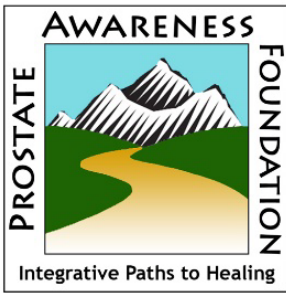


PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Taylor Mountain Exploration Santa Rosa, Sonoma County

Monday, June 30, 2025, 9:00am

Moderate

3+ hours, 1,100' elevation gain, 5 miles

Let's try the new trails on Taylor Mountain. They just opened lately and there is a fair bit of shade. The weather report calls for good hiking weather. It's a great time of the year to hike in the rolling hills of central Sonoma County.

We will explore the new trails on the lower mountain before climbing to the top and back. We can expect lots of open terrain and beautiful oaks. Make sure you bring a hat and sunscreen.

Take Kawana Springs Road East from Petaluma Hill Road, then make a right on Franz Kafka Road and then a left on Kawana Road to the parking lot at the top of the hill. This is a Sonoma County Park with a fee of \$8 parking per vehicle. Let's consider carpooling to the trailhead.

Wear layered clothing; bring plenty of water and a snack. Hiking poles are a useful addition.

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and to arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

Hope to see you on the trail!



Fact: 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.

WWW.PROSTATEAWARENESSFOUNDATION.ORG

Integrative Paths to Healing