

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am



**Sugarloaf Ridge State Park, Brushy Peak Trail Loop
Kenwood, Sonoma County**

Monday, January 12, 2026, 9:00am

Strenuous

4.5 hours, 2000' elevation gain, 9.5 miles or less

Meet by the Observatory/Horse stables promptly at 9am.

We will hike up the Vista Trail to the Headwaters Trail. Then above the creek to the Red Mountain Trail until we meet the Gray Pine Trail. From there we will climb to the summit of Bald Mountain at 2,729' and then return. You can make this hike easier and shorter and still hike with the group much of the way.

Wear layered clothing; bring your lunch and plenty of water. Hiking poles always come in handy. Add a poncho or rain gear just in case there is a shower. Women are always welcome to join the fun!

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you plan to participate and to arrange carpooling and logistics. You can email him at kamalik@prostateawarenessfoundation.org or call 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