

**CANCER CLIMB & TREK FOR
PROSTATE AWARENESS
Machu Picchu, Cuzco and the Sacred Valley
September 9th to September 19th, 2018**

Thank you for your interest in the 2018 expedition. Our fundraising expeditions began in 2001 with a climb of Mt Aconcagua in the Argentine Andes. Since then, we have had climbs all over the world including: Mt Blanc in the French Alps, Gran Paradiso in Italy, El Misti, Huayna Picchu, and Mt Cotopaxi in the Andes, Mt Kilimanjaro in Africa, Clouds Rest, Mt Dana and Mt Hoffman in Yosemite, Mt Elbert & Massive in the Colorado Rockies, Glacier National Park and Mt Baker in Washington state and Mt Shasta in the California Cascade Mountains. This year's expedition will climb and trek in the high Andes of Peru with elevations as high as 11,300'. This will be our fifth visit to the Andes. Our goals: Increase awareness about prostate health issues and how to deal with them, raise critically needed funds for ongoing outreach and education, inspire men and their families with hope.

My name is Ken Malik. I have participated in all of the prior expeditions. I am also a prostate cancer veteran of over 23 years, as well as the co-founder and executive director of the Prostate Awareness Foundation (www.prostateawarenessfoundation.org). PAF is the organization for which you will be donating your time and energy. The foundation is a not for profit 501(c) (3) corporation.

There will be two teams on this year's expedition: A climbing/trekking team and a support team that will help to make this year's expedition a success. We have space for up to a maximum of 24 participants. Members will include prostate cancer veterans, family members and their supporters. The Climbing/Trekking Team will do day hikes and climbs in the Cuzco, Sacred Valley and Machu Picchu area. The Support Team will share in the camaraderie of the expedition while visiting the many archeological ruins and wonderful museums in this magnificent part of the world.

The Climbing/Trekking team should be in top physical condition to maximize the experience. Past participants have ranged in age from 15 to 76 years old. As always, women are welcome to participate. We will try to eat as prostate friendly a diet as possible. Peru is the original home of potatoes, corn and quinoa. There will be daily discussions on prostate health issues.

We hope you will give serious consideration to taking part in this challenge. **We would like to ask for your commitment by March 1st or sooner.** This allows us time to properly plan logistics. Your early commitment will allow you to put yourself in the required physical fitness level to ensure your maximum enjoyment and success. It will also allow you the time to reach your minimum fundraising goals. We would love to have you join us on this great adventure. **Your deposit check will assure your place on the expedition.**

Please read the enclosed information carefully. It will provide answers to most of your questions. We need your participation and support to help PAF remain a viable source of critically needed, non-biased information about prostate cancer healing and prevention.

Ken Malik – Founder and Executive Director

DETAILS

CLIMBING/TREKKING TEAM:

This year's expedition is not a technical climb but a series of high altitude treks. We will be tackling three peaks in the Machu Picchu area: Mt Machu Picchu and Huayna Picchu on the Sanctuary itself and Mt. Putucusi an amazing mountain across the Urubamba River from Machu Picchu. The Elevation on Machu Picchu is about 8,600' so altitude sickness can be a factor. That is the reason we will spend the first few days in Cuzco to acclimatize at 11,300'. You will need to be in good enough physical condition to trek up to 6 to 8 miles per day, with a maximum elevation gain of under 2,000', and carry a day pack of up to 15 or 20 lbs. Safety will be our number one objective. We will use a guide service with knowledge of the languages, history and archeology of the areas we visit. Like the support team, we will be spending each night in hotels so there is no need for sleeping bags or sleeping pads. (An equipment list is available).

SUPPORT TEAM:

For those who want to experience the culture, history and beauty of the Andes this expedition will be a memorable one. Some can choose to participate with the Climbing/Support Team on the easier treks. There are countless museums, archeological sites and markets to enrich the experience. This is a great way to be part of the expedition and participate at the level you feel physically comfortable with.

APPROVAL POLICY:

To ensure the integrity of the expedition all potential candidates will undergo a screening process conducted by the *PAF Expedition Review Board* to insure a proper fit with the goals, expectations and safety of the expedition.

EQUIPMENT: (compete list available at the PAF website)

The weather in the Andes, like all mountains can change dramatically during the day. September is early spring in South America. Expect day time temperatures around 60 degrees during the day and evenings sometimes in the low 30's in Cuzco at 11,300'. Machu Picchu at 8,600' is much warmer with daytime temperatures up into the low 80's and the evenings a pleasant 60 degrees. The climate is dry with little humidity. For hiking, you should dress in layers in order to be prepared for all conditions.

THE ITINERARY:

Please plan on arriving in Lima, Peru sometime on Saturday, September 8 or earlier if you want to sight-see. We will stay in a reasonable hotel in Lima overnight Saturday night and fly on to Cuzco on Sunday, September 9th for a team meeting in the early evening. Hotel information for Lima is available. Please call Ken for details at 415-407-3961

ITINERARY:

DAY	DATE	DESCRIPTION	ACCOMMODATIONS
Sat.	9/8	Travel to Lima, Peru and stay overnight at the Inkari Suites Hotel	
Sun.	9/9	Travel from Lima to Cuzco by plane. 7pm team meeting.	Hostal El Balcon
Mon.	9/10	Explore Cuzco Museums and shops.	Hostal El Balcon
Tues.	9/11	Explore the Sacsayhuaman ruins and hike the surroundings. Support Team will do a modified version of the hike. Trekkers will spend about 6 hours on the trail with a guide to show us other archeological sights.	Hostal El Balcon

- Wed. 9/12** Travel to Pisac in the Sacred Valley. Explore the town and ruins. Paz y Luz Hacienda.
- Thurs. 9/13** Visit the Pisac Market. Travel to Ollantaytambo. Explore the town and ruins. El Albergue Hotel.
- Fri. 9/14** Explore Ollantaytambo. Return to Cuzco in the afternoon. Hostal El Balcon
- Sat. 9/15** Cuzco. Explore Cuzco on your own. Replenish supplies. Hostal El Balcon
- Sun. 9/16** Early morning train to Machu Picchu. Explore Agua Caliente. Afternoon climb of Mt Putucusi. Gringo Bill's Hotel
- Mon. 9/17** Early morning visit to Machu Picchu and climb Huayna Picchu. Gingo Bill's Hotel
- Tues. 9/18** Climb Machu Picchu Mtn. Late Train back to Cuzco. Hostal El Balcon
- Wed. 9/19** Explore Cuzco. Afternoon flight back to the US or elsewhere.

AIR TRAVEL AND GROUND TRANSPORTATION

United States to Lima, Peru: Plan on flying into Lima on Saturday, September 8th. Lan Peru has flights from the United States to Lima, so do United and other airlines. In January flights cost between \$700 and \$1,000 roundtrip, but will increase as time goes on. Please look and book now for the best seats, prices and availability.

Lima to Cuzco: It is about an hour and a half flight thru the Andes. For safety sake only book a daytime flight. Ken booked a flight already on Latam Airlines. for a cost of about \$175 round trip for Sunday morning, September 9th at 10:30 am, returning from Cuzco on Wednesday afternoon, September 19th at 1:20pm. PLEASE NOTE: The maximum baggage weight on flights in the Andes is 23Kg which is 50.6 lbs. Please plan your luggage accordingly.

ESTIMATED EXPEDITION COSTS:

Last time we visited the Peruvian Andes was in 2013 and our costs were about:

Airfare from San Francisco	@ \$1,200
Airfare from Lima to Cuzco	@ \$150
Hotels for 11 nights @ \$50	@ \$550
Food for 11 days @ \$40 per	@ \$440
Train to Machu Picchu	@ \$200
Guide fees	@ \$300
<u>Entrance fees</u>	<u>@ \$200</u>
Estimated Total	@ \$3,040

We would estimate that prices have risen about 25% over 5 years. So we expect the cost of the expedition to be in the vicinity of \$3,500 per person. We will be more specific over the next couple of weeks as we negotiate guide fees, etc. We will strive to keep the costs down and can guarantee this will be a trip of a lifetime. Please keep in mind that the above are estimates and do not include upgraded air travel, gifts, bar bills and your food and snack preferences.

FUNDRAISING AND FINANCIAL REQUIREMENTS:

While PAF wishes to provide as much help as possible to each fund-raising participant, our 501(c)(3) charitable organization also is required to follow certain IRS guidelines regarding how many of your donated dollars can be used to help cover expenses. Here are the financial goals and guidelines you will need to meet in order to make the Peru 2018 Expedition a success:

Each participant is being asked to **raise a minimum of \$2,000 in contributions for PAF**. After this level is reached, any additional contributions are eligible for a rebate until you reach the full amount of your “hard costs”. These hard costs include airfare to and Cuzco and back, accommodations while on the expedition, expedition fees noted above. “Hard Costs” do not include “out of pocket” pre and post climb R&R and any other incidental expenses. **For each dollar you raise over and above the minimum requirement of \$2000, .33 cents of each (1/3) dollar raised can be applied toward these documented hard costs.**

“TEAM APPROACH” TO REACHING YOUR GOAL:

A provision has been made for significant others or family member participation. If you have a spouse or “significant other”, father, brother or sister who would like to participate, the minimum contribution for a two people team will be \$2,500. Once this level is reached, you are entitled to claim a rebate for the “hard costs” just like individual fund raisers. Teams must be reviewed and approved by the PAF expedition review board.

ACCOUNTING:

PAF will keep a full and fair accounting of all incoming donations and submit regular reports to each climber as to the status of their fundraising efforts and mail thank you letters to all your donors. Remember, the more money you raise, the less expensive your personal costs for the expedition become if you choose to take a rebate on your “hard costs”. All donations should be made payable to PAF and are tax deductible. **Please ask your donor to reference your name on the check or PayPal memo line so we know which climber to credit.**

FUND RAISING FLIER:

We will supply you with marketing literature and resources for the climb. This will include a one page two sided copy flier that describes the climb and its goals on one side and a list of incentive gifts at various different levels of contribution on the other side. This flier, along with return envelopes will be available to you soon after you pay your deposit to hold your place on the expedition so you can begin your fund raising efforts in earnest. Please let us know how many copies you will need.

FUNDRAISING SUPPORT:

We will support you in your fundraising efforts by providing promotional literature, promotional premiums for contributors and helpful media awareness press releases tailored to your city and location. We will also help you with ideas to efficiently fundraise and assure your success. We feel there is more than adequate time for us to accomplish our individual goals. The time to start is now! Ken Malik will call you to discuss your fundraising ideas and offer guidance, suggestions, and share with you how other expedition members are reaching their goals. You can always reach Ken at 415-407-3961 or kamalik@prostateawarenessfoundation.org

DONOR CONTRIBUTION OPTIONS:

PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal to manage credit card donations. You will feature your picture and story on the PAF website alongside a donate button. The PAF will set this up for you once you pay your deposit and supply us with your picture and story.

OTHER RESPONSIBILITIES:

Picture & Story:

We need your photo by email along with a short story (a paragraph or two will do) about why you are participating. Your story and picture will be placed on the website at www.prostateawarenessfoundation.org Please pick your picture and write your short paragraph now.

For questions and or to reserve your place on the expedition:

- 1) **Contact Ken Malik at 415-407-3961. Let him know you are interested and take part in a brief telephone interview. You can also contact Ken at kamalik@prostateawarenessfoundation.org and arrange the phone meeting.**

- 2) **Once you are approved by the review committee please make your deposit check for \$300 payable to PAF and mail to:**

**PAF
Attn: Ken Malik
PO Box # 2934
Santa Rosa, CA 95409**

**PLEASE PASS THIS INFORMATION ON TO OTHERS WHO
MAY BE INTERESTED IN JOINING THE EXPEDITION**