

# CLIMB CROAGH PATRICK 2017

Climbing 'The Reek' is one of Ireland's best known hikes, and each year thousands of walkers, climbers, pilgrims and outdoor enthusiasts make the journey to admire the summit and marvel at its spectacular views across Ireland's West Coast.

Located five miles from the picturesque town of Westport and Croagh Patrick's conical shape towers gloriously above the surrounding countryside.

So, don't miss out on the breathtaking views and great company while raising funds for a worthy cause.

To sign up or to find out more about the event contact Rachel on [rachel.ohalloran@selfhelpafrica.org](mailto:rachel.ohalloran@selfhelpafrica.org).

[www.selfhelpafrica.org](http://www.selfhelpafrica.org)

**gorta**  
Self Help Africa

DECADES OF EXPERIENCE  
IN AFRICA

At Self Help Africa, we focus our attention and resources primarily on rural farm families – because that's where we can make the greatest impact.

80% of African people rely on farming for their survival and most of these live on small farms, which have potential to produce **MORE FOOD** and provide a **BETTER LIVING**.



For 30 years, Self Help Africa has walked step for step with agricultural and rural communities in Africa – **this investment makes SENSE and we know it WORKS!**

Gorta-Self Help Africa is committed to protecting your privacy. We comply with the Data Protection Acts 1988 and 2003 in how we collect, store and use your personal information. We would like to keep you informed about how we spend your donation but if you would prefer not to hear from us please tick this box ☐



# CLIMB CROAGH PATRICK

SPONSORSHIP CARD | 2017

**Saturday 20<sup>th</sup> May 2017**

Celebrate the lead up to Africa Day by Challenging yourself and help African farmers provide for their families.

**gorta**  
Self Help Africa  
[selfhelpafrica.org](http://selfhelpafrica.org)

Participant Name: .....

Phone Number: .....

Email: .....

# SUPPORTING GORTA-SELF HELP AFRICA BY CLIMBING CROAGH PATRICK