



We are happy to announce that after 2 years of COVID concerns we will finally be doing the 20th annual Cancer Climb and Trek for Prostate Awareness expedition to the Pyrenees Mountains. Like you I've been missing the mountains and the camaraderie we generate on these annual expeditions. So, **It's time to get serious about planning.** We need to get your commitment now and move forward planning for a safe and rewarding experience. Twelve of us are already committed and we would like to have a fourteen person team.

There will be hikes and climbs each day with the opportunity to just take it easy on some days. We will be making summit attempts of Mt Canigou (2,784m/ 9,134') the sacred mountain of the Catalanian 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 at the top. Don't let the altitude fool you, these are serious, 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 Friday night September 23rd with a team dinner meeting @ 7pm. When you make your travel plans, please plan on arriving in Barcelona at the latest in the afternoon of Friday the 23rd. We will head to the French Pyrenees on Saturday morning. See the attached itinerary for more details. The expedition will end on Saturday, October 1st and then we will then return to Barcelona. We will be staying at the Hotel Denit an affordable hotel in Barcelona on the front

and back end of the expedition. Our lodging will be in mountain villages and mountain refuges on Mt Canigou and Mt Aneto while in the Pyrenees. Lodgings will be comfortable and affordable. This is what we know:

AIR TRAVEL: Is a little hard to predict right now with COVID restrictions being reduced. We suggest acting now for the lowest fares. *Travel insurance for this trip is highly recommended.* Please do not delay in making your arrangements and be sure to 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, but let's talk anyway.

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 mountain climbing boots, crampons, harnesses, ice axes and helmets so you don't have to transport all that gear overseas. 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 chipping in and renting large SUV's to transport the team from Barcelona to the Pyrenees.

GUIDES: We will use guides for route finding while on the mountain climbs. We will negotiate this once we know how many of the team plan to summit Mt Aneto and Mt Canigou. 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. There is a link to the hotel on the PAF website.

PRE OR POST EXPEDITION EXPLORING: Many of the participants on past expeditions have added time on the front or back end of the expedition for visiting the sights. 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 our arrival back from the mountains on Saturday afternoon October 1st. Please do not make your plane reservations for your return home before Sunday, October 2nd.

EXPEDITION COST & FUNDRAISING OPTION: Past expeditions have been extremely affordable and the 2022 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 between \$3,000- \$4,000 depending on your airfare, the rooms you decide on and the cost of your food. All participants will receive an official tee shirt and expedition water bottle. A \$400 Deposit will reserve your place on the expedition. You can pay by check or on www.prostateawarenessfoundation.org using a PayPal account or credit card. To do so use the DONATE tab. This deposit will be used toward guide fees and ground transportation.

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 2022 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.

4) 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.

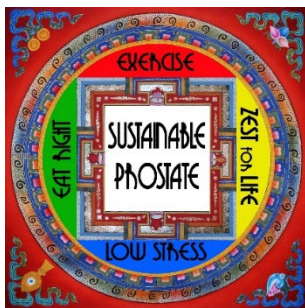
Shoe Laces - an extra pair is optional but can come in handy.

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

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