

Jambo to all of our hopeful climbing team. I'm so glad to be finished with 2020. Like you I'm missing the mountains and the camaraderie we generate on the PAF *Cancer Climb and Trek for Prostate Awareness* expeditions. Hopeful that we will be able to move forward safely with our Pyrenees expedition in September. I don't want my optimism and enthusiasm get in the way of a safe and memorable 20th annual climb. But as long as it is safe to travel and the vaccine gets rolled out promptly and effectively, this year's trip will be a go. So, **It's time to get serious about the expedition.** The majority of team members have recommitted to this year's adventure, and a few more people are interested in joining up. Realistically we have room for a total of eighteen participants, so there are only five spaces left available. So if you are sitting on the fence please do not procrastinate for too long.

There will be hikes and climbs each day with the opportunity to just take it easy on many days. We will be making summit attempts of Mt Canigou (2,784m/ 9,134') the sacred mountain of the Catalonian people, and also Mt Aneto (3,404m/11,188') the highest mountain in the Pyrenees. Canigou is not a technical climb, but Aneto is technical with ice and snow and the top. 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 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 morning, September 11 when we take off for the mountains. Please plan on arriving

into Barcelona at the latest, no later than Friday during the day, September 10th. There will be a team meeting on Friday night the 10th at 7pm. The expedition will end on Saturday night, September 18th with a team dinner. We will be staying in Barcelona at the beginning and end of the expedition. While in the Pyrenees our lodging will be in mountain villages, while on Mt Canigou and Mt Aneto we will stay in mountain refuges. Lodgings will be comfortable and fairly inexpensive. This is what we know:

Wednesday, Thursday or Friday, September 7th, 8, or 9th: Arrive in Barcelona, Spain. Please plan to arrive no later than Friday the 9th during the day. Please look at and make your plane reservations soon rather than later to get the best airfares. Trip insurance is highly recommended

Friday, September 9th: Team meeting at 7pm to review equipment and last minute details

Saturday, September 10th: Mid-morning travel to the Pyrenees by SUV's or Van. Lodgings will be in village of Prades at the base of Mt Canigou. Details to follow.

Sunday, September 11th: Hike to the mid-mountain refuge. Dinner, bed and Breakfast at the refuge. Details to follow.

Monday, September 12th: Summit Mt. Canigou (2,784m/9,134'), return to our lodgings. In Prades for dinner and sleep. Expect an elevation gain of 2,750'+, this is not a technical climb. Details to follow.

Tuesday, September 13th: Travel to the Principality of Andorra by SUV. Group afternoon hike or rest day. Lodging in the village of Andorra La Vella, a spa town. Details to follow.

Wednesday, September 14th: Travel to Mt Aneto area and stay in the village of Benasque, Spain at the base of the mountain. Hike in the local National Park or visit a spa. Details to follow.

Thursday, September 15th: Hike to the mid-mountain Renclusa Refuge. Not a technical climb - Details to follow.

Friday, September 16th: Summit Mt Aneto (3,404m/11,188'). This is a technical part of the climb. You can choose to tackle the summit or support the climbers from the Refuge. We will acquire a guide and rental mountaineering equipment. Expect an elevation gain of under 4,000'. Return to Benasque for food and lodgings. Details to follow.

Saturday, September 17th: Travel back to Barcelona. Team dinner@ 7:30pm

Sunday, September 18th: Head home or tour Europe.

AIR TRAVEL: Cost is pretty low right now but will increase each week from here on in. Act now to get the lowest fares. Make sure to book travel cancellation insurance when booking

your fare. 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 unless you plan to summit Mt Aneto late in the week. We will arrange guides and rental equipment. We will rent special boots, crampons, ice axes and helmets. If you have your own gear you can bring it but this is not advised because of extra luggage requirements. 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 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: The Hotel Denit will be PAF headquarters in Barcelona. A nice hotel in the center of Barcelona's old town with excellent reviews. We expect our rate will be around \$75 per person per night 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 having loved ones or significant others join you after the expedition, we would suggest having them arrive into Barcelona in time for the Saturday night team dinner on the 18th. Please advise.

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 (\$2,500 for a family of two).** Once this minimum level is achieved you are eligible for a rebate of 1/3 of each dollar raised toward your hard costs of the expedition. This includes your airfare, accommodations, ground transportation, guide fees and food. We estimate these costs should be somewhere in the vicinity of \$3,000 depending on your airfare.

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. You can visit www.prostateawarenessfoundation.org for information about the expedition including: Press Release, downloadable donation forms, Meet and Support the Climbers. Your donors will receive promotional gift items based on their contribution levels.

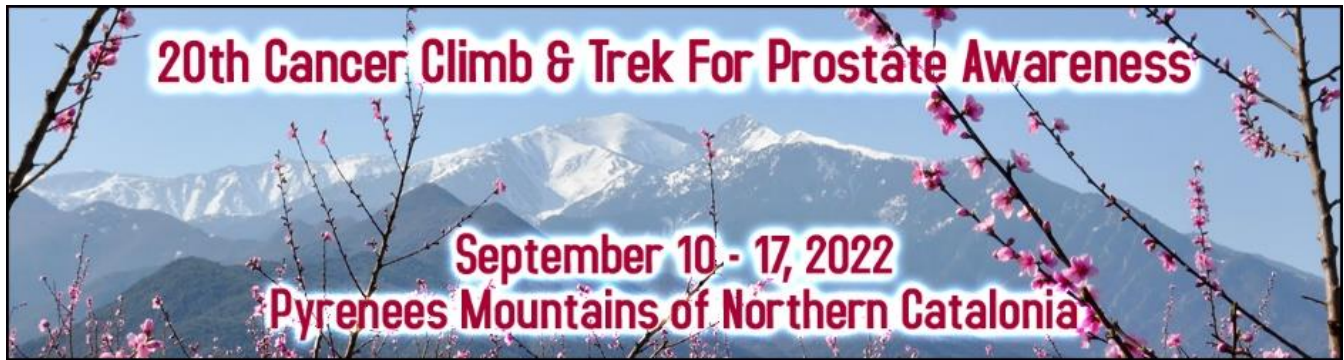
DONOR CONTRIBUTION OPTIONS: PAF can accept either check or credit card contributions. However, we do not have an “in-house” credit card system. We use PayPal for your credit card donations. You can direct your donors to www.prostateawarenessfoundation.org and the Cancer Climb 2021 box where they will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

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 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. We estimate the weight to be under 25lbs.

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

Winter Hiking Pole Baskets: Have them available for snow and ice.

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. Mandatory for the Aneto summit team.

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 will be opportunities to jump in the lake, a hot spring or spa visit.

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

Integrative Paths to Healing