



May 2007

# Hop to it

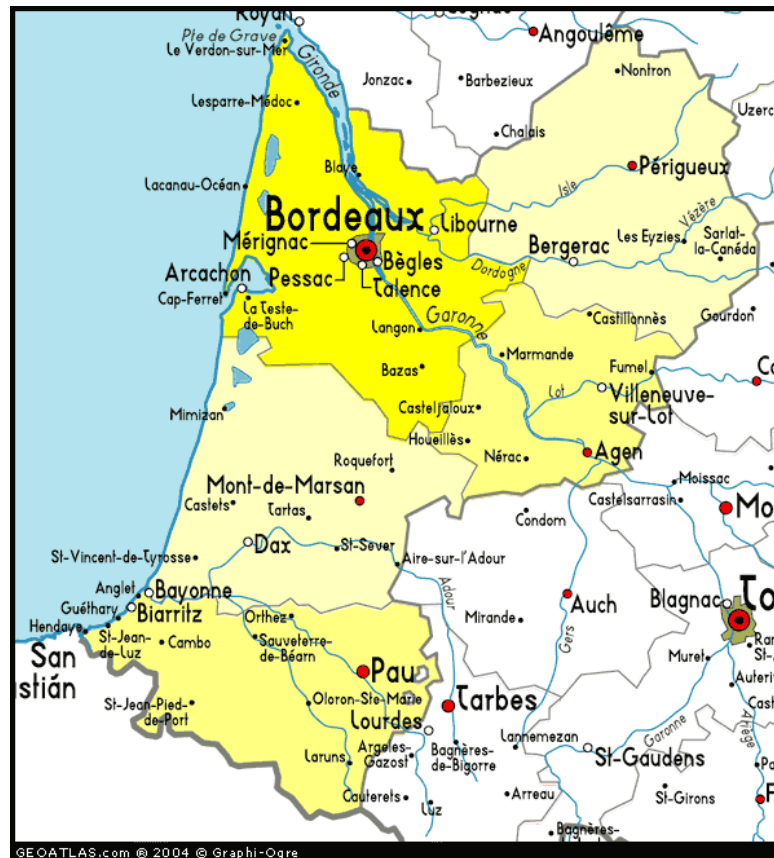
Walk the South of France in aid of the Marie Keating Foundation.

[www.mariekeating.com](http://www.mariekeating.com) : 01 628 3726.



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# BORDEAUX - AQUITAINE



An immense line of golden sandy beaches, bastides and châteaux, an abundance of vineyards, mountains and countryside - that's Aquitaine and the Bordeaux region.

Bordeaux, the capital, is situated 350 miles southwest of Paris. One of the best known cities in France, its fine wines are appreciated the world over by millions of connoisseurs. This region of wide-open spaces includes Europe's largest forest, and offers hundreds of kilometres of hikes in a genuine environment. The City can be discovered through its numerous parks, gentle climate, quality of life and gastronomic pleasures and nightlife, not to mention its proximity to the Bassin d'Arcachon and the Atlantic Ocean, the Perigord rich in prehistory, Gascony, the Basque Country, the forest of the Landes and the Pyrenees. A simple walk or a guided trek - a voyage into history or out of time, unique panoramas and viewpoints, wine tastings and good food- to experience all of this - all you need to do is to visit Bordeaux with the Marie Keating Foundation's 2<sup>nd</sup> overseas Challenge next May.



## **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**

**Sunday 13 May** . Meet at Dublin Airport for the lunchtime flight to Bordeaux. On arrival transfer to our hotel – the 4\*.Mercure Château Chartrons. Check in - followed by dinner and meeting with our guides .Overnight at the hotel.

**Monday 14 May** . Stage 1. The Médoc region.  
Buffet breakfast in hotel. Depart by coach to Margaux. Walk from Margaux to Pauillac (20km). Lunch. Before returning to Bordeaux, a visit and wine tasting at Château Pichon Longueville Comtesse de Lalande – Grand Cru Classé Pauillac. Dinner. Overnight at the Hotel.

**Tuesday 15 May** . Stage 2 The South of Gironde on the tracks of the pèlerins of Saint Jacques de Compostelle.  
Buffet breakfast in hotel. Depart by coach to Preignac. Visit of Château de Malle (Historical monument of the 17<sup>th</sup> century). Walk to Bazas(20 km).Picnic lunch. Return by coach to Hotel. Evening free. Overnight at the Hotel.

**Wednesday 16 May** : Free day  
Optional guided visit (2.5 hours) of Bordeaux city to discover its rich heritage, its architecture and its history.

**Thursday 17 May** Stage 3. Arcachon Bay.  
Buffet breakfast in hotel. Transfer by coach to Arcachon. Walk (20km) from the forest to the seaside in Arcachon and on the Cap Ferret peninsula. Boat trip with lunch on board to discover this natural site. Oyster tasting. Transfer back coach to Hotel. Dinner in a local restaurant and overnight at the Hotel.

**Friday 18 May** . Stage 4 Entre-Deux-Mers.  
Buffet breakfast in hotel. Transfer by coach to the Entre-Deux-Mer region for a full day walk (20km) in the most beautiful landscapes of vineyards overlooking the Garonne. Picnic at Château Grand Branet with the owners. Walk from the top of the hills to the banks of the river. Transfer by coach to Hotel. Dinner. Overnight at the Hotel.

**Saturday 19 May.** Stage 5 Wine and héritage in Saint-Emilion.  
Buffet breakfast in hotel. Depart by coach to Saint-Emilion. Visit of the subterranean monuments of the medieval village listed as a UNESCO World Heritage site. Walk (20km) in the Saint-Emilion vineyards with a visit to Château Champion (a family wine estate-very representative of the region) and lunch with the owner. Return by coach to Hotel. Farewill Dinner in the private dinning room of the Maison Calvet - Wine merchants established in Bordeaux since 1818. Overnight at the Hotel.

**Sunday 20 May.** Thank you for coming!  
Buffet breakfast at the Hotel. Time for last minute shopping. Check out and depart for Bordeaux Airport in the afternoon for the return flight to Dublin.

## **The 'Walk in France' will include:**

- Return flights Dublin to Bordeaux
- 7 nights accommodation in 3/4\* Hotels 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**

## **WALK IN FRANCE**

**MAY 2007**

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 - 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 7<sup>TH</sup> APRIL 2007

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 Walk in France, 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 & 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.