

**FRIENDS OF LONDIANI**  
Creating Better Futures



# MOUNTAIN CHALLENGE

**Climb for Kenya on Saturday August 22<sup>nd</sup> 2015**

Join us in a challenge to climb the highest mountains in the four provinces of Ireland – choose your mountain from -

- Munster – Carrauntoohil
- Ulster – Slieve Donard
- Leinster – Lugnaquilla
- Connacht – Croagh Patrick

**Four different teams climb four different mountains at the same time**



**Sign up fee €50 per person**

**Raise vital funds to help people in a rural area of Kenya through programmes with schools, health facilities and community groups.**

Further information from -  
**[mountainchallenge@friendsoflondiani.com](mailto:mountainchallenge@friendsoflondiani.com)**

**021 4621748**

**4 The Crescent, Mill road, Middleton, Co. Cork CHY 16505**

**[www.friendsoflondiani.com](http://www.friendsoflondiani.com)**

Main photo is taken in Londiani, Kenya on a Trekking route being developed by local community members as an income generating sustainable tourism project