

Press Release
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For Immediate Release

WALK THE GRAND CANAL & RAISE A GRAND IN AID OF DUBLIN SIMON

**Travel Writer and avid Rambler, John Mulligan, to lead
the 5-day Grand Canal walk from Ringsend in Dublin
to Shannon Harbour in Co Offaly**

****April 23rd – May 3rd**
(May Bank Holiday Weekend)**

Raise a grand for The Grand! Take part in our Grand Canal Walk and join John Mulligan as he sets out from Dublin city centre to the wide open spaces of the Midlands and leads walkers through picturesque countryside while recounting some history of the Grand Canal. Not only will you improve your fitness but you will be able to join the small and exclusive club of those who have walked the entire Grand Canal.

Participants are of all ages, all levels of fitness, and come from all walks of life. The Grand Canal walk is guaranteed to create a unique team spirit, camaraderie and a huge sense of achievement while working together to fight homelessness.

Constructed in bogland along a good proportion of its length, the Grand Canal is one of Ireland's greatest engineering achievements and today is a unique example of its kind in the world. The first boat traveled the entire length of the canal in 1804 which stretches for 80 miles from Dublin in the east to Shannon Harbour in the west with 43 locks. Nowadays both privately owned and hire boats move freely along its length, gliding serenely under bridges, through locks and past glorious old buildings, open bogland and rural landscapes.

Funds raised from this walk will go directly into the vital services provided by the Dublin Simon Community. Dublin Simon Community help the most vulnerable in society to break the vicious cycle of homelessness by empowering them to take control of their lives and find and maintain a place they can call home.

Working at the coalface, the Dublin Simon Rough Sleeper Team and Soup Run are on the streets every day and night, 365 days of the year. Emergency Accommodation provides services and a bed for those coming in off the streets and Supported Housing caters for individuals who cannot maintain independent living. Resettlement seeks to place people in appropriate housing, while Tenancy Sustainment provide support for those in their own tenancies who may have previously experienced, or currently be at risk of, homelessness. The Dublin Simon Residential Addiction Services bring those suffering addiction through a three phase cycle – detox, rehab and aftercare.

Dublin Simon rely on donations from the public and fundraising events to help run projects. With this help and support Dublin Simon Community are able to give people who are homeless the stability to start rebuilding their lives.

So if you are looking for a challenge, a fun group event, to walk some amazing scenic routes in Ireland or to help a charity, you can find out more about The Grand Canal Walk 2010 on www.dubsimon.ie

For more information contact:

John Mulligan, Walk Leader on 086 3872631 or jmu2@eircom.net

Barbara White, Walk Co-ordinator on 087 2511482 or barbaramwhite@gmail.com

For further information on Dublin Simon Community contact Lorna Cronnelly, Campaigns and Media Manager on lornacronnelly@dubsimon.ie or (01) 6715551 ext. 208.