



“ I thought I was quite fit, this trip pushed me to find strength and inner strength I did not know I had! The highs were amazing - never to be forgotten; the lows were when you found the power of the team! Most of us needed a push and a shove sometimes, there were plenty of willing hands to help including the four-legged variety. My life has moved on since the trek. I find I am a better listener, a calmer person, appreciative of what I have in life not what I haven't! The main thing I have learnt is that there are a lot of things that you might want, but you do not need them. The people, especially the children of Peru have shown me that people and families are richer than pound notes!”

Carolyn, Penzance