



**BEAUMONT HOSPITAL
FOUNDATION** www.bhf.ie

WALKING CHALLENGE TO VIETNAM and SINGAPORE

"No lifetime is complete without a trip to Vietnam"

12th March – 26th March 2009

We invite you to join our Walking Challenge to Vietnam in March 2010.



[Vietnam](#) Situated in eastern Indochina and boasting over 2,000km of coastline from North to South, Vietnam is located in a honey bowl of rich and traditional culture. Throughout its history, Vietnam has been subjected to strong foreign influences, from periodic Chinese rule over the past 2000 years, through French colonialism, to Japanese wartime occupation and finally the Vietnam War ending in 1975. Most visitors to Vietnam are overwhelmed by the inspirational beauty of the country's natural setting: the Mekong Delta in the south and almost the entire coastal strip is a patchwork of brilliant green rice paddies tended by women in conical hats. Vietnam also offers an opportunity to see a country with a fascinating blend of ancient and modern sights and a mix of traditional charm and rare beauty rapidly opening up to the outside world.

[Ho Chi Minh City](#) (or Saigon as it is also known) is a bustling cosmopolitan city known for its history, people, and architecture. With a population of 8,5 million Ho Chi Minh City is full of life and contrasts. Everywhere you look there is activity, be it schoolgirls on bicycles, their traditional "Ao Dai" tunics fluttering in the breeze or vendors engulfed in bright bubbles of balloons or pushing carts heaped with wares. The French influence is still apparent in Ho Chi Minh City – from the broad tree-lined boulevards to the imposing villas and colonial architecture.

[Phan Thiet](#) Lying to the North East of Ho Chi Minh City is the seaside town of Phan Thiet. Phan Thiet is approximately 4 hours drive from Ho Chi Minh City. Both Phan Thiet and the adjoining Mui Ne beach are ideal spots to escape the hustle and bustle of Saigon without having to travel too far.



Singapore Exciting. Exotic. And surprisingly full of history. The multi-racial fabric of Singapore has generated an eclectic cultural melting pot of traditions, lifestyles and architecture. These are rooted on the Chinese, Malay, Indian and Caucasian people who have made this small, tropical island their home.

Friendly people, exotic cultures, colourful festivals, lush gardens, excellent shopping, world class hotels and a summer that lasts all year, all these combined makes us a must on any Far East itinerary.

Discover our unique and cosmopolitan atmosphere in Arab Street, Chinatown or Little India with the dramatic high-rise skyline side by side. There really is so much to see and do; take tea or stay at the Raffles Hotel, visit our beautiful Zoological Gardens or take in the thrills of Underwater World in Sentosa. Or, perhaps join in our national passion: Food!. Eating out is always a pleasure as few places can offer so much variety, and at such good value for money!. Try our excellent hawker food or dine at Clarke Quay and Boat Quay ('Covent Garden' style areas with numerous wine bars and exotic restaurants).

Beaumont Hospital Foundation supports the work of **Beaumont Hospital** through our fund-raising activities. Over three quarters of a million raised has been used to fund the Grant Application Process and has “**Helped to make a difference**” to the lives of the patients who pass through the doors of Beaumont Hospital.

Our Walking Challenge is open to everyone from 18 to 80 and there will be five 12km / 20km Challenge Walks on our 14 day trip. The walks will be managed at a suitably average pace with regular rest and refreshment stops and will be a wonderful opportunity to experience the beauty of Cuba and its environs. Some people will be travelling for the first time on our **Walking Challenge with Beaumont Hospital Foundation**- others will have completed other Challenges with us but don't worry, we will be arranging Team Meetings prior to the trip in order that participants will have the opportunity to get to know one another. You must, however, be willing to put in the time and effort required to raise the money to participate in the Challenge. We can provide advice and tips to assist you with your Fundraising.

Others can do it, so can You!!!

Your fund-raising money will cover:

- ❖ Return flights: Dublin / London / Vietnam
- ❖ All transfers between airports and hotels
- ❖ Sharing twin or double room accommodation as applicable
- ❖ Single room supplement €682.00
- ❖ Meals
- ❖ Beaumont Hospital Foundation Team Kit
- ❖ Travel Insurance cover for all travelling

The Fund raising Target is €4900.00 to be paid before 28th February 2010.

Registration Fee of €550.00 to be paid ASAP to secure your place and as a guideline.

31st November 2009 €950.00

31st December 2009 €1000.00

31st January 2010 €1400.00

28th February 2010 €1000.00

This is a Walking Challenge and each participant requires a certain level of fitness so we would advise regular training beforehand.

Booking Conditions:

- 1 Registration fee must accompany registration forms (fully completed) to secure your flights and place on the Challenge. **Deposit is €550.00. This is non refundable*****
- 2 Registration form and Terms and Conditions must be completed and returned. All medical details must be declared for insurance purposes***
- 3 There are a limited number of places, late entries will be placed on a waiting list.***
- 4 The Board basis is per the itinerary and all other extras are the responsibility of the client.***
- 5 It is imperative that you stick to the Fund-raising schedule to ensure your target is met in good time before the Challenge.***
- 6 If we are not in receipt of the full Fundraising target before travelling we will be unable to accommodate you on this Challenge.***
- 7 The Itinerary may be altered or updated to ensure the best route for the Challenge.***