



THE ALZHEIMER  
SOCIETY of IRELAND

# September Walks 2021: 2nd to 5th September





# SEPTEMBER WALKS

Join us for 3 days of walking in some of the stunning countryside of Galway and Mayo this September 2nd to 5th. The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland. Your participation will help to support our work. We have a dedicated member of the fundraising team available to fully support you to reach your fundraising target.

Fundraising Target (incl. deposit €150): €750 (€830 if single room required) Deposit: €150. Your fundraising target includes:

- 3 nights Dinner, Bed and Breakfast, arrival 2nd September, departure 5th September at a 4 star hotel in Westport town - twin sharing accommodation
- Bus transfers to and from the start/finish point of the walk each day
- Refreshments during each day of walking
- Experienced local guide to lead walks
- Your fundraising contribution to The Alzheimer Society of Ireland



2 - 5 SEPTEMBER 2021

# THE WALKS

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Walk Day 1: The Great Western Greenway - Mulranny to Achill

Distance 13.5km

The Greenway follows the line of the old Midlands Great Western Railway along the Atlantic coastline between Westport and Achill Island.

Our walk starts in the village of Mulranny (Mallaranny) and passes by some of the West of Ireland's most dramatic mountains, offering magnificent views of Clew Bay. It is comparatively level and just over 13.5 Km in length. Should take us anywhere from 3 – 4 hours at a leisurely pace.

Walk Day 2: The Western Way – Lough Inagh to Leenane

Distance 17.1km

Maps OSI Discovery Series 37, 38

The Western Way is a long-distance walking trail and ancient routeway through the hills of Connemara and Mayo

We start from the beautiful Inagh Valley and pass between the Twelve Bens on our left with the Maumturks Mountains on our right through the beautiful and scenic wilderness of Connemara to reach the shores of Killary Harbour, Ireland's only fjord and the picturesque village of Leenane, one of the locations for the movie The Field.

The terrain consists of quiet roads, forestry tracks and mountain paths with a dry graveled surface for the most part. It is comparatively level and just over 17.1 Km in length. Should take us anywhere from 4 – 5.5 hours at a leisurely pace.







## Walk Day 3: Tóchar Phádraig and Croagh Patrick

Distance 12km

Maps OSI Discovery Series 31, 38

Tóchar Phádraig runs from Ballintubber Abbey to Croagh Patrick and is an ancient pilgrim path. In pre-Christian times, it was part of the chariot road which ran from the seat of the Kings and Queens of Connacht to Croagh Patrick. A pilgrimage path since ancient times and restored in 1987. Every year hundreds of pilgrims walk this path to Croagh Patrick. The whole 12km walk should take us anywhere from 4 – 5 hours at a leisurely pace.

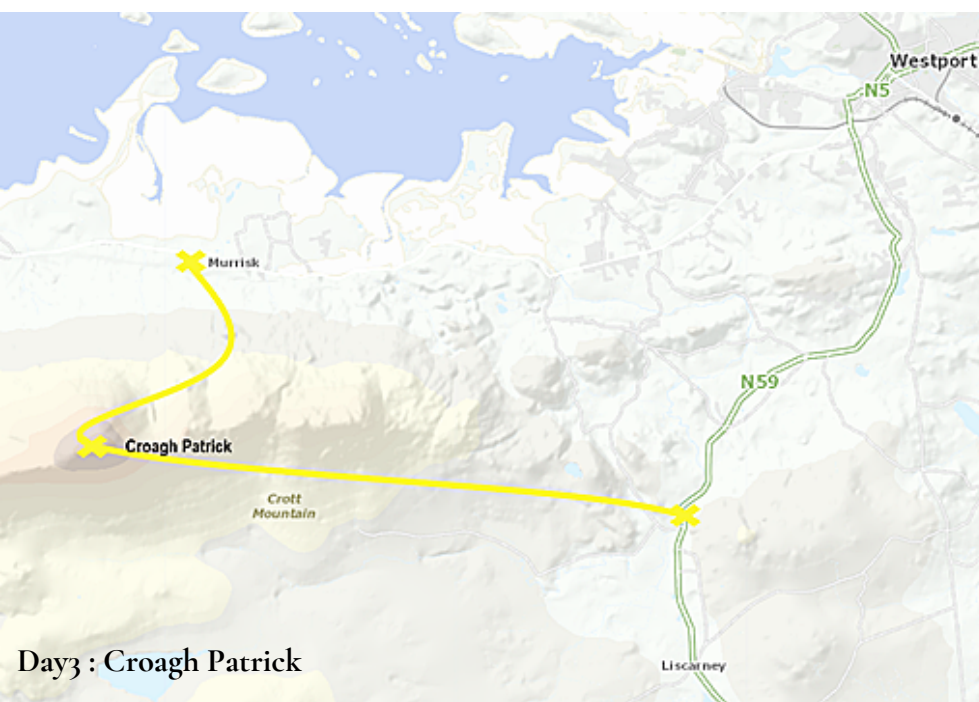
We'll start from Brackloon Woods near the Boheh Stone. On the 18th of April and 24th of August each year people gather at the Boheh stone to witness the setting sun roll down the slope of Croagh Patrick. It is a naturally formed rocky outcrop that gives a commanding view of the broad, boggy plain to the west.

This section is relatively flat and we get our first view of the mountain itself. There are magnificent views of the Sheeffry Mountains and Connaught's highest mountain – Mweelrea.



We emerge on to the main Pilgrim Path on Croagh Patrick at Leacht Benian – a large stone cairn named after Patrick's disciple. Traditionally pilgrims walk seven rounds of the cairn before moving on up the steep passage known locally as 'the ladder'.

We will follow the ladder to the summit of Croagh Patrick at a height of 764 meters, where we will be rewarded with incredible views out across Clew Bay, with Clare Island visible to the west and Achill Island to the northwest. We'll descend on the Pilgrims Path to the car park at Murrisk.



Day 3 : Croagh Patrick

## September Walks 2021 Registration Form

Please complete this registration form in BLOCK CAPITALS and return by email to: jarlath.coyle@alzheimer.ie. You will be contacted by phone to arrange payment of your deposit

### PERSONAL DETAILS

Full Name (Mr/Mrs/Ms): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Best Contact Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### EMERGENCY CONTACT DETAILS

(must be someone who is not with you on the trip).

Name \_\_\_\_\_

Relationship to you \_\_\_\_\_

Phone Number \_\_\_\_\_

### DIETARY REQUIREMENTS:

Dietary Requirements (e.g. vegan, vegetarian, gluten-free):

\_\_\_\_\_

Are you allergic to any foods:

\_\_\_\_\_

(Note: Please don't outline food you don't like, this is just for food you can't eat)

### ACCOMMODATION

We have a very limited number of single rooms available on a first come, first served basis. If you require a single room please contact Jarlath who will advise on availability. The single room supplement is €90 per person, increasing the overall fundraising target to €830.

Accommodation is based on twin occupancy. If applicable, please give the name of anyone with whom you specifically wish to share: \_\_\_\_\_

## **MEDICAL DETAILS:**

If you answer yes to the questions below, you should seek medical advice before taking part in the September Walks 2021. During the walks you will inform the organisers of any changes in my medical condition at any time. Before the departure of the challenge, if you have any concerns whatsoever about your physical fitness or health, or any medical condition or allergy that may affect your safe participation; you will consult with your doctor. You acknowledge that The Alzheimer Society of Ireland recommends and encourages that you obtain medical clearance from your GP prior to participation.

Has your Doctor told you that you have a heart condition? YES ( ) NO ( )

Do you feel pain in your chest when you do physical activity? YES ( ) NO ( )

Do you lose balance because of dizziness or ever lose consciousness? YES ( ) NO ( )

Do you have any joint problems? YES ( ) NO ( )

Do you have Diabetes? YES ( ) NO ( )

Do you have Asthma? YES ( ) NO ( )

Do you know of any reason why you should not partake in physical activity? YES ( ) NO ( )

Have you had any major injuries / surgery during the last three years? YES ( ) NO ( )

Are you living with dementia? YES ( ) NO ( )

Do you have any other medical condition or allergies? Are you allergic to any medications? This will be held on file and only seen on a need-to-know basis. YES ( ) NO ( )

If yes please give details:

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Please note if you are living with dementia and wish to take part in the walks a family member or friend should accompany you on as a participant on this trip.

The Alzheimer Society of Ireland recommends and encourages that you obtain medical clearance from your GP prior to participation.

## **DECLARATION:**

- I have read and agree to abide by the booking terms and conditions.
- I understand that the deposit and funds raised towards this walk are non-transferable and non-refundable. If for any reason, I cannot partake in the September Walks I will not qualify for a refund.
- Before the start of the challenge, if I have any concerns whatsoever about my physical fitness or health, or any medical condition or allergy that may affect my safe participation; I will consult with my doctor. I acknowledge that The Alzheimer Society of Ireland recommends and encourages that I obtain medical clearance from my GP prior to participation.

I declare that the information provided by me on this form is to the best of my knowledge correct.

Signed\_\_\_\_\_

Dated\_\_\_\_\_

## **HOW WE PROTECT YOUR DATA:**

We will record information you provide in this application form in our secure database to track donations you make. Relevant information provided will be shared with our accommodation providers. None of the information you provide will be made available to any other parties and is used only for the purposes outlined above.

Photo and video footage taken during the event will be used by The Alzheimer Society of Ireland for promotional purposes in printed and online formats during the walk and in subsequent years for similar walking events.

We would like to contact you occasionally with details of our other fundraising campaigns which take place throughout the year. If you would like to opt in to receive these communications then please tick here \_\_\_

## **Terms and Conditions for the September Walk 2021**

### **Deposit/Fundraising Target**

You must undertake to fundraise the minimum amount of sponsorship, which is €750 (or €830 if you require single room accommodation). The full amount of €750 (or €830) must be remitted to The Alzheimer Society of Ireland 2 weeks before the trip starts, by the 19th of August 2021.

If you raise over the minimum amount, the balance will be treated as an additional donation towards your fundraising and cannot be treated as a deposit or contribution towards any future walk fundraising packages being organised by The Alzheimer Society of Ireland.

If you are unable to meet the sponsorship requirements through fundraising, you may choose to make up the balance yourself or forfeit your place on the trip, cancelling as per cancellation policy. Should you not be able to take up your place on the trip all sponsorship monies and ASI branded material should be returned to The Alzheimer Society of Ireland.

### **Cancellation Policy**

You may cancel your place at any time by sending written notification to The Alzheimer Society of Ireland, Fundraising Team, Temple Road, Blackrock, Co Dublin or to [jarlath.coyle@alzheimer.ie](mailto:jarlath.coyle@alzheimer.ie). As we incur costs from the time we confirm your booking, the following cancellation charges will be payable:

Written cancellation notice received:

6 or more weeks before start date (until 21st July 2021) - Loss of deposit

Within 6 weeks of start date (from 22nd July 2021) - 50% of trip cost value (€185.50)

Within 2 weeks of start date (from 19th August 2021) - 75% of trip cost value (€278.25)

Within 1 week of start date (from 26th August 2021) - 100% of trip cost value (€371)