

I am interested in taking part in the Famine Way Walk Weekend on behalf of SBHI.

Please send sponsorships card(s).

Name:

Address:

Email:

Tel No:

Please return to
Spina Bifida Hydrocephalus Ireland
Old Nangor Road
Clondalkin
Dublin 22

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Spina Bifida
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Spina Bifida
Hydrocephalus
Ireland

FAMINE WAY WALK WEEKEND

13th -15th April, 2012
Doolough Valley, Co Mayo, Ireland
Croagh Patrick climb (optional)



To support the vital work of Spina Bifida Hydrocephalus Ireland, we invite you to follow the footsteps Irish Famine victims took over 160 years ago by retracing a journey through the beautiful Doolough Valley, taking in the scenic lake near Delphi Lodge and into the picturesque town of Louisburgh.

This historic walking trail is journeyed by many visitors to commemorate the events which took place on March 30th and 31st 1849, recognised as one of the worst of the famine years. On these dates, the entire community in the Louisburgh area were instructed to take the ten mile journey overnight to Delphi Lodge to be certified for relief. They set out on foot in the snow along the mountain road and pathway, the exhausting journey having a devastating impact as a result of fatigue and starvation. Seven people died along the route overlooking the lake as they struggled to make the journey, with nine more never returning to their homes.

Spina Bifida Hydrocephalus Ireland (SBHI) are organising a sponsored 10 mile walk and we are inviting participants to raise €600 and join us to retrace the journey our ancestors made in 1849.

SBHI is a national voluntary organisation representing over 8,000 people with, or affected by, Spina Bifida and / or Hydrocephalus. This is made up of 2,000 primary members and up to 6,000 parents, siblings and carers.

SHBI promotes the care, welfare, interest, education, advancement and rehabilitation of persons with Spina Bifida and / or Hydrocephalus. The organisation does its work by providing professional support and advice through its Family Support Workers to people with Spina Bifida and / or Hydrocephalus, their families, friends and carers.

The incidence of Spina Bifida and Hydrocephalus in Ireland is the second highest in the world. In Ireland, an average of 80 babies are born each year with Spina Bifida, and at least 80% of those have some degree of Hydrocephalus.

SBHI Famine Way Walk April 2012

TRANSPORT

Buses will leave from Dublin to Westport on Friday 13th at 2pm and return on Sunday 15th April 2012.

For those interested in securing a place on the bus please call 01 457 2329 to pay your deposit and book your seat.

EVENT

Sponsorship will include two nights bed & breakfast, dinner Saturday night in the four star Castlecourt Hotel (www.castlecourthotel.ie/).

The hotel is fully equipped for wheelchair users interested in taking part.

Transport to and from the walk will also be provided with transport following for those less able or requiring a rest.

There will be refreshments during and at the end of this 10 mile scenic, non-challenging walk from Doolough to Louisburgh walk including sandwiches and tea/coffee.

For the more energetic there will be transport to and from Croagh Patrick with a walking climb to the summit.