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## MEDIA RELEASE

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*For immediate release:*

### **Myanmar charity trek hot on the heels of successful Cambodia ride**

Following the success of its inaugural Ride to Reach Out adventure in November last year, Catholic Mission is trading in the bike and taking a hike in January 2019.

Interested participants in the Trek to Reach Out, an eleven-day hiking adventure through Myanmar, are being encouraged to register now and begin their fundraising ahead of next year's challenge.

A handful of intrepid travellers have already signed up for the challenge, which will see hikers journey over 60 kilometres from Mandalay to Yangon. Along the way, they will visit Catholic Mission projects for which they have raised crucial funds.

'Following on from the success of our Ride to Reach Out in Cambodia last year, which raised over \$70,000 for Catholic Mission projects, the Trek to Reach Out is similarly rare opportunity to discover a part of the world that has only recently opened its doors to the international community,' said 2017 participant and Catholic Mission Diocesan Director for Canberra and Goulburn, Cathy Ransom.

Another participant from Canberra, Bernadette Bryant, took a lot from last year's Ride. 'It was a perspective-changing experience,' she says. 'My overall impression is that it is something of exceptional value, both personally and as a Catholic. It gave me a sense of overwhelming gratitude.'

Formerly known as Burma, Myanmar was famously closed off for decades as civil war and political strife persisted. Since democratic elections were held in 2011, the nation opened its doors to trade and tourism, but despite increasing numbers of visitors, much of the country's landscape remains pristine.

Trekkers will take in the breathtaking beauty of the ancient capital city of Bagan, wander around the iconic golden Shwedagon Pagoda in Yangon and experience a Mass in the city's stunning cathedral.

In addition, participants will visit Catholic Mission projects on the eleven-day adventure, which include children's education and teacher training programs.

'It is a once-in-a-lifetime chance to explore a place unlike anywhere on earth; and the topper is that, while you trek, you will be making a real difference in others' lives,' said Mrs Ransom.

'I'd encourage anyone who is interested to get involved now and maximise the time you have to raise funds for both your trip and these worthwhile projects.'

If you would like more information about this incredible opportunity, please visit [catholicmission.org.au/trek](http://catholicmission.org.au/trek) or call our toll-free number on 1800 257 296.

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