

TREKKING TALES

Australian adventurer Paula Constant is aiming to be the first woman to make a solo crossing of the Sahara desert on foot and without backup.

But before that she will notch up a first of another kind - a visit to Adelaide.

On a break from her Saharan trek, Paula is coming to Adelaide to talk about her experiences on Wednesday, September 26.

Presently based in Melbourne, she admits she's never been to our city before and is looking forward to the visit.

Paula began walking from London in 2004 and has walked more than 12,000km.

"I started walking through London and Europe but the desert was the goal - the desert landscape fascinated me," she says.

Since 2005 she has been walking with camels and guides through the North African Sahara, making a west-to-east crossing.

She says she started walking to challenge herself and has been encountering greater tests ever since.

"Being stuck in a car in peak hour traffic can be difficult too - and I didn't want to do that," she says.



After a break - and sponsorship pending - she is going back to walk the final 3700km to Cairo in October.

Paula, who is sponsored by Birkenstock Australia, will be a guest of Lana Lang shoes and will be talking about her experiences on Wednesday, September 26, in the south-eastern corner of the Central Market at 6.30pm.

Bookings are essential on 8212-4633.