



Marie Keating Foundation

MAY 2008

Step to it!

Join the 100km walk through Galicia in Spain
in aid of the Marie Keating Foundation

Contact us now on: www.mariekeating.com or 01 6283726



THE GALICIA CHALLENGE

11TH – 17TH MAY 2008



Welcome to Santiago de Compostela, our base for the 3rd Marie Keating Foundation 100km Challenge. This virtual gateway and the capital of Galicia, is a UNESCO World Heritage City, thanks to its multicultural nature and as the final destination of a thousand-year-old pilgrim route: the Way of St. James, which, since the 9th century, has transformed this 'finis terrae' into a meeting place of Western faith and thinking.

Santiago de Compostela is a stone apparition in the midst of the green forests of Northwest Spain and the nearby Galician "rias" (estuaries). It was originally a stopping point on a Roman road, but the discovery of the Apostle James' tomb at the beginning of the 9th century gave rise to a place of workshop in the corner of the Iberian Peninsula, which was then dominated by the Moors. From then on all of Europe started walking towards Santiago, a holy city characterised by the granite of its monasteries, its pilgrim hospitals, its numerous churches, its stately houses and its squares, where time stands still.

This area is alive with cultural expressions – annual music, cinema theatre and traditional festivals, a large university, restaurants, bars and night life.

Our Galician Challenge will take us through the Mythical Landscapes of the Barbanza mountain range; The Way of St James; The inland seas of the Sil Canyons; Costa da Morte; The Salnes Peninsula and finally Portugal and vineyards of the Rias Baixas.



THE MARIE KEATING FOUNDATION

Following the untimely death of Marie Keating from breast cancer in February 1998, her family made the decision to establish a fund, which they named the Marie Keating Cancer Awareness Fund. This Fund was set up with a clear goal in sight, to raise money so that every man, woman and child would have access to information regarding breast cancer. Their own very personal experience brought them to realise how lost and vulnerable they felt due to their own lack of knowledge and awareness in this area and how much better they all may have coped if this information had been readily at hand.

The Marie Keating Foundation has been established primarily to provide Breast Cancer Information and Awareness free of charge to the general public throughout the Republic of Ireland through three Mobile Cancer Information Units based in the Eastern, Western and Southern regions of Ireland.

The three Mobile Cancer Information Units are in operation since May 2001, and to date we have visited over 1,474 towns, villages and corporate sites in Ireland increasing breast cancer awareness by providing information to over 40,048 people. A staggering 2,197 women have been referred to their GP for further evaluation. The Marie Keating Foundation also funds Bursary's for Nurses in Oncology.

As it is the intention of the Foundation to be part of the cancer care team, links have been established with the Irish Cancer Society, Action Cancer Northern Ireland, BreastCheck, Europa Donna and health care professionals specialising in cancer care. Being the first link in the chain of cancer care and awareness the Foundation is truly committed to cancer education.

There are no restrictions or distinctions; this mobile service is offered to the people of Ireland free of charge so that information and awareness is available to all.

Our Aim is to Enlighten not Frighten

PROPOSED ITINERARY

DAY 1:

- Depart on the midday flight from Dublin to Santiago
- On arrival transfer from the airport to the Grand Hotel Santiago.
- Dinner in a local restaurant in Santiago de Compostela
- Accommodation in the hotel



DAY 2: FULL DAY SANTIAGO AND SURROUNDINGS.

- Breakfast in the Hotel.
- Guided walking tour of the city and mass.
- In the afternoon we will drive out to walk the route along the right bank of the river Ulla, through a rolling terrain, taking advantage of tracks, fishermen paths and marked walk ways. From San Xoán da Cova, to the base of the impressive ravine, artfully crossed by the railway viaduct, the path quickly comes to A Ponte Ulla with interesting constructions to be found within its small urban area. Return to the Hotel
- Dinner and overnight at the hotel

DAY 3: WAY OF ST. JAMES

- Breakfast at the hotel.
- Transfer to Sarría via Lugo. The route is one of the really beautiful and interesting journeys of the “Camino” in Galicia; small farms, romanesque churches, lush vegetation and historical villages will make us enjoy every step. Lunch will either be a picnic or at a simple local restaurant. We will finish in Portomarín, by the side of a dam and presided by the fortress-church of San Nicolas. Return to the Hotel
- Dinner in a local restaurant in Santiago de Compostela
- Accommodation in the hotel



DAY 4: RIBEIRA SACRA – SIL CANYONS: THE INLAND SEAS

- Breakfast at the Hotel.
- The Ribeira Sacra region comprises the lands bathed by the River Sil and, to a lesser degree, the River Miño. The river Sil runs through a deep canyon, up to 500 meters deep in some places, that gives the landscape the uncommon, impressive features that are the area’s seal of identity.
In the morning we will walk to Sto Estebo, The most important monastery in the area and nowadays an outstanding “Parador” After lunch we will walk for another two hours and stop at a view points over the canyons.
- Boat trip and visit of a wine cellar Ribeira Sacra wine before returning to the hotel.
- Dinner in a local restaurant in Santiago de Compostela
- Accommodation in the hotel

DAY 5: FREE DAY

Breakfast at the hotel.



DAY 6: FINISTERRE – DEATH COAST

- Breakfast at the hotel.
- The “Costa da Morte” stretches over tens of kilometres along the north-western coast of Galicia. There we find deserted beaches, coves and cliffs. It’s capes, such as Fisterra, Touriñán and Vilán, jut out into a wild ocean of constantly choppy waters. Due to its high ecological value, this part of Galicia contains two Sites of Community Importance. The character of the Coast of Death has been marked by the fact that it constitutes Europe’s western frontier, when Romans came, they witnessed and described the spectacle offered by the sun sinking into the Atlantic and considered this area the “Finis Terrae”. We will walk from Arou to Cape Vilán (Natural Site of National Interest), following an easy way that parallel to the sea will discover us one of the most beautiful landscapes of the Galician Coast. We will also visit Camariñas and Cape Finisterre.
- Return to the Hotel.
- Dinner in a local restaurant in Santiago de Compostela
- Accomodation in the hotel



DAY 7: SOUTHERN GALICIA AND RÍAS BAIXAS

- Breakfast at the Hotel
- Today we will drive to the south of Galicia, almost bordering with Portugal and close to Tuy where Mount Aloia is located. Mount Aloia was declared Natural Park in 1978. It has several viewpoints that provide magnificent vistas of the surrounding landscape: the Vigo estuary, the mouth of the river Miño. Since ancient times, Mount Aloia has occupied a place in the collective imagination of these lands and inhabitants and several legends that demonstrate its mythical nature have withstood the passage of time. Nearby is located Baiona, with it’s fantastic fortified Parador and picturesque old city that can be visited before returning to Santiago.
- Lunch on the way
- Farewell dinner in Santiago.
- Accomodation in the hotel

DAY 8: LAST DAY

- Breakfast at the Hotel
- “Tapas “ Lunch
- Transfer from the hotel to the airport for the afternoon flight to Dublin

The 'Galicia Challenge' will include:

- Return flights Dublin to Santiago
- 7 nights accommodation in 4* Hotel in twin or double rooms with bath.
- Buffet breakfast each morning.
- All transfers as indicated in the itinerary.
- Lunch on all walking days and drinks where applicable.
- All dinners as included in the itinerary.
- Fully qualified guides and an interpreter on all walking days.
- Full group travel insurance for those who require it.
- All airport and departure taxes.
- Certificates and Gala Awards Dinner.

Please note:

- Single rooms can be arranged but at a supplement – there are very few available and will be allocated on a first come, first served basis.
- You can extend your stay with advance notice and you may have to pay an airline fee.



APPLICATION FORM
THE GALICIA CHALLENGE

11th – 17th MAY 2008

NAME: (as on passport) _____

ADDRESS: _____

TELEPHONE (H) _____ (W) _____

(Email*) _____ (Mobile) _____

* It will save us a huge amount of time & money if you have access to an email address.

OCCUPATION _____

Please tick where appropriate:

• AGE 21 - 29 30 – 45 46 – 55 55+

• FUND RAISING EXPERIENCE
NONE SOME A GREAT DEAL

• HAVE YOU TAKEN PART IN A SPONSORED EVENT BEFORE? NO YES
IF YES WHERE AND FOR WHAT CHARITY _____

• IS THERE A PARTICULAR AREA THAT YOU WOULD LIKE THE MONEY RAISED TO GO TO? _____

• IS THERE ANY AREA OF EXPERTISE THAT YOU FEEL THAT YOU WOULD BE ABLE TO HELP WITH (eg medical/language/fitness)

• Tee Shirt Size Medium Large Xtra Large

Please find enclosed € _____ (€300.00 PER PERSON), this being a non-refundable deposit. I UNDERSTAND THAT THE BALANCE OF €3600 MUST BE REMITTED BY THE 7TH APRIL 2008

The Marie Keating Foundation reserve the right to refuse any application at its absolute discretion and in this case the deposit will be refunded in full without deduction, compensation or interest and the matter shall be deemed to be at an end.

SIGNED: _____ DATE: _____

Please return to: The Galicia Challenge, The Marie Keating Foundation,
Unit 9 Millbank Business Park, Lucan, Dublin
Ph: 01 628 3726 Email: info@mariekeating.com

On receipt we will contact you to arrange a meeting to help you plan your Fund-raising. You may be required to produce referees.

TERMS & CONDITIONS

Each participant must sign the application form as confirmation that they have read, and agree with, the terms and conditions of entry.

- The person must be 18 years of age before the departure date of the Challenge or be accompanied by a parent or guardian.
- Your passport must have at least 6 months to run from the date of return to Ireland. Payment for any visa, airport tax, and gratuities are not included in the cost.
- Cosgrove & Associates, with the permission of The Marie Keating Foundation has the right to alter the itinerary, should climatic or any other unforeseen circumstances deem this necessary.
- Full Standard Travel Insurance cover is organised for those who need it on the Challenge. Four areas of cover that should be noted are as follows: Normal luggage and person effects of €2540 and a limit of any single article of €380; Cash – a limit of €635; Passports & travellers cheques - €952; Medical & additional expenses - €6 million. In the case of expensive cameras etc., it is suggested that you arrange separate or all risks cover. In the event of a claim, the participants will have to report it to the local police and will have to process the claim themselves.
- Participants must be relatively fit to take part in the Challenge and must complete the medical questionnaire provided. You may be required to have a medical form signed by your Doctor. By signing the entry form you are confirming that to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself. The Marie Keating Foundation may at its discretion refuse a participant if in their opinion he/she is medically unfit to take part.
- Passport Control and in county authorities will reserve the right to refuse entry.
- Participants take part at their own risk and agree to indemnify Cosgrove & Associates and The Marie Keating Foundation against claims for loss or damage to personal property, personal injury (or death), and any claim arising from the entrant's own actions.
- Participants must comply with and are responsible for attending to any inoculation and health regulations required for the destination.
- If you are unable to meet the sponsorship requirements you will forfeit your place on the Challenge or you may choose to make up the balance yourself.
- Participants must carry out all fundraising in accordance with the guidelines set out in the fundraising pack.