



FEBVRE



MAY 2006

**JOIN THE TUSCANY WALK**

IN AID OF THE MARIE KEATING FOUNDATION

[www.mariekeating.com](http://www.mariekeating.com) 01 6246314



Marie Keating  
Foundation

## 'UNDER THE TUSCAN SUN'



The best way to explore any country or area is undoubtedly on foot and Tuscany is no exception; an area of outstanding natural beauty combined with cultural and historical splendour. Our walks through the gentle landscape of Tuscany will take us through a countryside that is timeless. Here are some of the best-preserved medieval towns in Europe with their Romanesque churches and buildings – the famous 'Via Francigena' – the ancient pilgrim route from Canterbury to Rome winds its way through this beautiful area. A varied countryside of rolling hillsides, vineyards, olive groves and forests alive with colour, Tuscany also offers many gastronomic delights: pecorino cheese, wild boar and porcini mushrooms to name but a few. It is also the home of Chianti wine.





## **THE MARIE KEATING FOUNDATION**

**Following the untimely death of Marie Keating to breast cancer in February 1998, her family made the decision to set up a foundation in her name. This foundation 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. They all may have coped a lot better 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 have been in operation since May 2001, and to date they have visited over 1,694 towns, villages and corporate sites in Ireland increasing cancer awareness by providing information to over 47,017 people. A staggering 2,509 women have been referred to their GP for further evaluation.**

**Their Men Keeping Fit Campaign was launched in March 2005 to promote Prostate and Testicular Cancers. Their Units also carry information on other cancers including Bowel, Cervical, Lung, Ovarian and Skin. The Marie Keating Foundation funds Bursary's in Oncology and refurbishes Irish Hospital Oncology waiting rooms.**

**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.**

**For further information on the Foundation, please visit their website at [www.mariekeating.com](http://www.mariekeating.com)**

**Our Aim is to Enlighten... not Frighten**

## ITINERARY

- Sat 13 May Depart Dublin for Rome on El 406 at 14.50hrs. On arrival transfer to the Hotel Casanova in San Quirico d' Orcia near Siena. Light dinner on arrival. Overnight at the Hotel.
- Sun 14 May STAGE 1 Montepulciano - Pienza (20 Km)  
8am - Buffet Breakfast in Hotel. 9am Briefing by guides. 9.30 Depart for Montepulciano. Lunch at Montcchiello. Continue to Pienza –. Return to Hotel to shower and change. Wine tasting at the Cantina Redi Cellars. Dinner at Fattoria Pulcino Farmhouse in Montepulciano. Overnight in the Hotel
- Mon 15 May STAGE 2 Pienza–San Quirico d’Orcia–Bagno Vignoni (20km)  
7.30 Buffet Breakfast in the Hotel. 8.30 Depart for Pienza, with a stop for lunch at Farmhouse. Continue onto Bagno Pignoni where there is an option of a spa or continue walking to Rocca D’orca. Return to Hotel.  
Evening Free. Overnight in Hotel.
- Tues 16 May STAGE 3 Montalcino – Sant’Antimo (20kms)  
7.00 Buffet Breakfast in the Hotel.8.00 Depart for Montalcino and onto Sant’Antimo. Picnic lunch on route. Finish by 3pm. Back to the Hotel to change and shower. 5.00pm depart for visit to the wine estate of Castello Banfi for a wine tasting followed by dinner in La Potazzine. Overnight at the Hotel.
- Wed 17 May Day at Leisure. Optional full day sightseeing tour to Florence.
- Thurs 18 May STAGE 4 Vagliagli to Pianelli and Vagliagli to Rado in Chianti (20Km)  
6.30 Buffet Breakfast in the Hotel. 7.30 Depart for Vagliagli and walk to Pianelli. Lunch at the Taverna di Vagliagli followed by walk to Rado in Chianti. Wine tasting at Cecchi. Return to the Hotel for a bbq. Overnight in Hotel.
- Fri 19 May STAGE 5 San Giovanni d’Asso -Monte Oliveto Maggiore – Buonconvento  
7.30 Buffet Breakfast in the Hotel. 8.30 Depart for San Giovanni d’Asso through Oliveto Maggiore and Buonconvento. Picnic Lunch on route. Return to San Quirico d' Orcia . Evening Free. Overnight in Hotel.
- Sat 20 May Free day  
6.30pm depart for the Gala dinner in the beautiful Banfi wine estate. Overnight at the Hotel.
- Sun 21 May Breakfast at the Hotel. 11 am Check out and depart for to Siena. Time for shopping and lunch. 3pm Depart for Rome Airport

## **The Tuscany Walk will include:**

- Return flights Dublin to Rome or Pisa
- 8 nights Hotel accommodation in twin or double rooms with bath.
- Full 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.
- 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 TUSCANY WALK**  
**MAY 2006**



NAME: \_\_\_\_\_

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 - 60  60+
- 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 7<sup>TH</sup> APRIL 2006

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 Tuscany Walk, The Marie Keating Foundation,  
Unit 4 Leixlip Shopping Mall, Leixlip, Co Kildare.  
Ph: 01 624 6314, Fax: 01 624 7916 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 organized for 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 & travelers 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.