



22nd Cancer Climb and Trek for Prostate Awareness
The Dolomite Mountains in the Tyrolian Alps
Cortina d'Ampezzo & Auronzo di Cadore, Italy
Friday, Sept. 12 – Friday, Sept. 19, 2025
PLEASE NOTE: NEW START AND FINISH DATE

There have been twenty-one *Cancer Climb and Trek for Prostate Awareness* expeditions. There will be the 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, but all of them have been memorable. The Prostate Awareness Foundation a not for profit 501(C)(3) (31-1633278) would not exist if it 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. **Thanks for reading all these important details!**

The Team: We now have twelve participants committed to this year's expedition, and **we are looking for two more expedition members.** There is no specific climbing and support team this year. You will be able to choose each day between aggressive, challenging hikes, some requiring technical equipment, or a day hike through the mountains, stopping at refugios along the way. Some days you might just want to relax and explore Cortina and the dazzling surrounding countryside. It's always your choice, since each night we will return to our Chalet in the town of Auronzo di Cadore. We will all chip in and split the cost of lodging, food and ground transportation.

Where: The Dolomite mountains between Italy and Austria. North of Venice, east of Milan and south of Munich, Germany

Lodging: 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 16 people comfortably and has 10 bedrooms and 7 bathrooms, situated in 5 apartments on 4 levels with 2 bedrooms and 1 bath per apartment along with additional bathrooms and an expansive kitchen and dining room. Choices of these rooms will be on a first come first served basis once you put down your \$600 deposit to reserve your space on the expedition. (For couples fundraising together the deposit will be a total of \$800). You can view pictures and learn more about the Chalet on *Air B&B*.

Air Travel & Ground Transportation: It pays to shop around. I am traveling on a non-stop United flight from San Francisco to Munich, Germany arriving at 10:05am on Thursday, September 11th with a one-night stay in Munich that night. Some team members will be flying into Milan. From there they have rented SUV's that will accommodate up to 5 passengers and their luggage. We will travel to the Cortina area on the morning of Friday, the 12th, a 4–5-hour drive and around 200+ miles. You can also fly into Venice or Milan and take a bus to Cortina. They run often and are reliable, and we can pick you up in Cortina.

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

Equipment: Dressing in layers and being prepared for changing conditions is the key to mountain climbing, hiking and trekking. For those interested in technical climbing there are La Ferrata's (metal permanent ladders and cables) on real steep sections of the mountains. Equipment can be rented in Cortina by the day or week at what appear to be fair prices.

Food and Supplies: We will all chip in, shop and prepare most meals at the chalet to keep costs down. This will include breakfasts, lunch provisions to take on the trail and most suppers. The refugios in the mountains offer great local food choices.

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. **See www.aacuk.org.uk**

Team Hats: Every team member will receive a team hat to wear proudly on the expedition and in the future.

Budgeting: The last we looked at the exchange rate the Euro cost \$1.14. So, Europe is still reasonable. We will split the cost of lodging, food and ground transportation and will search for good deals to keep the cost down.

Cost Estimates: Airfare has been fluctuating dramatically, shop around. Some of our team is flying from San Francisco to Munich non-stop and are paying around \$1200 on a United flight. Some of the team flying from Austin to Milan with stop(s) along the way are paying around \$600. We have a VW Touran 7 seat SUV rented from Milan for the week @ \$350. Vehicle rentals are about twice as expensive from Milan. The cost of food and supplies is somewhat unpredictable; we will be asking everyone to pitch in \$100 US\$ so we can buy supplies when we get to Cortina. Lodging costs for the chalet are *by the room* not the person. You can use the below estimates to plan your per person budget:

Airfare	\$900
Vehicles	\$100
Gasoline	\$60
Food/Supplies	\$100
Lodging (room)	\$700
Insurance	\$60
Sub Total	\$1,920

FUNDRAISING AND FINANCIAL REQUIRMENTS: 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 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 to 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, food and supplies while on the expedition. “Hard Costs” do not include “out of pocket” pre and post climb R&R or 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 man and woman 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 account 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 gifts 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. 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 415-407-3961 or kamalik@prostateawarenessfoundation.org

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. The current list of climbers is posted here: <https://www.prostateawarenessfoundation.org/cancer-climb-2025-dolomites/>

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 website at www.prostateawarenessfoundation.org Please pick your picture and write your short paragraph now.

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

Possible Hikes: U can watch many **Dolomite Hikes on YouTube**. Some are better than others. **The series I like best is from Bruno Pisani**. He gives elevation gain, mountain height, distance and time. He is a younger guy, so these hikes will take our team a bit longer. Please watch some of his YouTube videos to get an idea of the level of difficulty and type of terrain. I’m sure you will find others. Here’s a link to his YouTube channel: <https://www.youtube.com/@BrunoPisaniAdventure>

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 refugio Locatelli. Highest point 2,580m / 8,461’

EASIER LOOPS:

Croda da Lago Circuit: Start in Punta de RuCurto (1,695m) Stop for lunch at Refugio

Croda da Lago Palmiere: 8miles. 13km. 2, 850' elevation gain. 5-6 hrs.

MOST POPULAR HIKE IN THE DOLOMITES:

- 1) Tre Cime de Lavaredo
- 2) Cadini di Misurina (Towers of Mordor)
- 3) Lago di Sorapis (Sorapissee)

MOST CHALLENGING HIKE IN THE DOLOMITES:

Mt Marmolada 10,958' (3,343m). "Queen of the Dolomites": Via Ferrata (Iron Way) Climbing Ladders part of the way. We need to bring technical gear along for this one which 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.

- 1) **Cresta Blanca:** 9,589', 2,923m: Easier challenge than Marmolada.
- 2) **Sced:** 9km loop, 2518' elevation gain. Take the Kassa Cable Car. Best Cliff Hike.
- 3) **Tre Cime di Lavaredo:** 10km loop. Need to arrive at the trailhead by 7am. Parking lot closes. Most popular hike in the Dolomites.
- 4) **Refugio Tre Cime / Monte Paterno:** Via Ferrata. It starts behind Tri Cime.
- 5) **Val Gardena:** Take a cable car to the top of the meadow. Lunch at Sofie Hut @ 2410m / 7,904' Elevation Gain @ 1,640' / 500M
- 6) **Monte Coldai:** 2,880m / 9,446' 4 hrs 2,880' el. Gain
- 7) **Lago di Sorapis:** By Cortina. 14km out and back. Take a cable car part way. Refugio at the lakeside. Best Lake Hike.