

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Annadel-Trione State Park Loop,
Kenwood, Sonoma County
Sunday, June 2, 2019 8:00am

Moderate - Strenuous, 4-5 hours, 750' elevation gain, 8 miles

Take Hwy 12 East from Santa Rosa to Lawndale Rd before you get to the town of Kenwood. Make a right and drive about a mile to the free trailhead parking lot on the right. This is the least visited section of Annadel-Trione State Park and kind of a well-kept secret. The hike starts at 8am, please be on time.

As always: wear layered clothing; bring plenty of water and your lunch. Hiking poles are an asset!

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 email 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