



ROTARY END POLIO WALK

SIBU to KUCHING, SARAWAK
April 20 to May 1st, 2015

Ending at the District Conference to be held in Kuching from May 1 – 3, 2015

WALK DETAILS



Purpose : To raise Funds as a District towards Rotary International's End-Polio Programme.

This is the 4th Walk organised by D3310 & 3300 involving 400 + km of walking over 11 Days

Distance : 422 km. Approx 40km per Day.

Timing : Midnite : Light breakfast

01:00 to 11:00 hrs Walking period

11:00 – 12:00 Lunch & Check-in to Budget hotel

13:00 – 18:00 Rest period

18:00 – 19:00 Light Dinner

19:00 – 24:00 rest period

Repeat for 11 Days

May 1st : 09:30am Closing Walk in Kuching to DC Hotel

APPROX. COSTS : Note ALL Participants are to pay their own way !
(Unless they get sponsors for their costs)

Hotel : 12 days x RM 100 = RM 1200

Meals : 11 days x RM 50 = RM 550

Safety vest & lights (1 set) = RM 100

Total approx. costs = RM 1850

Contact : AG Tay Wei Lien : wltayqs@gmail.com

if intending to participate and for further information