

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Taylor Mountain Loop, Santa Rosa

Sunday, April 21, 2019 8am

Easy to Moderate

3-4 Hours, 1000' elevation gain, 5 miles

Meet in the parking lot on Kawana Terrace. \$8 parking per vehicle. To get there take Kawana Springs Rd. from Petaluma Hill Rd and make the first right onto Franz Kafka Way and then the first left onto Kawana Rd, then follow for about a ½ 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 and beautiful oaks. Hiking poles are a great idea since we're looking at a 1000' climb.

Wear layered clothing; bring plenty of water and a snack.

Please contact Ken Malik no later than 5pm on Saturday night to let us know you are planning to participate and to arrange for carpooling and logistics. You can call Ken at 415-407-3961 or send an email to 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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Integrative Paths to Healing