

Expedition Up Date - February 6, 2012
20th Cancer Climb and Trek for Prostate Awareness in the Pyrenees Mountains
September 12 to 19th, 2020



Jambo. So here's the latest: **Your deposit of \$400 assures you a spot on this memorable adventure.**

There will be hikes and climbs each day and a mid-week break for those who want some recovery time. But expedition is designed so you do not need to hike every day. We will be making summit attempts of Mt Canigou (2,784m/ 9,134) the sacred mountain of the Catalanian people, and Mt Aneto (3,404m/11,188') the highest mountain in the Pyrenees. Mt. Canigou is not a technical climb, Mt Aneto is. Those wanting to climb Mt Aneto will be able to rent the required gear. We will acquire a mountain guide for both summit attempts. Don't let the altitude fool you, these are serious mountains. Everyone we've talked to tells us the Pyrenees are some of the rugged mountains they've climbed. To best enjoy this memorable adventure one should be in top physical condition. Preparing for the expedition is a great way to get into or stay in shape. Past participants have ranged in age from 15 to 76 years old. As always, women are welcome and encouraged to participate.

If you have not already made your commitment to join the expedition, please do not procrastinate. **This will be a first come first served signup** and we only have a few spaces remaining. There is a great deal of interest in this year's Climb and Trek so please sign up now to assure your place on the team. We would love to have you join us on this, the 20th annual *Cancer Climb and Trek for Prostate Awareness expedition.*

THE GOALS OF THE EXPEDITION: 1) Increase public awareness about prostate health issues and how to deal with them pro-actively, 2) Inspire men and their families dealing with this epidemic affliction with hope. 3) Raise critically needed funds for the PAF's ongoing outreach and education programs. 4) Put a team on the summits of two of the Pyrenees most challenging mountains.

ITINERARY: We will all fly into Barcelona, Spain. The expedition will officially begin on Saturday, September 12 when we take off for the mountains. **Please plan on arriving into Barcelona no later than Friday, September 11.** There will be a team meeting on Friday night the 11th at 7pm at the Hotel Denit, the official headquarters of the PAF while in Barcelona. The expedition will end on Saturday night, September 19th with a team dinner. This is what we know right now:

Friday, September 11th: Arrive in Barcelona, Spain no later than Friday afternoon for the 7pm meeting. Many in the group have already made their flight arrangements. Some of us are arriving as early as Wednesday the 9th, a good way to relax and recover from jet lag.

Saturday, September 12th: 8am breakfast, gear check to follow. Travel to the French Pyrenees Oriental region by SUV. Our lodging will be in the village of Prades, at the Hotel Les Glycines.

Sunday, September 13th: Hike to Chalet des Cortalets at 2,150m/7,054' or less, depending on how far up the mountain we can drive. The day's trek will be 800m/2600' or less. We will acquire the services of a mountain guide for route finding.

Monday, September 14th: Summit team will trek 600m/1968' to the summit of Mt. Canigou (2,784m/9,134'). Our lodgings for the night are in the town of Mont-Louis, France at the Hotel Le Clos Cerdan. There is a hot spring in the town.

Tuesday, September 15th: Travel to the Principality of Andorra. Group afternoon hike or rest day. Lodgings in the village of Andorra La Vella at the Exe Prisma Hotel. There is a hot spring in the village.

Wednesday, September 16th: Travel to the Spanish Pyrenees and the Mt Aneto area and stay in the village of Benasque in the mountains close to Posets-Madaleta Natural Park and Mt Aneto. Our lodgings will be at the Sommos Hotel Aneto.

Thursday, September 17th: Hike to the mid-mountain Renclusa Refuge @ 2,140m/7,020'. WE will use a mountain guide. This part of the summit attempt is not a technical climb and support team members are encouraged to make the trek to the Refuge and stay the night.

Friday, September 18th: The summit team will attempt the 4,169' / 1,264m technical climb to the top of Mt Aneto (3,404m/11,188'). All will return to our lodging in Benasque for the night

Saturday, September 19th: Travel back to Barcelona. 7pm team dinner.

PLEASE NOTE: All of our accommodations while in the Pyrenees have been booked by the PAF. Please contact Ken Malik to learn about your room options and costs.

AIR TRAVEL: Costs are pretty low right now but are going up each week. Please act now to get the lowest fares. We've seen fares as low as \$600-\$800 round trip in mid-January. Please do not delay in making your flight arrangements. **Once you book your flights please let Ken know your itinerary.**

APPROVAL POLICY: All potential participants will need to have a telephone interview with Ken Malik, the expedition leader (415-407-3961). This will ensure the safety and integrity of the team. This interview will also give you an opportunity to ask any questions you may have.

EQUIPMENT: This is not a technical climb or trek except for those doing the summit attempt of Mt Aneto. But the weather in the Pyrenees, like all mountainous areas can change rapidly. September has historically had some of the best weather conditions, but the mountains are always unpredictable. See the attached equipment list for a concise list of things you will need to be comfortable on the expedition.

TRANSPORTATION: We have rented 2 large SUV's for our travel to the mountains and back and will rent a third vehicle if need be. Cost per individual will be about 100 Euros plus petrol.

GUIDES: We are in the process of arranging mountain guides for the summit attempts. The safety of each member of the expedition is paramount.

BARCELONA ACCOMMODATIONS: We will all stay in the center of Old Town at the Hotel Denit, "official" PAF headquarters while in Barcelona. Single occupancy rooms will be as low as 109 Euros per night. Double occupancy rooms will be as low as 119 Euros per night. Triple occupancy rooms will be as low as 169 Euros per night. **We have a special deal with the Hotel Denit. You will need to book your room at this hotel but, please do not book your room before contacting Ken Malik for additional details and information before booking.**

POST EXPEDITION R & R: Many of the participants on past expeditions have added time at the back-end for some R&R and sightseeing. There is so much to see in Spain, Barcelona and the surrounding area. If you plan on staying extra time after the expedition and have loved ones or significant others meeting you we would suggest having them arrive into Barcelona in time for the Saturday night team dinner on the 19th at 7pm.

EXPEDITION COST & FUNDRAISING OPTION: Past expeditions have been extremely affordable and the 2020 expedition will be no exception. This is the PAF's primary fundraiser each year. **The minimum fundraising requirement to participate is \$2,000.** We estimate the expedition hard costs over and above the fundraising requirement to be around \$2,000 plus airfare and will include your accommodations, ground transportation, guide fees, and food. **PLEASE NOTE:** Once you reach your fundraising minimum of \$2,000 you will be eligible for a rebate towards your expedition hard costs of .333 of each dollar you raise about the minimum.

ADDITIONAL DETAILS: All participants will receive an "official" expedition hat and water bottle. A \$400 Deposit will reserve your place on the expedition. You can pay by check (preferred) or on www.prostateawarenessfoundation using your PayPal account or credit card. To donate this way go to the top DONATE tab and follow the prompts.

ACCOUNTING: PAF will keep a full and fair accounting of all incoming donations, keep participants informed as to donated on your behalf and send out thank you letters to all your donors. All donations should be made payable to PAF and are tax deductible. **Please ask your donor to reference your name on the check memo line and contribution form so we know which climber to credit.**

FUND RAISING HELP & SUPPORT: We can help you compose a fundraising letter that works for you. The PAF will also supply fundraising fliers and envelopes. Please let us know how many copies you will need. Your donors will receive promotional gift items based on their contribution levels.

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 for your credit card donations. You can direct your donors to www.prostateawarenessfoundation.org and the Cancer Climb 2020 box, which will be up and available by February 1st, where they will be able to donate on your behalf. The PAF will manage contributions and keep you informed as to your progress reaching your fundraising goals.

TO RESERVE YOUR PLACE ON THE EXPEDITION PLEASE ACT NOW BY DOING THE FOLLOWING:

- 1) Call Ken Malik at 415-407-3961 to let him know you are interested, and take part in a brief telephone interview. You can email kamalik@prostateawarenessfoundation.org to arrange the phone meeting.
- 2) Once you are approved please make your deposit check for \$400 payable to PAF and mail to: PAF, Attn: Ken Malik, PO Box # 2934, Santa Rosa, CA 95409 or pay by credit card or your PayPal account at www.prostateawarenessfoundation.org as noted above.
- 3) Send us a story and picture of yourself for the fundraising page on the PAF website. Preferred is a picture of you in the outdoors and relatively close up. Also please compose a short paragraph or two about why you are participating in the expedition, we can help you with this.



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



20th Cancer Climb and Trek for Prostate Awareness

Pyrenees Mountains of Northern Catalonia, Spain, France & Andorra
September 12 to 19th, 2020

Equipment List

Cancer Climb and Trek for Prostate Awareness Pyrenees Mountains of Spain, France and Andorra

Conditions can change rapidly in the mountains. When planning your clothing needs, think about dressing in layers. We will be trekking and climbing at altitudes between 4,000' and 11,000'+. The temperatures can change dramatically in the mountains from early morning, through the day and into the evening. Thunderstorms can come in in the afternoons at higher altitudes.

GEAR LIST

Sleeping Bag Liner - Silk. Required for mountain refugio stay.

Hiking boots - High top hiking boots with good ankle support are the best. If you're planning on new boots, get them now and break them in.

Casual boots or shoes - For relaxing around the camp after a long day on the trail.

Head Lamp & extra batteries. A smart way to get around in the dark.

Daypack - Large enough to pack a lunch, 2 liters of water, some clothes for weather changes, snacks and incidentals you need for the day.

Hiking Poles - Optional, but highly recommended for hiking safety and to take stress off the joints.

Long underwear - Poly or wool is the best. Just in case it gets cold.

Sweaters & or sweat shirt - consider a light and a heavy one.

Water Repellent Wind Breaker - Thunder showers are always an afternoon possibility in the mountains, so are windy conditions, especially in higher elevations.

Wind & Waterproof Pants - Same as above

Parka - A down jacket with a hood is a great asset.

Gloves or Mittens - Keep those fingers warm in the night and early morning.

Socks - The new wool hiking socks are comfortable and user friendly.

Hats - two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evening and high altitudes.

Bandana or face mask - to save your face from the wind, sun and cold.

Sun Glasses: The sun is very bright at altitude, plan accordingly

Sun Screen - Bring at least a 30 just to be safe.

Lip Baum - High altitude sun and wind can be severe

Water Bottles - 2 bottles of 1 liter each or a hydration system.

First Aid Kit - a small kit for emergency situations. PAF will bring a complete medical kit.

Camera, memory card, spare battery and portable power storage charger system. Altitude eats up electric quickly.

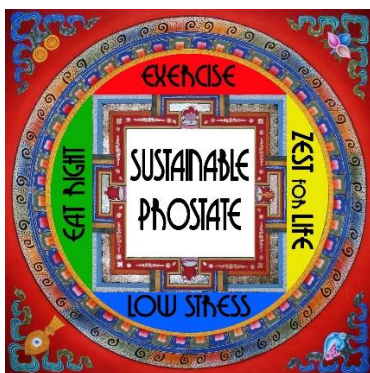
Shoe Laces - an extra pair is optional but can come in handy.

Towels: A light weight synthetic quick drying towel is a great trail asset.

Gaiters: Optional but good for keeping scree and gravel out of your boots.

Bathing Suit: There may be opportunities to jump in the lake or a hot spring

Yak Tracks: these are snow chains for you boots and are light weight and easy to pack.



Mandatory: Positive attitude, patience, and a good sense of humor

www.ProstateAwarenessFoundation.org