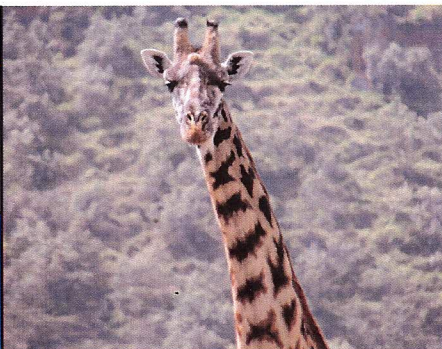
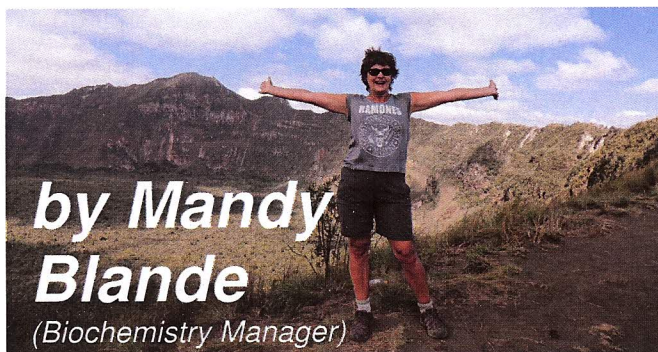
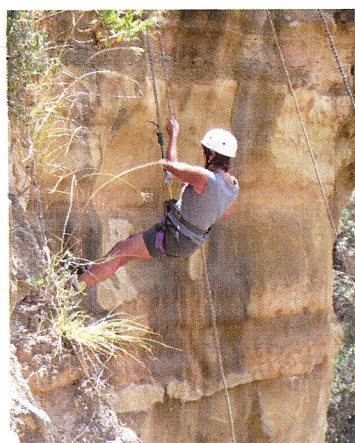
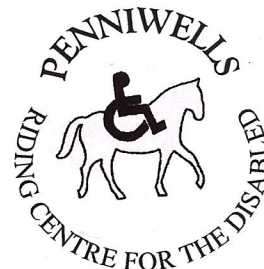


My Sponsored Kenyan Trek



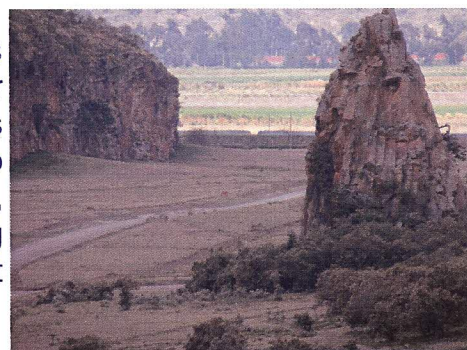
As a volunteer with Penniwells Riding Centre for the Disabled (RDA) I was lucky enough to be chosen to meet Princess Anne at a conference in 2011. At the same event our stable manager picked up a leaflet, turned to me and said: *'this looks fun - you should do it !* This turned out to be a 6 day, 100 mile sponsored trek with 20 other RDA volunteers across the Naivasha and Hells Gate National Parks, Kenya, in September 2012. As a result of this expedition I raised over £2,200 for Penniwells, a registered charity based locally in Elstree.



The challenges consisted of 10 to 20 mile walks each day in 30°C heat, camping out at night, abseiling down a 100ft cliff and climbing up Mount Longonot Volcano. It took 4 hours to walk around the crater - not to mention sharing a tent with someone I hardly knew, not showering for a week, baboons in the camp, and having to use 'drop hole' loos!!

We were up at 6 a.m. each day, rucksacks packed and ready for an 8 a.m. start. Our Masai guides led us through the parks following animal tracks where we came up close to giraffe, zebra, buffalo, warthogs, gazelle, baboons, hippo and many amazing

birds. The day ended round the camp fire, enjoying excellent Kenyan stews and beer!



If I started to flag I would think of some of the riders at the stables who would never have this opportunity because of their disabilities, and told myself to stop being a wimp!



At the top of Mount Longonot I felt I had achieved something for myself and for Penniwells, and I also made my family proud.

Many thanks to my colleagues at BPL for their support. If anyone still wishes to sponsor me please donate at www.justgiving.com/Mandy-Blande1