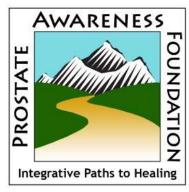
## www.prostateawarenessfoundation.org



North Sonoma Mountain Trail Monday, April 22 2023 9am Moderate 4 hours,

1,200' elevation gain, 6.5 miles

Spring trees and flowers are in bloom in Sonoma County. We have not done this great out of the way park together in a while. Take Hwy #12 East to the end at Farmer's Lane and make a left (south). Make another left at the T onto Bennett Valley Rd and drive about 4.5 miles, make a right onto Sonoma Mt. Rd. and drive about 3 miles SE to the park. If you are coming from the south, you can MapQuest the address: 5297 Sonoma Mountain Rd, Santa Rosa. There is an entrance fee. Meet in the parking lot. The hike starts at 9am, please be on time. Bring your snacks, layered clothing and plenty of water (there is no water in the park). This is an out and back hike. So we can go as far as we want.

Please contact Ken Malik at 415-407-3961 or at

kamalik@prostateawarenessfoundation.org

by 5pm on Sunday night to let us know you are planning to participate so we can look for you. Hope to see you on the trail