

Dentist and long term supporter of Dentaaid, Billy Chan, set off to trek Mount Sinai in 2005 and writes of his experience during the challenge.

It seems so long ago now that I completed the Sinai Trek, but I have lasting memories of each step we took. Our first 'day' of trekking was following 'In The Footsteps of Moses' as we climbed to the top of Mount Sinai. Actually it was a night time trek - we all heaved ourselves out of our beds at 2am to begin the ascent, but it was worth every single step to see the magnificent sunrise - everyone was silent in awe at



the amazing view we had, with the rays of the sun lighting up the mountains around us - truly breathtaking!

The next four days were just as challenging - trekking over rocky mountain plateaus, through canyons of multi-coloured sandstone, following beds of rivers long dried-up, over dunes of sand that



seemed never-ending, and passing oasis of lush palm trees giving much sought after shade out of the 35 degree heat. In the evenings, though tired and exhausted, we kept our spirits high sharing stories around the campfire, some of us even having the energy to join the local guides in traditional dancing

(myself being one of the (un)lucky volunteers!). When darkness fell, we experienced sleeping out in the desert, sheltered under traditional Bedouin tents with open sides. Though they didn't prevent my sleeping bag from getting covered in sand, they allowed me to look out into the clearest night sky I have ever seen and fall asleep under millions of twinkling stars. This was a Challenge that I certainly will never forget!