

200 Kilometre Walk to raise funds for the
Fr. Louis Sisti Project
in Tanzania, Africa

This 200 KL Walk and hike around Southern Ireland's Largest Lake, Lough Derg will start in Nenagh on 9th March 2007 and end in Nenagh on St. Patrick's Weekend. All proceeds raised will be donated to the Fr. Louis Sisti Project in Tanzania, Africa.

The East African Country of Tanzania has a population of over 40 million people where the average wage is €10.00 per week. Fr. Louis Sisti Project works providing much needed help and medical support to the people of Tanzania. We sincerely ask for your help with your contribution to support the work of this project which will continue to improve the lives of so many deserving people in Tanzania.

**Donations to the Fr. Louis Sisti Project,
Bank of Ireland ,
Mitchell Street, Nenagh
Account No: 90-43-68 60190053**

The walk will start in Nenagh on March 9th and continue along the 200 kilometre shoreline of Lough Derg returning to Nenagh on Monday 19th March 2007.

Lough Derg is very much a lake of myth and history. Its shores have been settled since prehistoric times. Its channel has been part of one of Ireland's oldest routes. In early medieval times hermits, heroes, soldiers, raiders, students and pilgrims, all travelled along this 'highway' from the Atlantic ocean to the Irish midlands.

Mr. Willie Keane, a member of the Nenagh Walking Club "Aonach ar Siúl" will be leading the walk and any groups or individuals interested in participating in the walk or joining the walk for a day are more than welcome.

For more information and sponsorship cards please email loughdergwalk@gmail.com or contact Mr. Willie Keane, Gortlandroe, Nenagh, Co. Tipperary.

Fr. Louis Sisti appeal for Mama Wa Hurma Hospital

I am most grateful for your support of our hospital in Arusha, Tanzania East Africa. With your help we will be able to bring healing and hope to the many people who receive treatment there. What started as a little dispensary has now been upgraded as a hospital so we are badly in need of equipment and medical supplies. The equipment needed is ranging from maternity, dental, eye and all the other diseases which we face.

I thank you for your sponsorship of this walk in aid of our hospital and assure you of the gratitude and prayers of the many poor and deprived people you are helping.

Sincerely

Fr. Louis Sisti S.C.A



Route Itinerary

Friday 9th – 9am start

Day 1 - 20 kilometres.

Nenagh via Nenagh River /Sli Eali / Puckane to Coolbawn

Saturday 10th 10am start

Day 2 - 20 kilometres

Coolbawn via Ballinderry / Terryglass to Lorrha

Sunday 11th 10am start

Day 3 - 20 kilometres

Lorrha via stolen sleepers railway/ Shannon River to Portumna Forrest Park

Monday 12th 10am start

Day 4 - 20 kilometres

Portumna Forest park to Woodford

Tuesday 13th 10am start

Day 5- 20 kilometres

Woodford via East Clare Way to Mountshannon

Wednesday 14th 10am start

Day 6 - 20 kilometres

Mountshannon via East Clare Way / Scarriff to Tuamgraney

Thursday 15th

Day 7 - rest day

Friday 16th – 10am start

Day 8 20 kilometres

Tuamgraney via East Clare Way /Slieve Barna / Moylussa Mountain – Clare's Highest Mountain to Killaloe

♣ Saturday 17th ~ St. Patricks day ~ 10 am start

Day 9 - 20 kilometre

Killaloe via Lough Dery Way/ Arra Mountains to Garrykennedy

Sunday 18th – 10am Start

Day 10 – 20 kilometres

Garrykennedy via Lough Derg Way to Dromineer

Monday 19th – 10am Start

Day 11 - 20 kilometres

Dromineer via Lough Derg Way / Slieve Eali Way / Nenagh River to Nenagh

