

Resource

## Overseas events

Take part in an overseas run, trek or marathon for NRAS!

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### Kilimanjaro Summit Climb

Location: Tanzania, Africa.

Date: 16th – 27th Oct 2024 (12 days)

Description: This Kilimanjaro trek begins in the lush rainforests of the Lemosho Glades, climbing towards the Shira Plateau. From here it follows the Southern Flank, Barranco Wall and Barafu Route. Our groups have excellent summit success rates (96%), yet Kilimanjaro – with its 1,000m ascent and

2,000m descent – must not be underestimated.?

[Book now](#)

## Great Wall of China

Location: China

Date: 19th – 27th Oct 2024 (9 days)

Description: Appropriately named one of the 'New Wonders of the World, the Great Wall of China is a thrilling challenge of ups, downs, twists and turns. With 10,000 deliberately uneven steps, this trip will challenge even the most dedicated trekker. Exhaustion will quickly vanish however, as you are rewarded with sweeping views over the vast mountain ranges.

[Book now](#)

## The Dali Lama Trek

Location: North India

Date: 18th Oct – 29th Oct 2024 (12 days)

Description: From the madness of Delhi, to the beauty and tranquillity of the Indian Himalaya, this unique expedition is the perfect introduction to India. The challenge follows the Uhl River, through the heart of the world's highest mountain range in Dharamsala, where the Dalai Lama and the centre of the Tibetan community are located. The region remains largely unvisited, which makes it a pristine and unspoilt area to explore via foot.

[Book now](#)

## Overseas Marathons

Places go very quickly for these popular overseas marathons but offer a opportunity to run through some stunning European capital cities. Find out what places are available and register here:

[Book now](#)

If you would like to contact the Fundraising team before signing up to a walk or trek please email [fundraising@nras.org.uk](mailto:fundraising@nras.org.uk) or call us on 01628 823 524.

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