

Follow in the footsteps of Jack Osbourne

An expedition, which saw Jack Osbourne pushed to the limits in the 2006 series of Adrenalin Junkie, can now be experienced by the public if they choose to take up the challenge on a gap year or career break in the rainforests of Central America with a leading gap year/career break specialist.

Trekforce Worldwide took Jack to Belize as part of the Ginger TV series. Asked to find a remote trek with wildlife, challenges and amazing scenery and indigenous communities they chose the Belizean rainforest. Jack showed he had team spirit, could push himself out of his comfort zone, and achieve a goal.

Director of Trekforce Worldwide, Rob Murray-John explains: "We chose the Chiquibul trek because it is a once in a lifetime experience. It is a very challenging, and gives you a chance to really get away from all outside influences as it is so remote."

Trekforce provided safety and support during filming and assisted the team in building their shelters to sleep in at night, purifying river water to make it suitable for drinking, to pointing out which jungle flora was edible and which spiders were dangerous.

The trek takes you to key sights each day including Natural Arch, a 150ft natural limestone, and Chiquibul chamber where you can walk down into it to collect water and wash in the sink hole which is a welcome retreat after walking for 6 hours through dense jungle. The destination for the trek is Caracol in the Cayo district, the largest Maya archaeological site in Belize where like Jack you will witness the sun set.

Jack Osbourne explained: "You arrive with strangers and then leave with people you've built up relationships with and you end up wishing all trips could be like that. In a nutshell, it was an epic journey"

The expedition is a back to basics approach and gives you a real sense of achievement at the end of each day as you set up your hammock for the night. You are supported by medics and experienced leaders 24 hours a day who are there to encourage and assist you every step of the way.

You can follow Jack's trek as part of a 2 month rainforest conservation project to Belize in February or July 2008. Go to www.trekforceworldwide.com or call 08452413085 to hear more about the expedition or projects you could be involved in.