



# The 21<sup>st</sup> Annual Around the Island Walk

## Saturday 18 June 2011



» **What is it ?**

This is not just another charity walk - this is our 21st Around the Island Walk and we want to make this yet another event to remember in Jersey. We hope that you will take part in a unique experience by attempting to walk 48.1 miles around the coastal cliffpaths of Jersey. Join our elite club and become one of the walkers who over the last twenty years have raised £1,559,234 for local charities

Our walk is not about every walker completing the course but about every single walker achieving their personal goal - in other words you can stop walking at whichever checkpoint you wish

We walk anticlockwise around the Island which takes from 12 to 21 hours - it isn't a race (no runners please as we can't look after you)

There are nine checkpoints together with four refreshment stops for a rest and a drink. As in previous years, our famous bacon butties breakfast will be provided!!

Your bag is transported for you from checkpoint to checkpoint




It's great fun - everyone enjoys themselves and we raise significant sums of money for local charities

» **When is it ?**

Starts in the early hours of Saturday 18 June from the Elizabeth Ferry Terminal. This date has been chosen as it is the Saturday most closest to Midsummer's Day which has the maximum number of daylight hours.

» **Fund Raising**

As in past years, every penny you raise will be donated to local charities. These are just three of the charities we are supporting this year.

 <p><i>Abbeyfield houses provide companionship and an affordable home for older people</i></p>	<p>The Abbeyfield Jersey Society was set up in 1987. After a great deal of fundraising and with the help of a States Loan, the property Lynton, in Nelson Avenue was purchased. Alterations were made and a new property added in the gardens, Abbeyfield House. There are 11 bedsitting rooms and 5 flats. The first residents moved in in 1990. Abbeyfield provides companionship and an affordable home for older people. It is neither a residential home nor a nursing home. Residents of Abbeyfield enjoy their independence but have the companionship of others, the convenience of having their meals cooked for them and the comfort of knowing help is close by if they need it. Any funds donated to Abbeyfield from the ITEX-Rotary Trust will be used to up-grade their bedsits and also provide en-suite showering facilities to each one.</p>
	<p>Windsor House is a Building of Local Interest and, therefore, has to conform with local Planning requirements. The windows are the originals and the surrounds are in a poor state of repair leaving Age Concern with no alternative but to replace them as soon as possible, it would be cheaper to replace the windows with PVC but only wooden frames are acceptable. With double glazing and new windows their heating bills should be reduced considerably but, of course, they have the initial outlay. Age Concern would like to extend their heartfelt thanks to ITEX for choosing them to benefit from the proceeds of the Walk in 2011 which will be of enormous help in providing safety and warmth to older people in their care.</p>
	<p>The Silkworth Charity Group provides help and support to those that suffer from drug and alcohol addiction, along with their families we provide a full range of treatment which gives our clients the tools and skills they need to recover from the effects of their addiction and to start to live a life free from the burden of alcohol and drugs. The charity will use the funds to support the development of a new residential drug detoxification unit and we will also use part of the funds to improve the bedrooms at Silkworth Lodge.</p>

» **Interested ? - Of course you are !!!**

Then please complete the enclosed registration form and return it to ITEX before 13 May 2011.

There will be a registration fee of £15.00 (reduced to only £12.00 if you register online) which will help cover the cost of a Walk T-Shirt which will be sent, together with your walk pack, nearer to the event

A letter confirming your registration number and your sponsorship forms will be sent to you shortly.

Register now so that you can be one of the mad, energetic individuals - the earlier you register the more money you can raise! So, don't delay either return your completed registration form together with your £15.00 or register online on our website NOW! and the registration fee will be reduced to only £12.00 - don't forget the closing date for registration is 13 May 2011!