

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Mondays at 9:00am



Taylor Mountain Loop - Trails to Explore
Santa Rosa, Sonoma County
Monday, July 27, 2026, 9:00am
Moderate
3+ hours, 1,100' elevation gain, 6 miles

Let's explore more of the new trails on Taylor Mountain. The rolling hills and grand old oak trees are spectacular this time of year. Kathleen Miller will be leading this week's hike with Ken having cataract removal surgery. Bring layered clothing, a snack and plenty of water and make sure you have a hat and sunscreen. Hiking poles can be a great addition.

To get there: take Kawana Springs Road East from Petaluma Hill Rd., Make a right turn on Franz Kafka Rd and then a left on Kawana Road up to the parking lot at the top of the hill. This is a Sonoma County Park with a fee of \$8 parking per vehicle. Let's consider carpooling to the trailhead.

Please contact Kathleen at 707-291-3836 **no later than 5pm on Sunday night** to let her know you are planning to participate and so we can arrange carpooling and logistics.

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