

# WALKING AWAY FROM MALARIA



*First and foremost, thank you very very very very very very very very much for showing an interest in joining us! This little leaflet is to provide you with all the information you need before deciding (hopefully joining) to walk the mammoth west highland way. If there is anything we missed out, be sure to let us know and we will find out for you.*

## **The Basics**

**When?** We shall we doing the WHW in 7 days commencing Monday the 9<sup>th</sup> of August until the 16<sup>th</sup> August.

**What?** The West Highland way is just under 100 miles, a popular walking route from just outside Glasgow to Fort William.

**Why?** We shall we doing the WHW for the fantastic Fresh Start Foundation, a charity based in The Gambia!

**Where?** Starting from just outside Glasgow, the start point is on the outskirts in Milngavie (for those non-Scottish natives interested pronounced 'Mulguy').

**Who?** Us! Laura Sparkes and Roisin Lowrie, who visited The The Gambia in January and have been inspired to do all we can for the Kwinella community. And hopefully you!

**How?** Well, we decided to keep costs down and go back to nature and camp in the official campsites along the way. Costs should be no more than £150.

## **The Fresh Start Foundation (and it's wonderfulness!)**

Lamin and Rebecca Daffeh set up the Fresh Start Foundation because during their visits to The The Gambia they were inspired by how keen children were to learn. Unfortunately this enthusiasm for knowledge was often hindered by poverty. They witnessed children working on the streets to raise funds to pay for school fees, uniforms and books. Therefore, FSF was established to contribute towards alleviating their poverty and make access to education, a fundamental right, achievable. The charity is literally run from their dining room at their kitchen table where trustee meetings take place, newsletters are written, telephone calls are made and answered and it is here where discussion become actions to make positive changes for vulnerable children living in poverty.

FSF are currently raising funds to support 8 schools within the Lower River Region of The The Gambia, Kwinella Health Centre, FSF Community Centre and agricultural and environmental projects.

The sponsored walk is in aid of FSF's Mosquito Net Appeal because Malaria is the leading cause of death amongst children under 5 and pregnant women in The Gambia. However, malaria is preventable. Mosquito nets are considered the most effective way of preventing malaria but costing £7 per net is simply a price people living in poverty cannot afford. This is where you come in! FSF need your support to raise as much funding as possible to buy these much needed nets and save lives.

### **The West Highland Way**

The West Highland Way links Milngavie, just outside Glasgow, to Fort William in the Highlands. It passes from the lowlands, across the Highland Boundary Fault Zone and on into the Scottish Highlands. Much of the Way follows ancient and historic routes of communication and makes use of Drove Roads, Military Roads and Disused Railway Tracks.

### **Sponsorship**

Each person once they agree to do so will receive a sponsorship form. Then we urge you to ask your family, friends, peers, colleagues and neighbours to sponsor you for the tough challenge you are undertaking.

Each person can also create a just giving page, or together we can create one as a group (possibly the best idea).

The sponsor form is attached along with the little info book!

When you have successfully walked your walk, could you please return your sponsorship form and funds to Rebecca Daffeh so that FSF can claim a further 28% from the Government in Gift Aid. FSF will then thank you by sending you your very own FSF mug.

Please make all cheques payable to Fresh Start Foundation.  
Suite 147, 79 Friar Street  
Worcester  
WR1 2NT

**N.B** Please note that each person should raise a minimum of £100 each (but aim for lots more).

### **The Itinerary**

#### **BRIEF**

Day 1:	<a href="#">Milngavie</a>	t o	<a href="#">Drymen</a>	12 Miles
Day 2:	<a href="#">Drymen</a>	t o	<a href="#">Rowardennan</a>	14 Miles
Day 3:	<a href="#">Rowardennan</a>	t o	<a href="#">Inverarnan</a>	13 Miles
Day 4:	<a href="#">Inverarnan</a>	t o	<a href="#">Tyndrum</a>	12 Miles
Day 5:	<a href="#">Tyndrum</a>	t o	<a href="#">Kingshouse</a>	18 Miles
Day 6:	<a href="#">Kingshouse</a>	t o	<a href="#">Kinlochleven</a>	9 Miles

