

# Overseas Challenges

## Feeling Adventurous?...



Then why not take on one of our Charity Challenge expeditions abroad – not only will it be the challenge of a lifetime, but you'll get to see some of the world's most amazing sights and scenery too!

we're here, so you can be there

“Completing the Inca Trail is possibly the best thing I’ve ever done – not only is it physically challenging, but it proved to be an emotional and spiritual journey too. And finally arriving at Machu Picchu at dawn is a truly magical feeling. It’s an experience I’ll never forget.

Theo ”



## There are loads of challenges to choose from, where would you like to go?...

### Trekking....

Great Wall discovery (China)  
Explore the Inca Trail (Peru)

### Mountain Trekking....

Kilimanjaro summit climb (Tanzania)  
Everest base camp (Nepal)  
Avenue of the volcanoes (Ecuador)

### Cycling.....

Vietnam experience  
Andes to Amazon bike ride (Peru)

Or if you’re looking for something a little closer to home, why not give the London to Paris Cycle Ride a go?

These are just a few of the destinations available and the challenges take place throughout the year.

For further information contact our Community Fundraiser on 020 7791 2266 or email [info@sickchildrenstrust.org](mailto:info@sickchildrenstrust.org)



[www.sickchildrenstrust.org](http://www.sickchildrenstrust.org)

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