



Step forward to help people with Parkinson's...

www.parkinsons.org.uk/expeditions



Imagine experiencing the sights and sounds of a unique landscape whilst raising vital funds for the fight against Parkinson's. Taking part in one of our treks is physically demanding, yet hugely rewarding. We have seen our trekkers achieve amazing things and make lifelong friends.

Many people who take part have a direct connection with Parkinson's; whether they have PD themselves, or have a relative, friend, or colleague with the condition. It can be an emotional experience to share the stories of fellow trekkers, but is always worthwhile.

Gillian Poor, whose father has PD, took part in our Sierra Nevada trek in 2005. She says, "I felt like I came back with 39 new friends! The sense of camaraderie was overwhelming. I feel privileged to have participated with such a wonderful group of people, all with a common purpose of helping others."

In May 2006, Paul Martin will be joining us to trek across the Namib Desert. He was diagnosed with Parkinson's last year at the age of 33. He says "It took me a year to get my head around it. I blanked it out. When I finally looked at the Parkinson's Disease Society website, I decided to go on their Namibia trek. I want to make a difference not just for my future, but for the future of everyone affected by Parkinson's."

You can be part of something amazing – for yourself, for a friend, or for all the people with Parkinson's who will benefit from your support.

Our target is to raise £255,000 from our 2006/07 treks and we need your help. To make a difference, please call the Events Team on: 020 7931 8080 or visit www.parkinsons.org.uk/expeditions

Corsica Coastal Trek, 15-19 June 2006, The Mediterranean's Scented Island
Trek Iceland, 7-11 September 2006, Discover the Land of Nature's Extremes
Trek China, 5-13 May 2007, Walk a Wonder of the World
Trek Ecuador, 3-11 February 2007, The Andean Adventure

Take the first step towards an adventure you will never forget!