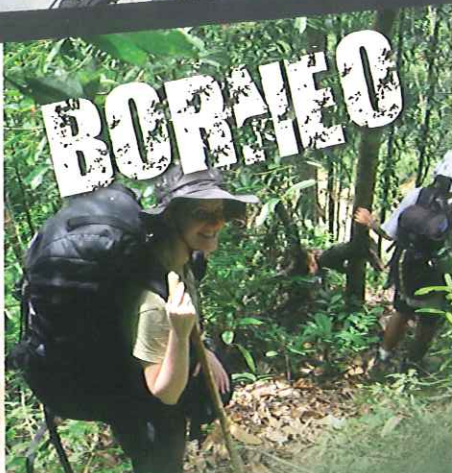


MS Ireland TREKS 2012

THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND

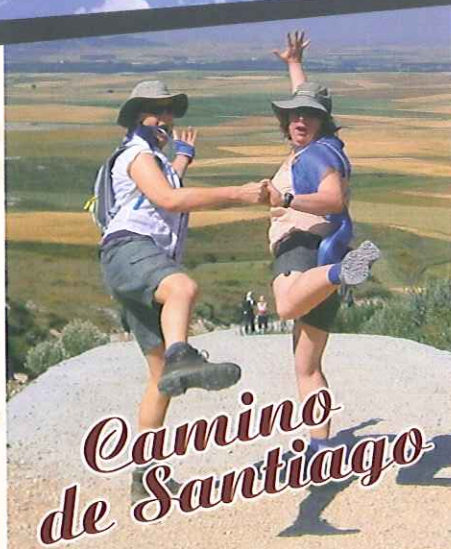


Borneo - Early October 2012

MS Ireland is very excited to announce our new destination for next year – BORNEO – this country offers amazing trekking opportunities. Join us on the ULTIMATE adventure in the jungles and mountains of Borneo.

The fascinating Malaysian island of Borneo offers an ideal base for the exploration of indigenous cultures, limestone formations, jungles, forests and an array of wildlife, with a chance to spot the famous Orangutan. We start by exploring the caves of Mulu National Park, before trekking through the jungle on the 'Headhunters Trail' and tackling the rugged 'Pinnacles' trek on Mt Gunung Mulu. We also visit the Poring Hot Springs and enjoy a swim in the hot mineral springs.

The climax of the trip is a trek up Mount Kinabalu, historically the mountain has been a sacred spot and the subject of wonderful myths and legends!! Ascending through the diverse forest which is home to many species of orchids, pitcher plants, birds and butterflies we arrive at Laban Rata Lodge and rest. Very early the following morning we ascend the peak under torch light. The mountain is sometimes steep, but all the effort is worth it as the sun rises over the highest peak in Borneo at over 4000m, and we enjoy stunning views over the jungle and ocean.



Camino de Santiago - Northern Spain - 2nd - 12th June 2012

This year we are shortening our walk just a little bit – it will be shorter not easier!! If you have said 'I'd love to do the Camino' but never got around to it why not make this your year!!!

This is one of our most popular treks and offers a wonderful opportunity to explore some of the lesser known, unspoilt parts of Northern Spain. Our walk starts in the magnificent Pyrenees mountains and we then follow the 'yellow arrows' taking us through tiny sun swept villages, past majestic cathedrals, through red poppy fields and the lanes of enchantment of Galicia, all leading to the mystical city of Santiago de Compostela.

This is truly an enjoyable adventure along one of the oldest and most beautiful pilgrim routes in the world. One step on the road to Santiago is several steps back in time, following in the footsteps of thousands, spanning eleven centuries, there is no escaping the strange but comforting feeling that you are never alone on the Camino.

O Suilleabháin Bere

The O Suilleabháin Bere Historical Walking Challenge 4th - 7th May 2012

Perhaps you don't have the time this year to do one of our overseas treks but you would like to keep in touch with your MS walking friends and continue to support the good work of MS Ireland - our new West Cork walking challenge maybe what you are looking for!!

The extraordinary flight from their rugged lands of the Beara Peninsula by the chieftain, Donal Cam O'Suilleabhain Bere and his followers in the winter of 1603 is one of the most powerful stories of Gaelic Ireland. Faced with the genocide of his people, Donal fled Beara with more than a thousand men, women and children to the territory of O'Rourke of Beifne in Leitrim. Just 35 of the 1000 that set out reached their destination.

Our three days of walking will explore the territory of O'Sullivan Beara and the early days of this epic march. The way will be through some of the most scenic but wildest landscapes in Ireland. Each day we will hike over the spectacular folded rocks of Beara's mountains, along coastlines overlooking Kenmare and Bantry Bays, through ancient woodlands and deep into the Gaeltacht region of Muscraí. Our base in Gougane Barra where St. Finbarr established a hermitage in the 5th Century will allow us the opportunity to delve into the rich history, archaeology and lore of this place and it's people.

For more information contact Elle
on 01 6781600 or email walks@ms-society.ie • www.ms-society.ie

