

ADVANCE ITINERARY (may be subject to change)

Thursday 23rd September - Depart Dublin 0640 via Heathrow. Arrive local time San Francisco 1335 hours. Onward transfer To Monterey.

Friday 24th September - Walk from our hotel in Monterey towards the Bay/Fisherman's Wharf and on to Cannery Row. Continue on along the coast to Pacific Grove with famous Lovers Point Park. From here you will walk past the coastline, tidpools, sand dunes, Monterey Pine Trees to one of the most peaceful beaches of the area - Asilomar Beach.

Saturday 25th September - This morning we visit Lobos State Park, a popular spot on the way down to Big Sur because of its history, its diversity and being called "the greatest meeting of land and sea." In addition to the spectacular beauty, there are rare plant communities, endangered archeological sites, unique geological formations, and incredibly rich in flora and fauna of both land and sea.

Sunday 26th September - We will depart Monterey towards Yosemite National Park and continue on to Wawona to catch the complimentary park shuttle from/to Wawona to Mariposa Grove. Our trail meanders through the largest grove of Giant Sequoia trees in the park. After your stop at Mariposa Grove return by shuttle to Wawona and return to Oakhurst for overnight.

Monday 27th and Tuesday 28th - We get to know more of Yosemite. The Yosemite Wilderness has over 750 miles trail walk to choose from.

Wednesday 29th September - We travel to San Francisco and in the afternoon take an optional cruise out to visit Alcatraz thereafter walk from the port back to our hotel.

Thursday 30th September - We continue familiarization with this most beautiful city and head onwards to Sausalito for a leisurely lunch. Later our bus will drop us at the Golden Gate Bridge over which we will walk and then onwards via Presidio and Marina to Fisherman's Wharf.

Friday 01st October - We will walk either Muir Woods which contains 6 miles of trails or a take Flower power Walking Tour of Haight Ashbury District.

Saturday 02nd October - We check out of our hotel by 12 noon and then leisure time until Departure. Transfer to Airport for 1914 Hrs departure for home via London Arriving back into Dublin on Sunday 03rd October at 1825hrs.

SAN FRANCISCO WALK 2010

If you're always thinking about the things you could do or would do then you're not actually doing the doing. So stop thinking and start doing! Disappointment can only come from thinking about what you could or would do! Live, dream and most importantly DO."

A fundraising walk is always a most satisfying experience. It affords one the opportunity to do something for others, go places beyond ones imagination, meet people sharing a common concern and find new friends. Our fundraising walks for Cystic Fibrosis provide all these opportunities. The challenge is in the Fundraising as the walk is a moderate challenge at a moderate pace. Each participant must raise and the pay the required funds i.e. €3999 to the Cystic Fibrosis Association prior to departure. Help with any ideas for fundraising may be obtained by calling any of the numbers listed below. You will receive a kit containing a bag, a T shirt and a hat. You will have the very best of local guides to inform you on the history and culture of our destination. We again dedicate our walk to the memory of Paddy Kierans whose untimely death occurred in December 2006. Paddy was a dedicated walker and officer in CF Ireland. He was a founder member of the Cystic Fibrosis walk committee and his kind, trojan endeavours for the benefit of others will continue onwards.

The walk will include the cost of return flights/accommodation (sharing), breakfast and dinner. You will be guided all the way. You will never walk alone,

YOU CAN MAKE A DIFFERENCE COME ON ...

LET'S GO TO
SAN FRANCISCO



For Details, Information & Registration forms please contact:

JULIA KIERANS 087 9911331 • BERNIE MURPHY 0872353319
TONY GRIFFITH 01 8250970 • FRANK GODFREY 086 6060261

or

EUFEMIA SOLINAS at

The Cystic Fibrosis Association of Ireland
24 LOWER RATHMINES ROAD RATHMINES DUBLIN 6
01 4962433/LO-CALL 1890 311211

WWW.CFIRELAND.IE

LET'S GO TO
SAN FRANCISCO



for The Cystic Fibrosis Association of Ireland

THE PADDY KIERANS MEMORIAL
FUNDRAISING WALK 2010

23rd SEPTEMBER - 3rd OCTOBER

Join our fundraising walk to assist towards the funding of research for a cure for Cystic Fibrosis and general provision of support services to persons with Cystic Fibrosis. We need help from willing walkers. **COME ON - YOU CAN MAKE THE DIFFERENCE.**



WHAT IS CYSTIC FIBROSIS?

Cystic Fibrosis (also called mucoviscidosis) is Ireland's most common life-threatening inherited disease. Approximately 1 in 19 people are carriers of the CF gene and where two carriers parent a child together, there is a 1 in 4 chance of the baby being born with Cystic Fibrosis.

CF affects the glands, damaging many organs including the lungs, the pancreas, the digestive tract and the reproductive system. It causes a thick sticky mucus to be produced, blocking the bronchial tubes and preventing the body's natural enzymes from digesting food. A build up of mucus can make it difficult to clear bacteria and leads to cycles of lung infections and inflammation, which can eventually lead to damage of the lungs.

CF can also make it difficult to digest and absorb adequate nutrients from food. Mucus blocks the duct of the pancreas, preventing enzymes from reaching the intestines to digest food. As a result, persons with CF must consume artificial enzymes with food, to help them absorb adequate nutrition from their food. They must also follow a demanding daily routine of physical therapy to keep the lungs free of congestion and infection. Additional organ systems involved are the reproductive tract and the sweat glands. Other organ systems may be involved to lesser degrees. The result is that people with CF are prone to constant chest infections and malnutrition.

All funds raised on our walk go to The Irish National Association for Cystic Fibrosis, a company Limited by Guarantee t/a The Cystic Fibrosis Association of Ireland. It was set up in 1963 to increase knowledge and awareness of CF and to give advice and support to people with Cystic Fibrosis and their families. The CHY number is 6350 and the company registration number is 449954.



MONTEREY

With its carefully restored downtown is, in fact, the historical cradle of California. From 1775, when it became the capital of the Spanish colony of Alta California, through Mexican rule and the brief period of independent California, the whole state was governed from Monterey. Landmarks from each of these periods are preserved in the adobe Colonial-style houses that line the streets of the district. It is in Central coast California about 100 miles South of San Francisco and includes Big Sur, the Salinas Valley and most of Monterey Bay. It is home to the world-renowned Monterey Bay Aquarium, at Cannery Row where John Steinbeck drew inspiration for his novel about life in Monterey during the heyday of the sardine canning industry. This area is today is lined with hotels, restaurants and shops. It is the ideal location to revive ones self after the long journey and commence our walking itinerary.

YOSEMITE NATIONAL PARK

(Pronounced: yo-sim-itee) spans eastern portions of Tuolumne, Mariposa and Madera counties in east central California,. The park covers an area of 761,266 acres and reaches across the western slopes of the Sierra Nevada mountain chain. It may be popular for its unbelievable valleys, but Yosemite is much more than a valley. In fact, it is home to some of the nation's most spectacular waterfalls, meadows, and ancient sequoia trees. Within its 1,200 miles of wilderness, visitors can find everything



nature defines as beauty – wild flowers, animals grazing, crystal clear lakes, and amazing domes and pinnacles of granite.

SAN FRANCISCO



The Spanish arrived in San Francisco in 1776. It was in 1848 when the population exploded on account of the Gold Rush. Despite the devastating earthquake just over a hundred years ago in 1906 the city has flourished. It has thrived in finance especially with its nearby Silocon Valley. The must-sees of San Francisco include Alcatraz, the

iconic Golden Gate Bridge over which we will walk, and lively Fisherman's Wharf. We will no doubt avail of several journeys on the infamous trolleys.

