

Conlon's Food Hall Ltd in conjunction with



SPONSORED TREK

ALL MONIES RAISED GO TO HELP THE POOR IN AFRICA

14¹/₂ MILE TREK or 6 MILE TREK

~ THE MONAGHAN WAY ~

**A SCENIC HIKE THROUGH THE FIELDS
AND DRUMLINS OF KAVANAGH COUNTRY**

A FUN DAY OUT

Sunday 26th July 2009

Meeting at the Kavanagh Centre, Inniskeen at 9.30 a.m. sharp

*• Prepare for all kinds of weather •
and all kinds of interesting characters!*

Refreshments, Lunch & Evening B.B.Q.

€30 per person or €50 per couple

Contact: Peter 087-6024101 or John 087-6332748 Vita, Dublin: 01-8820108

