

CHALLENGE 21

IN AID OF THE DOWN SYNDROME CENTRE NORTH EAST

WHAT IS CHALLENGE 21?

Challenge 21 is a sponsored 21 kilometres walk across Sliabh Beagh on Saturday, 15th Sept 2018 from 10am.

HOW DOES CHALLENGE 21 WORK?

Upon registration, you will receive a welcome pack which includes a sponsorship card. Ask 21 different people to each sponsor you €21 to walk 21 kilometres across Sliabh Beagh.

WHAT IS THE SIGNIFICANCE OF 21?

Down Syndrome is also known as Trisomy 21 referring to a third copy of chromosome 21 which is unique to people with Down Syndrome.

WHAT WILL THE PROCEEDS GO TOWARDS?

The Down Syndrome Centre North East (DSCNE) provides a family centred, multidisciplinary approach to the delivery of essential services, support, information and training to individuals with Down Syndrome and their families in Counties Monaghan, Cavan, Louth & Meath.

The proceeds from this event will be allocated towards the running costs of this new centre, located in Carrickmacross, which will be in excess of €150,000 per year.

MORE ABOUT THE ROUTE.....

Discover the unspoilt beauty of Sliabh Beagh's blanket bog, numerous lakes and enjoy panoramic views of Counties Monaghan, Tyrone and Fermanagh.

The 21km walk is graded as moderately difficult. Most of the route will be guided by the Knockatallon Ramblers. This is not a timed event, so set your own goal and enjoy the scenery!

There will be 2 scheduled stops with water/snack refreshments served and a delicious, hot buffet provided afterwards in the Sliabh Beagh Hotel.

To get a preview of this beautiful area, please click: <https://bit.ly/2JJfGCu>

INFORMATION & REGISTRATION

To register for Challenge 21 click <https://bit.ly/2uyvdAB>

If you would like more information, please send us an email to dscne.challenge21@gmail.com.

We would be happy to answer any questions or give you a call back.

EVENT PROUDLY SPONSORED BY ABBOTT & SUPPORTED BY THE KNOCKATALLON RAMBLERS