

22nd Climb and Trek for Prostate Awareness

The Dolomites, Tyrolian Alps, Austria/Italy

Sunday, Sept. 14 – Saturday, Sept 20, 2025

Cortina d'Ampezzo & Auronzo di Cadore, Italy

There have been twenty-one *Cancer Climb and Trek for Prostate Awareness Expeditions*. There will be a 22nd this September 2025! The first one in 2001 was spear headed by Terry Weyman to Mt Aconcagua in the Argentine Andes. It was called *The Prostate Cancer Climb* and was in honor of Terry's father Hap Weyman, a Hollywood producer who died from prostate cancer. Since then, every "Climb" has offered different challenges. All of them have been memorable. The Prostate Awareness Foundation a not for profit 501(C)(3) organization (Tax ID: 31-1633278) would not exist if were not for the hard work and effort of past climbing teams on these epic fundraising expeditions. This annual event is the PAF's primary fundraising event each year. Thank you to all of you for your interest and participation.

Dolomite Expedition, Sept. 2025:



The Team: Consisting of up to 20 participants. There is no specific climbing and support team this year. You will be able to choose each day between: an aggressive, challenging hike, some needing technical equipment. Or a day hike thru the mountains, stopping at refugios along the way. Some days you might just want to relax and explore Cortina and the dazzling surrounding country-side. It's always your choice since each night we will return to our Chalet outside of Cortina. We will chip in and split the cost of lodging and ground transportation.

Where: The Dolomite mountains in the Southern Tyrolian Alps between Italy and Austria, north of Venice, east of Milan and south of Innsbruck, Austria.

Lodgings: We have rented a 10-bedroom Chalet for the week in the village of Auronzo di Cadore, Italy 5 miles outside of Cortina d'Ampezzo. It sleeps up to 20 people comfortably and has 10 bedrooms and 7 bathrooms, situated in 5 apartments on 4 levels with 2 bedrooms and 1 bath per apartment. Choices of these rooms will be on a first come first served basis once you put down your \$500 deposit to reserve your space on the expedition. You can view pictures and learn more about the Chalet on *AirB&B*.

Air Travel: Fares have gone up substantially since we last went to Europe in 2022. It pays to shop around. Let's communicate with each other and maybe in some cases travel together. After discussions with committed participants it looks like Milan is an ideal place to enter Italy for those coming from the USA. From there we can rent vehicles or take a train or bus on to Cortina.

Ground Transportation: Just like airfare, multi-passenger vans are double the price of what we paid in 2022 for the Pyrenees Expedition. Let's shop around and communicate good deals. It may turn out that a better deal will be to rent multiple 4-5 passenger automobiles.

Cable Car Travel: This is a great way to get around in the Dolomites. In many cases it will cut miles off of long treks. We are shopping around for multi-day passes, etc.

Equipment: Dressing in layers and being prepared for changing conditions as always, is the key to mountain climbing, hiking and trekking. For those interested in technical climbing the La Ferrata's (Iron Way ladders and cables) this equipment can be rented in Cortina by the day or week at what appear to be fair prices. **PS: One Euro exchange rate is \$1.03.**

Food: We will chip in, shop and prepare the majority of meals at the chalet. This will include breakfasts, lunch provisions to take on the trail and a majority of suppers. The refugios in the mountains provide in many cases great local food choices. We know from past climbs in the Alps that the Italian refugios have by far the best food!

Resources: There are a multitude of U-Tubes you can watch about hiking and climbing in the Dolomites. Along with that, a great primary source has been the books: “**Dolomites – Travel Guide 2024-2025**” by **Jason H. Ford** which can be purchased on Amazon.com. Also, a well-done series from “**Cicerone**” including multiple books and maps are also available on Amazon.com.

Possible Hikes: I have watched many **Dolomite Hikes on U-Tube**. Some are better than others. **The series I like best is from Bruno Pisani**. He tells elevation gain, mountain height, distance and time. He is a younger guy, so these hikes will take our team a bit longer. Take a look at some of his U-Tube and I’m sure you will find others. This will give you an idea of the difficulty and type of terrain.

Col de Puina (2,254m)(7,393’) 3-4 hrs

Gran Cir (2,592m) in Val Gardena Area. Via Ferrata (easier & doable)

Croda Negra (2518m)(8,259’) Easier Via Ferrata

Mont Cernaer (2,664m)(8,737’) Easier via Ferrata

Val Fiscalina: 4-5 hrs. 11.2 miles 6-8 hrs. 4,000’ (1200m) elevation gain. Stop at the Rifugio Locatelli. Highest point 2,580m / 8,461’

EASIER LOOPS:

Croda da Lago Circuit: Start in Punta de RuCurto (1,695m) Stop for lunch at Rifugio **Croda da Lago Palmiere**. 8 miles. 13 km. 2, 850’ elevation gain. 5-6 hrs.

MOST POPULAR HIKES IN THE DOLOMITES:

- 1) **Tre Cime de Lavaredo**
- 2) **Cadini di Misurina (Towers of Mordor)**
- 3) **Lago di Sorapis (Sorapissee)**
- 4) **Cresta Blanca:** 9,589’, 2,923m: Easier challenge than Marmolada.
- 5) **Seceda’** 9km loop, 2518’ elevation gain. Take the Kassa Cable Car. Best Cliff Hike.

- 6) **Tre Cime di Lavaredo.** 10km loop. Need to arrive at trailhead by 7am. Parking lot closes. Most popular hike in the Dolomites.
- 7) **Rifugio Tre Cime / Monte Paterno.** Via Ferrata. Starts behind Tre Cime.
- 8) **Val Gardena:** Take a cable car to the top of the meadow. Lunch at Sofie Hut @ 2410m / 7,904' Elevation Gain @ 1,640' / 500M
- 9) **Monte Coldai;** 2,880m / 9,446' 4 hrs 2,880' el. Gain
- 10) **Lago di Sorapis.** By Cortina. 14km out and back. Take a cable car part way. Rifugio at lake side. Best Lake Hike.

MOST CHALLENGING HIKE IN THE DOLOMITES:

Mt Marmolada 10,958' (3,343m). "Queen of the Dolomites": Via Ferrata (Iron Way) Climbing Ladders & cables part of the way. We need technical gear along for this one and can be rented in Cortina by the day. 10 hr ascent. Stay overnight in refugio and come back down the same way the next day. 1,000m (3,280") elevation gain.

Mail In Sponsor Form: can be found at www.prostateawarenessfoundation.org. Please review and become familiar with what your donors will receive in the way of a thank you for their contribution.

Insurance: Please consider getting mountain rescue insurance as a precautionary measure. Many of us use the *Austrian Alpine Club* affiliate in Great Britain. Reasonably priced at around \$60, all inclusive, and good anywhere on the planet. The insurance is part of their annual membership. <https://www.alpenverein.at/britannia/>

Team Tee Shirts: Every team member will receive a team shirt to wear proudly on the expedition and in the future.

FUNDRAISING AND FINANCIAL REQUIREMENTS: While PAF wishes to provide as much help as possible to each fund-raising participant, our 501(c)(3) charitable organization also is required to follow certain IRS guidelines regarding how many of your donated dollars can be used to help cover expenses. Here are the financial goals and guidelines you will need to meet in order to make the *Cancer Climb & Trek for Prostate Awareness* a success:

Each participant is being asked to **raise a minimum of \$2,000 in contributions for PAF.** After this level is reached, any additional contributions are eligible for a rebate until you reach the full amount of your "hard costs". These hard costs include airfare,

accommodations while on the expedition. “Hard Costs” do not include “out of pocket” pre and post climb R&R and any other incidental expenses. **For each dollar you raise over and above the minimum requirement of \$2000, \$.33 cents of each (1/3) dollar raised can be applied toward these documented hard costs.**

“TEAM APPROACH” TO REACHING YOUR GOAL: A provision has been made for significant others or family member participation. If you have a spouse or “significant other”, father, brother or sister who would like to participate, the minimum contribution for a two person team will be \$2,500 or \$3,000 for a family of 3 or more. Once this level is reached, you are entitled to claim a rebate for the “hard costs” just like individual fund raisers. Teams must be reviewed and approved by the PAF expedition review board.

Fundraising: As you know this is the primary PAF fundraising event each year and the reason we do the climbs. We appreciate beginning your efforts NOW. Thanks in advance for your efforts. The PAF would not exist without these expeditions.

Corporate Sponsorships & Matching Contributions: The PAF has a corporate sponsorship program and is looking for support both for this year’s expedition and long term. And let’s not forget that many companies offer a matching gift program.

ACCOUNTING: PAF will keep a full and fair accounting of all incoming donations and submit regular reports to each climber as to the status of their fundraising efforts and mail thank you letters to all your donors. Remember, the more money you raise, the less expensive your personal costs for the expedition become if you choose to take a rebate on your “hard costs”. 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 FLIER: We will supply you with marketing literature for the climb. This will include a one page two sided copy flier that describes the climb and its goals on one side and a list of incentive gifts at various different levels of donation on the other side. This flier, along with return envelopes will be available, just ask. These fliers and information are all available at www.prostateawarenessfoundation.org.

FUNDRAISING SUPPORT: We will support you in your fundraising efforts by providing promotional literature, promotional premiums for contributors and helpful media awareness press releases tailored to your city and location. We will also help you with ideas to efficiently fundraise and assure your success. We feel there is more than adequate time for us to accomplish our individual goals. The time to start is now! Ken Malik will call you to discuss your fundraising ideas and offer guidance, suggestions and share with you how other expedition members are reaching their goals. You can always reach Ken at kamalik@prostateawarenessfoundation.org or 415-407-3961.

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 to manage credit card donations. You will be able to feature your picture and story on the PAF website. The PAF will set this up for you once you pay your deposit and supply us with your picture and story.

OTHER RESPONSIBILITIES: Picture & Story: We need your photo by email along with a short story (a paragraph or two will do) about why you are participating. Your story and picture will be placed on the PAF website. Please take a moment to pick your picture and write your short paragraph as soon as you can.

Thank you for reading all these important details!



The Prostate Awareness Foundation (PAF) offers information, support, and education about the treatment options available to those with prostate concerns. The object is to lessen the trauma, impact, problems, and depression associated with the disease and to encourage proactive responsibility for one’s own healing. We also offer information to those who wish to take a preventative approach to the disease. Based in Santa Rosa, California, we have been providing this service nationwide since 1995.

The Prostate Awareness Foundation is a 501(c)(3) organization, EIN# 31-1633278

Visit our website: www.ProstateAwarenessFoundation.org