

# Richard's walk to D'feet MND

Raising funds and awareness for Motor Neurone Disease Association

## ITINERARY

2 May – 24 July 2010



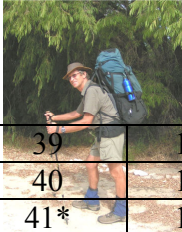
| <i>Day</i>  | <i>Date</i> | <i>From</i>    | <i>To</i>      | <i>Notes</i> |                                     |
|---|-------------|----------------|----------------|--------------|-------------------------------------|
| <b>On Friday 7<sup>th</sup> May there will be a Major event in Albany</b> |             |                |                |              |                                     |
| 1*  | 09/05       | Albany         | Hidden Valley  |              |                                     |
| 2   | 10/05       | Hidden Valley  | Torbay         |              |                                     |
| 3   | 11/05       | Torbay         | West Cape Howe |              |                                     |
| 4   | 12/05       | West Cape Howe | Denmark        |              |                                     |
| 5   | 13/5        |                |                |              | Two days                            |
| 6   | 14/5        |                |                |              | fundraising in Denmark              |
| 7*  | 15/05       | Denmark        | William Bay    |              |                                     |
| 8*  | 16/05       | William Bay    | Boat Harbour   |              |                                     |
| 9   | 17/05       | Boat Harbour   | Peaceful Bay   |              |                                     |
| 10  |             |                |                |              | One day fundraising in Peaceful Bay |
| 11  | 19/05       | Peaceful Bay   | Rame Head      |              |                                     |
| 12  | 20/05       | Rame Head      | Giants         |              |                                     |
| 13  | 21/05       | Giants         | Frankland      |              |                                     |
| 14*   | 22/05       | Frankland      | Walpole        |              |                                     |
| 15*   | 23/05       |                |                |              | Two days                            |
| 16  | 24/05       |                |                |              | fundraising in Walpole              |
| 17  | 25/05       | Walpole        | Mount Clare    |              |                                     |
| 18  | 26/05       | Mount Clare    | Woolbales      |              |                                     |
| 19  | 27/05       | Woolbales      | Dog Pool       |              |                                     |
| 20  | 28/05       | Dog Pool       | Lake Maringup  |              |                                     |
| 21*   | 29/05       | Lake Maringup  | Gardner        |              |                                     |
| 22*   | 30/05       | Gardner        | Northcliffe    |              |                                     |
| 23  | 01/06       |                |                |              | One day fundraising in Northcliffe  |
| 24  | 02/06       | Northcliffe    | Schafer        |              |                                     |
| 25  | 03/06       | Schafer        | Warren         |              |                                     |
| 26  | 04/06       | Warren         | Pemberton      |              |                                     |
| 27*   | 05/06       |                |                |              | Two days                            |
| 28*   | 06/06       |                |                |              | fundraising in Pemberton            |
| 29  | 07/06       | Pemberton      | Beedelup       |              |                                     |
| 30  | 08/06       | Beedelup       | Beavis         |              |                                     |
| 31  | 09/06       | Beavis         | Boarding House |              |                                     |
| 32  | 10/06       | Boarding House | Tom Road       |              |                                     |
| 33  | 11/06       | Tom Road       | Donnelly River |              |                                     |
| <b>On Friday 11th June there will be a Major event in Manjimup</b>        |             |                |                |              |                                     |
| 34  | 12/06       |                |                |              | Two days                            |
| 35  | 13/06       |                |                |              | fundraising in Manjimup             |
| 36  | 14/06       | Donnelly River | Gregory Brook  |              |                                     |
| 37  | 15/06       | Gregory Brook  | Blackwood      |              |                                     |
| 38  | 16/06       | Blackwood      | Balingup       |              |                                     |

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|  |       |                                       |                   |  |
|--|-------|---------------------------------------|-------------------|--|
| 39   | 17/06 | Balingup                              | Grimwade          |  |
| 40   | 18/06 | Grimwade                              | Noggerup          |  |
| 41*  | 19/06 | Noggerup                              | Yabberup          |  |
| 42*  | 20/06 | Yabberup                              | Collie            |  |
| 43   | 21/06 | Three rest days<br>in<br>Collie       |                   |  |
| 44   | 22/06 |                                       |                   |  |
| 45   | 23/06 |                                       |                   |  |
| 46   | 24/06 | Collie                                | Harris Dam        |  |
| 47   | 25/06 | Harris Dam                            | Yourdamung        |  |
| 48*  | 26/06 | Yourdamung                            | Possum Springs    |  |
| 49*  | 27/06 | Possum Springs                        | Dookanelly        |  |
| 50   | 28/06 | Dookanelly                            | Murray            |  |
| 51   | 29/06 | Murray                                | Swamp Oak         |  |
| 52   | 30/06 | Swamp Oak                             | Dwellingup        |  |
| 53   | 1/07  | Two days<br>fundraising in Dwellingup |                   |  |
| 54   | 2/07  |                                       |                   |  |
| 55*  | 03/07 | Dwellingup                            | Chadoora          |  |
| 56*  | 04/07 | Chadoora                              | Mount Wells       |  |
| 57   | 05/07 | Mount Wells                           | White Horse Hills |  |
| 58   | 06/07 | White Horse Hills                     | Gringer Creek     |  |
| 59   | 07/07 | Gringer Creek                         | Nerang            |  |
| 60   | 08/07 | Nerang                                | Mount Cooke       |  |
| 61   | 09/07 | Mount Cooke                           | Monadnocks        |  |
| 62*  | 10/07 | Monadnocks                            | Canning           |  |
| 63*  | 11/07 | Canning                               | Mount Dale        |  |
| 64   | 12/07 | Mount Dale                            | Waalegh           |  |
| 65   | 13/07 | Waalegh                               | Ball Creek        |  |
| 66   | 14/07 | Ball Creek                            | Hewett's Hill     |  |
| 67   | 15/07 | Hewett's Hill                         | Kalamunda         |  |
| <b>On Friday 16<sup>th</sup> July welcome to Kalamunda</b> |       |                                       |                   |  |
| 68*-75*  | 17/7  | Kalamunda                             | Northam 24/7      |  |
| <b>On Saturday 24th July finish in Northam</b>             |       |                                       |                   |  |
| <i>The end of the walk!</i>                                |       |                                       |                   |  |