

# Prostate Awareness Foundation Hiking Program

**Mondays at 9:00am**



## **Armstrong Redwoods State Reserve East Ridge Trail**

**Guerneville, Sonoma County, California**

**Monday, October 6, 2025, 9am**

**Moderate to Strenuous**

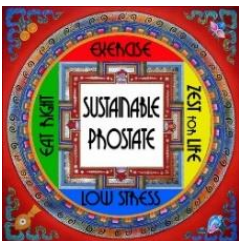
**4 hours, 1,200 elevation gain, 8 miles**

The trail starts with a fairly steep hike and ends with a magnificent downhill walk through the redwoods. Take Hwy 101 north or south to River Road and follow it until you arrive in downtown Guerneville. Turn right on Armstrong Woods Road. Meet at the parking lot on the right just before the park entrance, there is no parking fee. The hike starts at 9am, please be on time. Some may want to get lunch in Guerneville after the hike.

As always: wear layered clothing, bring plenty of water and lunch. Hiking poles are helpful.

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](mailto: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](http://www.prostateawarenessfoundation.org)**

***Integrative Paths to Healing***