Prostate Awareness Foundation Hiking Program

Mondays ~~at 9am~~ 10:00am Start Time

SHILOH RIDGE REGIONAL PARK
Windsor, Sonoma County
Monday, November 23, 2026, 10:00am
Moderate
3 hours and 650' elevation gain in 4-5 miles

It's a great time of year to explore the parks of Sonoma County since the rolling hills are as green as can be right now. 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 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.prostateawarenessfoundation.org
Integrative Paths to Healing