00am
Moderate
3 hours, 950' elevation gain, 4-5 miles

We will meet in the parking lot at Kawana Terrace. **\$8 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 onto Kawana Road, follow for about a half mile up the hill to the parking lot. You can also meet at Ken's apartment house at 657 Acacia Lane, Santa Rosa, CA 95409 at 7:30 where we can carpool and save the entrance fee.

We will take the Western Trail to start, then depending on the group we will explore the mountain. This is Sonoma County at its best: rolling hills, valley oaks, open terrain and hopefully lots of sunshine. The hike starts at 8am, please be on time.

Make sure you bring a hat and sunscreen as it can warm up fast this time of year. Bring your lunch, layered clothing, hiking poles if you have them, and plenty of water.

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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