

Resource

Overseas events

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

[Print](#)



Seeking inspiration? Here are some of our favourite challenges...

Kilimanjaro Summit Climb

Location: Tanzania, Africa.

Duration: 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

Duration: ?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

Duration: ?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](#)

Seeking a different Challenge?

Always fancied completing the [National Three Peaks Challenge](#), crossing [Costa Rica from Coast to Coast](#), taking on an [Icelandic Lava Trek](#), or making it to the [Everest Base Camp](#)?

Through our partnership with Charity Challenge, there are so many amazing Challenges to choose from. Just visit the [Charity Challenge website](#), choose your challenge, select to support NRAS and get going! You will be well looked after, every step of the way!

[View More Challenges](#)

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

This article was downloaded from www.nras.org.uk. National Rheumatoid Arthritis Society (NRAS) is a registered charity in England and Wales (1134859) and Scotland (SC039721). A private company limited by guarantee. Registered in England and Wales (7127101).