

# PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

## MONDAYS AT 9 AM



### Sugarloaf Ridge State Park - Bald Mountain

Kenwood, Sonoma County

Monday, October 14, 2024 @ 9am

**Strenuous**

**4.5 hours, 2,000' elevation gain, 9.5 miles or less**

Drive straight into the park from the Kiosk and meet by the Observatory/Horse stables.

Fall is a special time in the Valley of the Moon. The leaves are changing colors, and the smell of grapes is in the air. We will hike the scenic route through the woods till we reach the summit of Bald Mountain at 2,729' and then return the easiest way. You can make this hike shorter and still hike with the group much of the way.

As always: wear layered clothing, bring plenty of water and lunch. Hiking poles are helpful.

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and so we can 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 pro-actively take care of yourself.*

**[WWW.PROSTATEAWARENESSFOUNDATION.ORG](http://WWW.PROSTATEAWARENESSFOUNDATION.ORG)**

*Integrative Paths to Healing*