

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9am



## Gunsight Ridge Trail on Hood Mountain, Sugarloaf State Park, Kenwood, Sonoma County

Monday, June 15, 2026, 9:00am

Strenuous

5 hours, 1,600' elevation gain, 7 miles

Take Hwy # 12 in the Valley of the Moon to Adobe Canyon Road. Go about 3 miles to the turnout and parking on the left about a mile before entering the Sugarloaf State Park Kiosk. There is a fee for parking.

We will take the Goodspeed trail to Gunsight Ridge and back. This is a strenuous hike mainly due to distance. It's out and back can be shortened. Carpooling makes sense!

Wear layered clothing; bring your lunch and plenty of water. Hiking poles always come in handy.

Contact Ken Malik to let him know you want to participate and to arrange carpooling and logistics. Call or text Ken at 415-407-3961 or send an email to him at [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org)

*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*