



# ***YOUR TRAIL GUIDE***





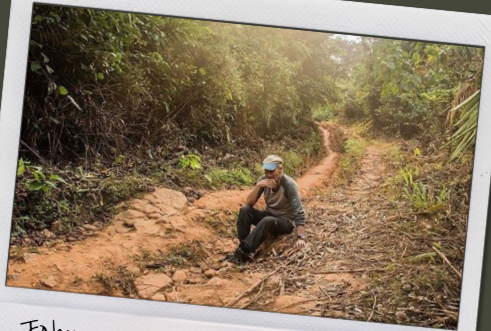
# A NOTE FROM OUR CHAIRMAN

Do please support our Ranger Appeal to help ensure the survival of the most critically endangered great ape, the Cross River Gorilla.

John Daniels,  
CRGP chairman

Hear more from the man himself at our online launch event.

Details at the back of the booklet.



John on a trail in Cameroon

# THE BASICS

Aim: to cover a target distance by...



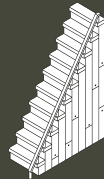
Running



Walking



Cycling



Climbing an altitude

Who: go solo or enter as a team

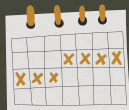


With a range of distances to choose from you can decide the challenge that's right for you.



Greater distances are perfect for teams! It is easy to keep track of your collaborative effort with the logbook.

When: 3rd March - 3rd April 2021



## Target distances to choose from...



Recommended Team Size	Challenge name	Distance (km)
Solo	Cross-Lebialem trail	60
2	Lebialem Boundary trek	120
3-6	Yaounde to Lebialem	260
8-12	Cross-River trail	600
Large teams	Cross-Cameroon trail	1600
Entire event	UK to Cameroon	5300

## Or even take on our altitude challenge...

Recommended Team Size	Challenge name	How to accomplish
4+	Lebialem altitude	2500m = 830 flights of stairs

# ON YOUR MARKS



## HOW TO REGISTER

1. Pay your £15 entry fee at  
[www.crossrivergorillaproject.co.uk/make-a-donation](http://www.crossrivergorillaproject.co.uk/make-a-donation)
2. Email [crgpgorillatrail@gmail.com](mailto:crgpgorillatrail@gmail.com) with your proof of payment
3. Have the following information ready:
  - Name of your team
  - Name of challenge/target distance
  - Name of each participant
  - Email address for each participant
  - Postal address for each participant's Finishers Pack

# GO!

## DURING THE MONTH

Keep your logbook updated and take lots of photos both fitness & fundraising (including any screenshots of your routes!)



Use the Facebook community to post your progress and support others. Alternatively you can email us with updates or tag us on Instagram using [@crossrivergorilla](#) and the hashtags [#GorillaTrail](#) [#MarchMotivation](#)

Try and hit the fundraising target of £60 per participant! Please see the next pages on how this money can make a difference.

# £60



At the end of the month we'll be celebrating your fitness and fundraising success with prizes and an online celebration. Each successful participant will receive Finisher's pack including a medal.

*After you have signed up we will contact you with 'Get set' information on how to access & use your logbook, join the Facebook group, set up your team JustGiving page and ideas on how to fundraise.*

# WHY FUNDRAISE?

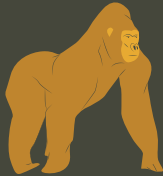
## THE RANGER APPEAL

### Why do we need rangers?

The Lebialem Highlands in Cameroon is under threat. It is a global biodiversity hotspot, forming part of the Congo Basin, the second largest rainforest on Earth. Rangers are vital at this time of humanitarian and climate crisis, to protect gorillas and the incredible flora and fauna of their rainforest habitat.



Rainforests are often referred to as the Lungs of the Earth. They help balance the Earth's atmosphere.



Referred to as Gardeners or Guardians of the Forest, gorillas are important for seed dispersal.



Cross River gorillas are mainly vegetarian so consume a lot of fruits... and their seeds.



Plants can grow in new areas of the forest thanks to the spreading of their seeds.

Our core values at CRGP are 'The 3 C's': **Conservation**, **Community**, **Cameroon**. We are working with our partners at ERuDeF, a Cameroon NGO, to safely reinstate rangers to protect and monitor the rarest of the great apes, the Cross River gorillas. It is essential to support rangers not only to support rainforest conservation and fight species extinction, but also to help provide alternative sustainable livelihoods for rainforest communities.



## CRGP'S GORILLA TRAIL IN AID OF THE RANGER APPEAL

We support the families of rangers by supporting children's education and are appealing to you to help us raise funds to go towards costs like biomonitoring equipment.

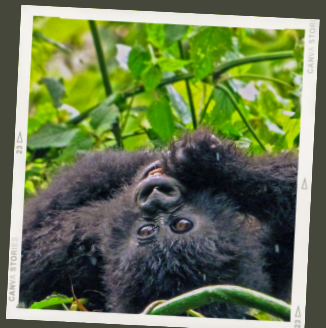


Your support will make a real difference to the lives of those affected by the Anglophone crisis and gives you the chance to do your part in the fight against climate change.

### Story of Hope

Did you know? Back in the 1960s the mountain gorilla population was similar to that of the Cross River gorillas today (200-300 individuals). With the help of rangers, their population has grown to >1000 and is still increasing, a true conservation success story. This gives us hope, that with increased protection, monitoring and research by rangers, Cross River gorillas have a future and will help to save the rainforests. We need your help to raise awareness for this species and raise the funds to support rangers and their families.

Together, we can save this keystone species from the brink of extinction and keep the 'Lungs of the Earth' breathing.



# ***ATTEND LAUNCH***

Please join us for our event on World Wildlife Day. Take the opportunity to get to know more about CRGP, the wildlife of the Lebialem Highlands and our Ranger Appeal.

## *A conversation with Dr. John Daniels*

Encounters in the West African Rainforest, a celebration of the wildlife of the Lebialem Highlands. An opportunity to answer your questions on the Cross River Gorilla & rainforest conservation.

Hosted by  
**Francesca Ridley**  
PhD Researcher

7 pm  
3rd March 2021  
**World Wildlife Day**

### **To register for the event or send questions**

Email: [crossrivergorillaproject@gmail.com](mailto:crossrivergorillaproject@gmail.com) or use

Zoom Session ID: 879 9464 5176

Password: CRGP2021

**zoom**