

PRESS RELEASE

“Want to make 2010 a special year?” – Then Join A Cornish Charity In A New Year Challenge

January 15 2010

“Got the January Blues? Fed up with the daily drudge?” A Cornish charity is calling all Cornish residents to make 2010 a special year and take part in one of their exciting challenge events.

Cornwall Hospice Care’s 2010 Challenge options include treks in Italy, China and the UK, a chance to fly through the air either on a parachute jump or zipwire ride or a team challenge day in St Austell.

“The New Year can prompt us to think about our lives and doing something a bit different, but so often it’s difficult to know where to start! By getting involved in one of our challenges, there is a real feeling of team support to keep you on track and really fulfil your dreams!” said Karen Holman, Charity Challenge Events Officer for the charity.

For anyone wanting a Cornish challenge, there are three challenge events this year. In March a team challenge with physical and mental tasks being held in St Austell and later in June participants will be dared to step off the edge at the longest zip wire in the UK at Adrenalin Quarry nr. Liskeard or for the endurance junkies among us there is the Classic Quarter 44 mile challenge from The Lizard to Land’s End.

The charity is also looking for walking enthusiasts to take up one of its three trekking challenges.

The Three Peaks Challenge in July 2010, will involve scaling Ben Nevis, Snowdon and Scafell Pike - over 11,000ft of mountain in two days.

The Trek Three Volcanoes Italy Challenge in May 2011, will see participants walking up Mt Vesuvius, Stromboli and Mt Etna in a real Italian adventure.

Trek The Great Wall of China taking place in October 2011, is a rerun of the very successful 2008 challenge, in which participants trek along remote sections of the wall and camping at seldom visited villages.

“Unforgettable, moving, challenging and exhausting are all words that I would use to describe our challenges! The enjoyment of a challenge is as much about the interaction of the group as

anything else. I feel honoured to have been part of people's experiences and to have seen the forging of what I am sure will be life-long friendships." Said Karen.

Charity challenges are a vital source of income for Cornwall Hospice Care. Funds raised enable the charity to provide specialist medical care for people living with life-limiting illnesses, in their two hospices – St Julia's in Hayle and Mt Edgumbe in St Austell.

The care given to patients and their families is provided free of charge but costs over £5 million annually, or £11 a minute. With limited funding by the government the charity relies heavily on the generous support of the general public, through donations, fundraising events and challenges such as this.

Anyone interested in taking part in any of these challenges is asked to contact Karen Holman for an information pack, phone 01726 66869 or email kholman@cornwallhospice.co.uk.

Challenge Events at a Glance

DATE	EVENT NAME	DESCRIPTION	LOCATION
March 13/14 2010	Team Challenge	A weekend of mental and physical agility for teams of six people	Porthpean Outdoors, St. Austell
April 29 2010	Team Cornwall London Marathon	The world's most popular marathon event	London
June 19 2010	Zip wire	Take to the skies and fly the UK's longest Zip Wire at the Adrenalin Quarry	Menheniot, Nr Liskeard
June 26 2010	Classic Quarter	Run or walk the 44-mile cliff-top route from the Lizard to Land's End in this endurance challenge	West Cornwall
July 3 2010	Jump For Joy	Jump out of a plane at 1000 feet	Perranporth, Cornwall

July 16-18 2010	UK Three Peaks Challenge	Scale Snowdon, Scarfell Pike and Ben Nevis- 11,000 feet of mountain in two days.	Conquer the highest peaks of England, Wales and Scotland
May 19-24 2011	Trek Three Volcanoes, Italy	A volcanic five-day Italian expedition across Vesuvius, mainland Italy Stromboli on the Aeolian Islands and Mount Etna in Sicily	Italy
Oct 1-9 2011	Trek The Great Wall of China	Trek along the remote sections of this iconic location and discover the real China, camping within host rural communities	China

ENDS

For further information on accompanying photographs please contact Karen Holman on 01726 66869 or kholman@cornwallhospice.co.uk