



# Sahara for charity

surprisingly the desert landscape does not stay the same with sand dunes appearing and disappearing.

Alex said: 'You had to keep together because you could get lost around the dunes.'

Avril said establishing a perspective in the desert can be difficult because you could be up a considerable distance away from a stop point but physically see it in the horizon two hours before you actually reached it.

Alex said the temperature was in the mid-70s but it wasn't as hot as previous treks with the Sahara's dry heat meaning trekkers rarely sweated.

Five-and-a-half litres of water were taken on board by Avril and Alex each daily and the local tribesmen or 'berbers' acted as guides who walked

ahead of the British trekkers and set up their overnight camps for them.

Such is the rapport Alex and Avril have established with the berbers over the years, when Alex was in hospital last year one of the tribesman rang up to find out how he was getting on!

Moroccan mint tea and porridge for breakfast before a warm-up saw the group set out on their trek and camels accompanying them if anybody ran into difficulties.

Alex and Avril thank all the local people and businesses in the area for their support but are still slightly short of the £4,000 they need to raise and would be grateful for any donations no matter how small.

