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CHALLENGE YOURSELF, CHALLENGE POVERTY BY “TREKKING IN SOLIDARITY” IN NEPAL

Imagine trekking across Nepal's majestic Annapurna mountain range, taking in some of the world's most breathtaking landscapes, while raising money for the global poor.

Registrations are now open for Caritas Australia's "Trekking in Solidarity" fundraising adventure, which will be held over 13 days in November 2017.

Caritas' Head of Engagement and Sustainability, David Armstrong said for those who take part, it will likely be a physical, mental and spiritual challenge that will raise money for a great cause.

"At Caritas we believe that anyone can take action to bring about a fair and just world," Mr Armstrong said.

Caritas Australia has worked in Nepal for decades. As one of the poorest and least developed countries in South Asia, approximately one in four Nepalese live on less than \$1.25 day.

Following the earthquakes in Nepal in 2015, Caritas Australia delivered emergency aid to almost 352,000 (more than 70,000 households). Today Caritas is still working closely with those most marginalised across the country as they continue to rebuild their lives.

"During their visit, participants will have the opportunity to witness grass-root development action and visit two Caritas Australia supported programs," Mr Armstrong said.

Participants will begin their ascent in the small village of Nayapul, as they're treated to a series of spectacular sights including sunsets over snow-capped mountains, settlements of slate roofed houses and forests of rhododendron. The 42 kilometre challenge on the Annapurna trail will give trekkers the opportunity of a lifetime.

Anyone over the age of 18 willing to fundraise a minimum of \$3,500 is eligible to participate, travel cost are not a part of the fundraising goal.

Last year, 14 participants took part in Caritas Australia's "Cycling in Solidarity" event, traversing more than 350 kilometres across Cambodia's rural expanse. Together they raised over \$74,000.00 to assist Caritas Australia's programs globally.

"There were some real benefits from the trip including supporting those most marginalised, as well as huge personal growth, travelling to an incredible destination and the rewards of reaching my fundraising goal," said Philip Lawler, the former Chief Executive Officer of CentaCare, Forbes-Wilcannia, who took part in the event.

"The ride gave me and the rest of the group the opportunity to live with local people and to see first-hand the determination and strength to succeed that exists within these incredible communities."

To learn more please visit: www.caritas.org.au/fundraising

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