

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



## Taylor Mountain Loop

Santa Rosa, Sonoma County

Monday, March 30, 2026, 9:00am

Moderate

3-4 hours, 1,100' elevation gain, 5 miles

Meet in the parking lot on Kawana Terrace / \$8 parking per vehicle. To get there take Kawana Springs Rd from Petaluma Hill Rd and make the first right onto Franz Kafka Way and then the first left onto Kawana Rd, then follow for about a ½ mile up the hill to the parking lot.

We will take the Western Trail to start then depending on the group we will explore the mountain. This is a fairly easy hike with plenty of open terrain and beautiful oaks.

Wear layered clothing; bring plenty of water and a snack. Women are always welcome to join the fun

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 proactively take care of yourself.

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*Integrative Paths to Healing*