

FACT SHEET: 3 Volcanoes Challenge



Facing challenges are commonplace for kidney donors, especially those that continue an athletic lifestyle following their donor nephrectomy. So, it is no surprise that our representative team of Kidney Donor Athletes (KDA) are planning to travel to Guatemala to take on 3 summits totaling 12,500 vertical feet in 4 days.

There are 23 volcanoes in Guatemala of which 3 are active. The KDA climb will summit Pacaya, Acatenango and Atitlan, totaling 12,500 vertical feet of elevation. Most of this will be completed in one day – both up and down.



- All three volcanoes are stratovolcano – a large volcano formed of ash, rock, and lava.
- Most have formed in the last 23,000 years, the highest being acatenango.
- The volcanoes are in the tropics, but climbers will experience 4 climatic zones as they summit

Pacaya Volcano 8428 feet

Eruptions from Pacaya, one of Guatemala's most active volcanoes, are frequently visible from Guatemala City, the nation's capital.

Acatenango Volcano 13,045 feet

Along with its twin volcano to the south, Volcán Fuego, overlooks the historic former capital city of Antigua, Guatemala.

Atitlan Volcano 11,598 feet

Volcán Atitlán is one of several conical stratovolcanoes in the Guatemalan highlands. Along with Tolimán to the north, it forms a dramatic backdrop to Lake Atitlán.

Why climb 3 Volcanos?

Kidney donors, and organ donors in general, must be in good health prior to donating. This guarantees that the kidney they are donating is healthy and ensures that they can live healthy lives after surgery. We at KDA not only want to bring awareness to the need for living kidney donors but also want the public to know that you can donate and still live a healthy and active lifestyle. Climbing 3 volcanos in Guatemala is our way to illuminate our stories and purpose.



For more information on KDA or on becoming a living donor, please visit: <https://kidneydonorathlete.org/>