

Trek in the Andes Raises Money for St Giles Hospice

This year celebrates the 25th Anniversary of St Giles Hospice, based near Lichfield in Staffordshire. To celebrate this and push fundraising activities to another level the hospice decided to call upon local volunteers to trek to Machu Picchu, Peru in aid of the hospice.

Jenny Knowles from GB Building Solutions Rugby office was one of the recruits and after a year of fundraising events, sponsorship and generous donations on 9th October Jenny set off on her adventure with 25 other local volunteers to rough it in the Andes on a five day trek to reach the ancient lost city of Machu Picchu.



The journey involved five days of walking to a height of 4,400m through mountain passes, rain forests and ancient steps made by the Incas from boulders and rocks and the infamous 'Dead Woman's pass'.

Although the scenery was breathtaking, the hike was strenuous and challenging and the basic camping facilities and lack of washing facilities added to the battle! As many have said though it would not have been a challenge and worthy of peoples support had it been any shorter or easier! The trek was as hard as many thought but through sheer team effort and determination minor issues of altitude sickness, tummy bugs and vertigo were overcome to reach their goal.

The trip was funded by each volunteer and all monies raised goes directly to the hospice which relies on donations to provide specialist medical and nursing care for people with cancer and other serious illnesses as well as providing support for their families and helpers.

Money raised so far is **£45,000** which is over their original target of £40,000 and donations are still coming in. Your support is still welcome and any donations would be gratefully received in person or on www.justgiving.com/jennysianknowles. More information can be found on www.incatrek.co.uk and www.stgileshospice.com



Jenny Knowles, GB Building Solutions



Jenny and the rest of the volunteers