

Trekkers conquer Mount Sinai for Dentaïd

Oral health charity Dentaïd is celebrating another successful challenge trek. 25 supporters successfully climbed Mount Sinai in Egypt, one of the most beautiful and epic mountains in the world and trekked through stunning, challenging scenery in the Sahara desert.

The first challenge of the week long trip, which took place in November 2007, was to climb Mount Sinai, where the group saw the awesome spectacle of the sun setting over the Sahara. This was followed by a descent by torchlight, watching the stars and moon rise as they went.

The next day they took an exhilarating jeep ride through the sand dunes and left the last traces of civilization behind on foot. Immediately they were immersed in the immense solitude and awe inspiring grandeur of the desert landscape, including sand dunes, winding dry riverbeds and craggy mountainous outcrops. The next two days were both challenging and amazing. The trekkers spent their nights by the campfire and slept in Bedouin tents underneath the huge desert sky.

Nicky Triance, who accompanied the trip as the Dentaïd representative said "It was inspiring to see how hard everyone had trained for this challenge and what an amazing sense of determination there was in the group. People really supported each other and there was a genuine feeling of camaraderie."

On the last day of the trip the group experienced the colourful vibrancy of Cairo from its eccentric roads crowded with ancient and charismatic old cars, donkeys and horses, vivid shops selling Egyptian cotton and fragrant perfumes. There was also the chance to take in the only remaining wonder of the ancient world - the Pyramids at Giza, quite simply awe inspiring.

One trekker said: "The experience has been so varied and taken in so much it feels as if we have been away a month – absolutely amazing. It has been a great experience for such brilliant cause."

Another concluded: "I never imagined I could do something like this but here I am and it feels great."

With over £25,000 already raised and more sponsorship money still to come in, this will significantly help to support initiatives that Dentaïd is currently undertaking. These include extension of its successful school oral health promotion programme, expanding the provision of instrument kits and continuation of vital oral health promotion and advocacy work all over the world.

Luke Wordley, Dentaïd's Chief Executive said: "This group of supporters have made so much effort for Dentaïd and we are so grateful to them. The trek is one of our main fundraisers for the year and is pivotal in supporting our projects for the following year. "

With such positive feedback Dentaïd is set to take on two challenge treks in 2008. One to the Inca Trail in South America in May 2008 and one to Mount Toubkal in Morocco in September 2008. For information about either of these treks please contact Felicity Patterson on 01794 324249 or e – mail info@dentaïd.org for an information pack.