

Evelina Hospital staff cycle across Costa Rica for ECHO



The amazing Marilyn, Paul and Sara from the [Evelina London Children's Hospital](#)'s Paediatric Intensive Care Unit are cycling across Costa Rica later this month to raise money for ECHO!

The Big Heart Bike Ride in Costa Rica is a charity challenge designed especially to raise money for heart charities - and this is the first time people can enter to raise money for ECHO.

"We are inspired by the countless brave and brilliant children and families we have met as intensive care doctors at Evelina and Guy's and St Thomas' NHS Foundation Trust.

Between us we have more than 50 years experience looking after children with heart problems - so that is a lot of inspiration!"

We know its quite hilly in Costa Rica (there are volcanoes) but a few words of support and perhaps the odd donation to a really great charity will spur us on to get to the top and down again in one piece.

The challenge starts in vibrant Limon on the eastern (Caribbean) coast, and finishes at beautiful Playa Hermosa on the (Western) Pacific Coast.

Along the way, our cyclists will experience breath-taking scenery, exotic Caribbean culture and abundant local wildlife and we finish with a free day to treat themselves and explore San Jose.

“It was a moment of weakness when Marilyn rang me to ask - ‘would I?’. The distances didn’t look that bad and the scenery looked magnificent. Having managed kilimanjaro admittedly a few years ago I was up for the challenge.” - Sara

Donate

You can donate to ECHO through the Evelina team’s fundraising pages, here is [Sara’s fundraiser](#) and here is [Marilyn’s fundraiser](#).

Alternatively you can simply **text ‘RICA03 £10’ to 70070**.

All the donations made will go directly towards ECHO and [help us](#) to support heart children and their families.