

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 10am in January

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## Sugarloaf Mountain Ramble

Kenwood, Sonoma County

Monday, January 19, 2026, 10:00am

Easy – Strenuous (Your call!)

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

### Please note: 10:00am start time for January Hikes

We will meet by the Observatory/Horse stables promptly at 10am.

This hike will depend on group ability.

Wear layered clothing; bring your lunch and plenty of water. Hiking poles always come in handy. 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 Ken at [kamalik@prostateawarenessfoundation.org](mailto: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](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**

*Integrative Paths to Healing*