

'For Immediate release'



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## Wall of China delivers for cancer charity

Rose Shepherd from Redditch who took part in a gruelling personal 11-day trek in China to raise funds for Macmillan Cancer Support in memory of her two sisters who sadly lost their fight against cancer, has returned triumphant smashing her £3,200 to raise a staggering £4,500.

Joining around 60 other trekkers, Rose walked an average of 7 hours each day, covering approximately 80km during her week-long Great Wall of China Hiking Challenge. Said Rose: "I want to thank the many people and companies such as Oakland International who have so kindly donated kit, resources and of course the money to help me raise this amazing figure. I really couldn't have done it without your support."

Since her return, Rose has been busy contacting people to pass on her thanks and tales of her personal epic journey, which was both wonderful and exhausting due to the treks punishing daily schedule. Said Rose: "The trek was a great experience, but very exhausting due to the amount of ascending and descending involved, with each day beginning at 6.30am. My feet held up fine, no blisters, and my gear was spot on thanks to my sons who kitted me out and gave some sound advice. I met some very nice people, all with their own story," she added: "The food was basic, eggs and rice, with not a cup of tea in sight, only jasmine tea no milk or sugar and I do like my cuppa!"

Local helpers carried water along the wall and tents were put up and taken down daily after and before each days trek. "It was a challenge of mind and body and I'm glad I did it for such a great cause. Thank you to all the many people again for their support and to the people from the Macmillan Cancer Support Charity who help so many people every day."

The 11 day challenge took the group through the Yanshan Mountains, along the original and renovated parts of the Great Wall of China, before scaling the challenging 300 steps of Heavens Ladder which proved extremely testing in remote and dramatic conditions where the months of training and preparation were put to good use. "This challenge was personal for me, as I've lost 2 sisters to cancer, Mary McDowell and Evelyn Woolf, who are both still with me in spirit."

Anyone wishing to donate can still do so by visiting: [www.iustgiving.com/roseshepherd](http://www.iustgiving.com/roseshepherd).



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**Image details:** Rose takes a moment with one of the local water carriers.

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