

PRESS RELEASE

Charity Invites Budding Trekkers to Discover How to Take on A Challenge of A Life-time

21st July 2011

Ever fancied trekking in one of the world's most stunning destinations Cornish people are being invited to discover how they can trek in Peru and make a real difference to communities at home and overseas.

That's the message from Cornwall Hospice Care, which will be holding an information evening next month for anyone interested in taking part in the 'Trek Peru & Make a Difference' charity challenge, which includes a community project in Peru plus a 4 day trek.

"Many people like the idea of trekking in the Inca Trail and visiting Macchu Picchu, but are unsure about what is actually involved or are worried about raising the funds. The evening will give people a chance to ask questions and speak to people who have completed challenges before," said Amy Barnie, Charity Challenge Officer for Cornwall Hospice Care.

The information evening will be taking place on Monday 1st August at Mount Edgcumbe Hospice, St Austell, starting at 7.00pm

In previous years the charity has organised fundraising trekking challenges to The Great Wall of China, Three Volcanoes in Italy, a cycle challenge from London to Paris, and next year will be running a challenge to Everest Base Camp in Nepal. In total, overseas challenges have raised more than £300,000 for the charity, which provides specialist clinical care and support for people in Cornwall living with a life-limiting illness.

"For so many people charity challenges turn out to be life changing experiences, whether it is forming lifelong friendships, becoming fitter or discovering a new outlook on life. It never fails to amaze me how much people gain from taking part in something that pushes individual boundaries," added Amy.

The Peru Trek, which is taking place next May from 12-21st, is an opportunity for participants to support local people in communities in Cornwall and in Peru.

Anyone interested in coming along to find out more about taking on a charity is asked to call Amy Barnie 01726 66868.

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For more information please contact Amy Barnie on 01726 66868 or email abarnie@cornwallhospice.co.uk.