

Hopeful that we will be able to move forward with our Pyrenees expedition next fall. **It's time to get serious about the expedition.** We have thirteen expedition members from last year including Ken Malik, Ralph Lake, Rick Mohovich, Darren Paul, Doug Menelly, Brad Neal, Steve Massaro, Bill Hartley, Sophie Chen, Erdem Tamguney, Joseph Burke, Tom Lennon and Ed Rael. Realistically we have room for a total of eighteen participants, so there are only five spaces left available. A number of past climbers have voiced an interest as well.

There will be hikes and climbs each day except for a break in the middle of the week if you want it. We will be making summit attempts of Mt Canigou (2,784m/ 9,134) the sacred mountain of Catalonian people, and Mt Aneto (3,404m/11,188') the highest mountain in the Pyrenees. Neither are technical climbs. But don't let the altitude fool you, these are serious mountains. Everyone I've talked to tells me the Pyrenees are rugged mountains. To best enjoy the more difficult hikes and climbs one should be in top physical condition. Preparing for the expedition is a great way to get into shape. Past participants have ranged in age from 15 to 76. 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.** We would love to have you join us on this great adventure.

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

ITINERARY: We will all fly into Barcelona, Spain. The expedition will officially begin on Saturday, September 11 when we take off for the mountains. Please plan on arriving into Barcelona no later than Friday, September 10 as we will have a team meeting on Friday night

the 10th at 7pm. The expedition will end on Saturday night, September 18th with a team dinner. We are still working on the final details for accommodations in the mountains. They will be more reasonable than our stay in Barcelona. This is what we know:

Wednesday, Thursday or Friday, September 8th, 9th or 10th: Arrive in Barcelona, Spain. Please plan to arrive no later than Friday the 10th. Many in the group have already made their flight arrangements and will be arriving Friday morning. Some of us, myself included will arrive earlier

Friday, September 10th: Team meeting at 7pm to review equipment and last minute details

Saturday, September 11th: Travel to the Pyrenees by SUV's or Van. Lodgings will be in a village at the base of Mt Canigou. Details to follow.

Sunday, September 12th: Hike to the mid-mountain refugio. Details to follow.

Monday, September 13th: Summit Mt. Canigou (2,784m/9,134'), return to our village lodgings. Details to follow.

Tuesday, September 14th: Travel to the Principality of Andorra. Group afternoon hike or rest day. Lodging in the village Details to follow.

Wednesday, September 15th: Travel to Mt Aneto area and stay in the village at the base of the mountain. Details to follow.

Thursday, September 16th: Hike to the mid-mountain refugio. Details to follow.

Friday, September 17th: Summit Mt Aneto (3,404m/11,188'). Return to the village at the base of the mountain. Details to follow.

Saturday, September 18th: Travel back to Barcelona. Team dinner

AIR TRAVEL: Costs are pretty low right now but will increase each week. Act now to get the lowest fares. Our Texas guys are flying from Austin thru JFK in New York City. You can contact Ralph Lake at 512-587-9524 or ralphlake@sbcglobal.net if you want to Fly thru New York yourself and hook up with that group on the way in. Contact Ken Malik at kamalik@prostateawarenessfoundation.org or 415-407-3961 if you want to go thru New York City's Newark Airport on Tuesday night September 7th arriving in Barcelona on Wednesday morning the 8th to spend some time in Barcelona on the front end of the expedition. Please do not delay in making your arrangements and please let Ken know your itinerary when you have one.

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. If you have participated in a prior PAF expedition the approval process is waived.

EQUIPMENT: This is not a technical climb so you will not need special boots, crampons, ice axes or helmets unless you plan to summit Mt Aneto, and gear can be rented at the mountain. 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 will be renting large SUV's to transport the team from Barcelona to the Pyrenees. Details to follow.

GUIDES: We will only use guides for route finding while on the mountain climbs. We will negotiate this once we get to the mountain villages below Canigou and Aneto. This will save a fair bit of money for all of us. Details to follow.

BARCELONA ACCOMMODATIONS: We will all stay at the Hotel Doneto in the center of the city with excellent reviews in the heart of Barcelona's old town. We expect our rate will be around \$75 per person based on 2 per room. We are still in negotiations with the hotel for exact prices and will let you know.

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 joining you we would suggest having them arrive into Barcelona in time for the Saturday night team dinner on the 18th.

EXPEDITION COST & FUNDRAISING OPTION: Past expeditions have been extremely affordable and the 2021 expedition will be no exception. This is the PAF's primary fundraiser each year. **The minimum fundraising requirement is \$2,000 to participate. The hard costs of the expedition are over and above the fundraising requirement and will include your airfare, accommodations, ground transportation, guide fees, food this should come to around \$2,200+ per person providing your airfare is under \$1,000!** Once you reach your fundraising minimum of \$2,000 you will be eligible for a rebate towards your expedition hard costs of 1/3 of each dollar you raise about the minimum. All participants will receive a hat or a tee shirt and expedition water bottle. **A \$400 Deposit will reserve your place on the expedition. You can pay by check (preferred) or on www.prostateawarenessfoundation using our PayPal account or credit card. To do so donate on the top DONATE tab.** This deposit will be used toward guide fees, ground transportation and mountain lodging.

ACCOUNTING: PAF will keep a full and fair accounting of all incoming donations, keep participants informed 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 so we know which climber to credit.**

FUND RAISING HELP & SUPPORT: We can help 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.

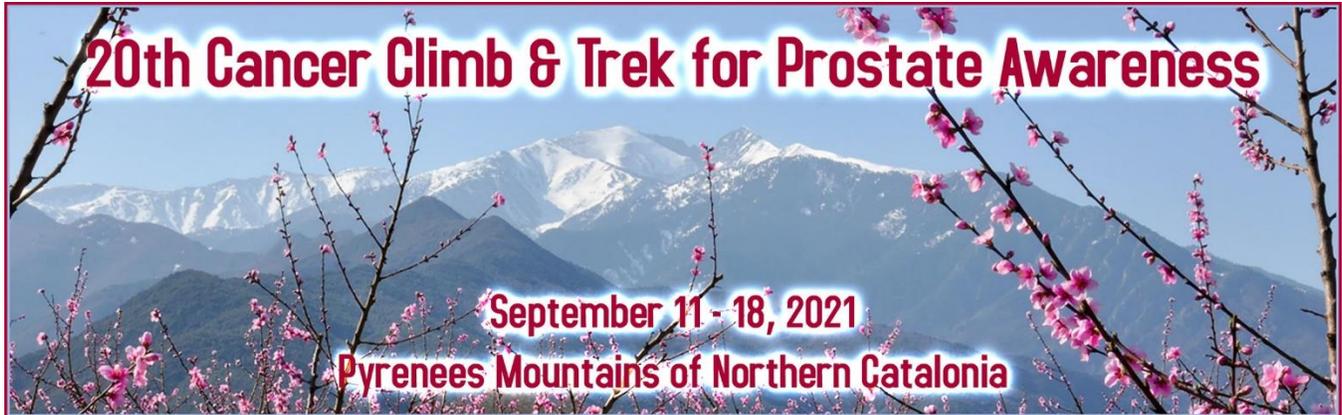
DONOR CONTRIBUTION OPTIONS: PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal for your credit card donations. You can direct your donors to www.prostateawarenessfoundation.org and the Cancer Climb 2021 box where they will 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. The 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.



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



Equipment List

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.

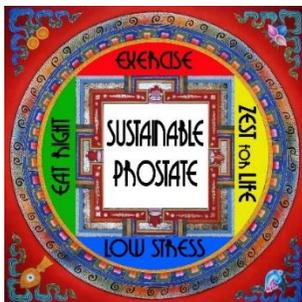
Shoe Laces - an extra pair is optional but can come in handy.

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 Equipment:

- **Positive attitude,**
- **Patience,**
- **A good sense of humor**

www.ProstateAwarenessFoundation.org

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