

Prostate Awareness Foundation Hiking Program

Mondays at 9am



Bald Mountain Loop, Sugarloaf State Park

Kenwood, Sonoma County

Moderate to Strenuous

Monday, May 4, 2026 9:00 am

4-5 hours, up to 1,700' elevation gain, 8 miles

Meet by the Observatory/Horse stables inside the park promptly at 9am. Wildflowers are blooming all over after the unexpected rain. It's a great time to re-explore the mountain. We will hike up the Hillside Trail to the Vista Trail. From there the group's abilities will determine whether we summit Bald Mtn. at 2,729' or not. We will return on the quickest and easiest route to the trail head.

Wear layered clothing; bring your lunch and plenty of water. Hiking poles will come in handy and a windbreaker makes sense. Trail talk tends to involve prostate issues. Women are most welcome to join the fun.

Please email Ken Malik kamalik@prostateawarenessfoundation.org or call him at 415-407-3961 no later than 5pm on Sunday night to let us know you are planning to participate and to arrange carpooling and logistics.

Hope to see you on the trail!



Fact: recent 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