



Leading the Way since 2006

April 25^h, 2013

THE RISE NEEDS YOU TO FOLLOW THE CAMINO!

This September, the award-winning Irish singer Frances Black will be walking the Camino de Santiago with the help of the Irish Camino Experts Follow the Camino™ to raise funds for her Charity, The RISE Foundation.

Last month, the singer met Umberto di Venosa, the Managing Director of Follow the Camino, to discuss the healing effect of walking the Camino on the mind and how the fundraising excursion could keep their vital Dublin centre running for one year. (See photo attached.)

FOLLOW THE CAMINO & FUNDRAISE FOR RISE!

On Saturday, September 28th, a group of 30 people should head on an once-in-a-lifetime adventure on the Camino de Santiago also known as the Way of St James, a 1000 years old Heritage Trail to Santiago de Compostela in Northern Spain.

The group will spend 6 days walking 15 to 25km per day to complete the last 100km of the French Way before arriving in Santiago de Compostela, where they will receive an official pilgrimage certificate.

The cost of this unique, all inclusive, walking holiday is €1,900 per person, which includes a minimum €1,000 donation. All money raised for RISE will go directly towards running this vital service for those family members in need of help and support. We need your help!

Umberto Di Venosa:” Supporting such a Charity is an essential part of the Camino values and spirit. Walking the Camino has a spiritual healing effect, I encourage everyone to do it and experience a peaceful moment where they will reflect on their life and aspiration; a breathing moment in our hectic lifestyle! “

ABOUT THE RISE FOUNDATION

The RISE Foundation is a registered charity founded by the well-known singer Frances Black, who was inspired during her own recovery. The focus is on the families of those with addictive behaviour (alcohol, drugs, gambling and food etc.) and not the person in addiction themselves. RISE runs therapeutic Family Programmes and One-to-One Counselling Services to help families understand the nature of addiction, teach self-help mechanisms and assist family members in finding their own recovery.

Find out more on <http://www.followthecamino.com/en/the-rise> or book at <http://www.therisefoundation.ie/walk-camino-rise-september>

ABOUT FOLLOW THE CAMINO™

Follow The Camino™, a world-wide leading tour operator, founded in 2006 in Dublin, Ireland, specialised in organising walking, cycling and horse riding holidays along the Camino de Santiago. We invented a new approach to this ancestral pilgrimage, respecting its spirit and enhancing its values, while making it more accessible, enjoyable and achievable for all.

For additional information please contact:

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