



10

inspiring trekkers  
including ambassador  
Heather Hawkins

5,895m

above sea level at the  
summit of Mt Kilimanjaro

\$35,166

raised for cancer  
research and prevention.



## UPCOMING CAN TOO ADVENTURE CHALLENGE

### Yuraygir Challenge

Trek Dates  
25th July 2021

The Yuraygir National Park is the largest coastal park in New South Wales and one of the most diverse bioregions in the country.

From age-old coastal landforms, littoral rainforest, eucalypt forest, woodland and wetlands, you can see it all in Yuraygir National Park.

Registrations open, find out more:  
[www.cantoo.org.au/home/events](http://www.cantoo.org.au/home/events)



WE CAN TOO CLIMB  
AFRICA'S HIGHEST  
MOUNTAIN

***Congratulations to the nine Can Too participants who climbed the tallest volcano in the world – Mt Kilimanjaro, with Can Too ambassador Heather Hawkins to raise \$35,000 for the Foundation.***

The trek involved walking from 8am until 3pm for five days in weather conditions ranging from sunshine to hail storms. On summit day they started walking at 11:30 at night in -10 °C, with only a few hours' sleep and battling low oxygen – there's only 10 per cent at the summit – to reach Uhuru Peak 5,895 metres above sea level.

Watching the sunrise from the summit and sharing the experience with his Can Too team members and their support crew was Jeffrey Cohn's favourite moment of the trip.

He decided on the personal challenge to celebrate turning 60 and being able to walk again after suffering debilitating arthritis, made possible by finding a new drug to treat his condition.

*"Climbing Mt Kili was the hardest thing I've ever had to do physically or mentally, but the reward was therefore immense.*

*"It was a lovely opportunity to achieve something together to reach the top of the highest mountain in Africa with the other Can Tooers despite our different backgrounds, ages, professions and abilities,"* said Jeffrey.

*"We couldn't have done it without the 35 African support crew who were such wonderful, friendly people."*

Fellow Can Too team member Diane Lawrence agreed that the support crew demonstrated 'UBUNTU' – meaning humanity – 'I am because we are'.

*"I want to give thanks to our support crew who would cook for us, set up our camps, wake us at our tents in the cold dark with hot tea, help pull our boots off, put their arms around us when we needed it, carried our daypack when we were tired, helped us up a hill, or down a rock face and kept us safe and healthy working to the common goal of getting us up there safe – always with heart and smile,"* said Dianne.

Jeffrey also credits Heather Hawkins' leadership for the success of the trip.

*"Heather really looked after us, she's amazingly fit and inspirational in every way."*

Heather is an Ovarian cancer survivor who became an international adventurer and extreme athlete, her achievements include winning the North Pole Marathon at -41°C and completing the World Marathon Challenge – seven marathons on seven continents in seven days!

Her latest achievement was to share the beauty of mountain climbing in Tanzania with the brave group of Can Tooers.

*"It was a privilege to lead the Can Too group, to see firsthand the spirit, commitment and courage of the trekkers as they climbed to the rooftop of Africa,"* said Heather.

Another Can Too devotee Dr Nisha Sachdev was inspired to climb the mountain by her best friend of 24 years, who she studied medicine with, Dr Nicola Willis. They had planned to reach this goal together before they turned 50.

Sadly, in 2017 at age 40 Nicola lost her battle with breast cancer, so Nisha dedicated the 120km hike in Nicola's honour.

*"Nicola and I planned our trip just three weeks before she was diagnosed. Afterwards she said we would still do it as she'll beat the disease,"* said Nisha.

After losing her friend, Nisha joined Can Too to help with her grief and to prevent others dying from cancer.

*"Unfortunately, as a doctor I diagnose and see people die from cancer all the time,"* she said.

Her highlights on the trip were the ever-changing scenery and the group's camaraderie, 'over the six days Mt Kili always looked different and you had time to think and reflect on life whilst walking'.

Nisha's looking forward to being a Team Captain on her next Can Too overseas trek.

*"Thanks, Can Too for giving me the strength, encouragement and support in allowing me to do these great adventures."*

