



Article

## Walk and Trek

Put your best foot forward for RA and JIA!

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There are various walks and treks you can take part in to raise funds for us. For example:

Kilimanjaro Summit Climb

Great Wall of China Trek

The Dali Lama Trek

Highlights of the Tour Mont Blanc

Sahara Desert Trek

Iceland Trek

Husky Trek

Or if you are looking for more of a community project with a trek:

Southern India Trek & Hospice Care Project

Vietnam Hill Tribe & Community Project

**\*\*Need to add links\*\***

## NRAS in 2023

- 0 Helpline enquiries
- 0 Publications sent out
- 0 People reached