

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am Please Note: 10:00am Start Time



## SHILOH RIDGE REGIONAL PARK Windsor, Sonoma County Monday, February 16, 2026, 10:00am Moderate 3 hours and 650' elevation gain in 4-5 miles

The rolling hills of Sonoma Country are as green as can be right now. It's a great time of year to explore the hill country of Sonoma County. This is a great hike with lots of great views and options.

Take Hwy # 101 to Shiloh Road and follow Shiloh Rd East to its end at 5750 Faught Rd, Windsor. \$7 parking fee per vehicle. Let's try and carpool.

Wear layered clothing. Bring a snack and plenty of water. Hiking poles are always useful.

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. Send an email to 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 proactively take care of yourself.*

**[WWW.PROSTATEAWARNESSFOUNDATION.ORG](http://WWW.PROSTATEAWARNESSFOUNDATION.ORG)**

*Integrative Paths to Healing*