

## **Cancer Climb & Trek For Prostate Awareness Peruvian Andes, Machu Picchu and Cuzco September 9 – 19, 2018**

Since 2001, a select group of prostate cancer veterans, their family members, loved ones and friends have been participating in the annual *Cancer Climb & Trek For Prostate Awareness*. The 2018 expedition this coming September will visit the Peruvian Andes around Cuzco, Machu Picchu and the Sacred Valley of the Inca. There will be challenging climbs and treks for those in good shape, and also days off from climbing to visit the vast array of Cuzco museums, market towns in the Sacred Valley and other cultural sites of interest. This year's expedition involves no technical climbing. Non-hikers are encouraged to join the expedition and can just focus on the culture, history and beauty of the high Andes.

For the expedition members, this is an opportunity to focus attention on the prostate cancer epidemic, while sending a message of hope and inspiration to those afflicted with the disease. Participants will raise critically needed funding for the non-profit Prostate Awareness Foundation's education and outreach programs. The PAF educates and encourages men to take a pro-active posture toward prostate health. Prostate cancer will affect one in five families in the United States.

This is the 18th year for these fundraising events. Prior expeditions have visited Mt Aconcagua in the Argentine Andes, Mt Kilimanjaro in Africa, Mt Blanc and Gran Paradiso in the European Alps, Mt Elbert & Mt Massive in the Colorado Rockies, Mt Baker in Washington, Mt Dana and Clouds Rest in the Yosemite High Country and Mt Cotopaxi, Mt Ausangate and El Misti in the Andes mountains of South America.

The PAF, the non-profit organization sponsoring these expeditions provides men and their families with information about available treatment options both conventional and alternative. All its services are free of charge. It also offers guidance about preventative measures, nutrition and stress management techniques. The object is to help men and their families take a proactive approach to good prostate health. PAF is currently recruiting participants for the Peru expedition.

