

## ABOUT FRANCIS HOUSE

Francis House Children's Hospice provides care for children and young adults with life-limiting conditions and supports families from across the North West and beyond.

We give support and care in the following ways:

- Skilled nursing care in a homely and secure environment
- Essential breaks for parents and families
- A flexible service to suit individual families' needs
- A lifeline by being available day and night

The major part of our funding is charitable and last year it cost £4.2 million to keep the service open.

For more information please visit [www.francishouse.org.uk](http://www.francishouse.org.uk)  
Registered Charity No. 328659



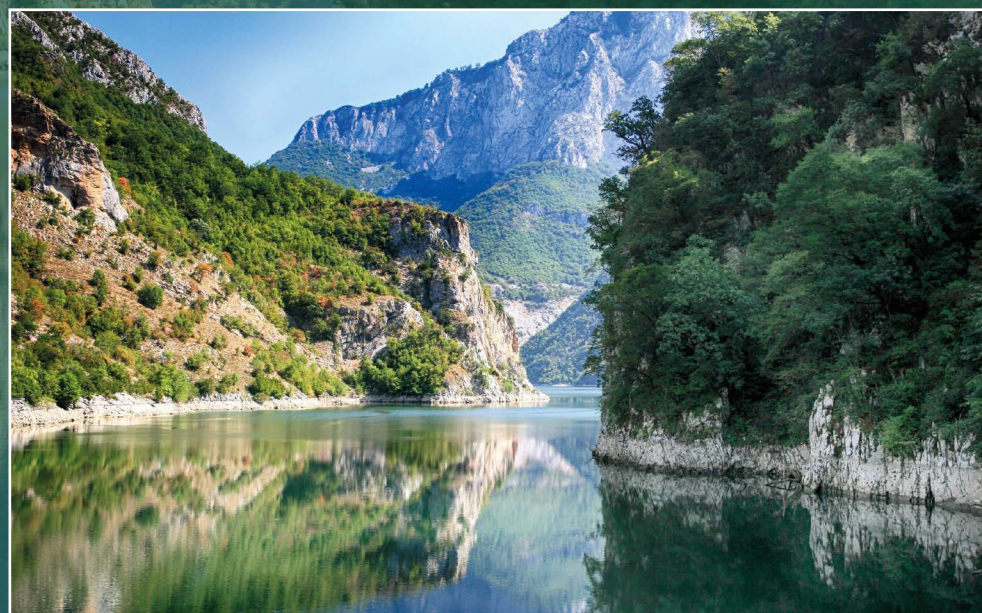
## TRIP OF A LIFETIME

### The 'ACCURSED' Mountains of Albania

The trek will cost £1,124 per person if booked before 31st January 2019. This includes flights, accommodation, meals and tour leaders, but excludes personal travel insurance. Prices may increase if booked after 31st January 2019.

In addition, we ask each trekker to raise a minimum of £1000 for Francis House. We will help you to build a fundraising plan to reach the target and will offer tips, advice, fundraising materials and support.

Please join us at the hospice on 25th September 2018 for an information evening. To find out more, call Rachel on 0161 443 2200 or email [rachel.astill@francishouse.org.uk](mailto:rachel.astill@francishouse.org.uk)



**TREK 4**  
The 'ACCURSED' Mountains of Albania

**TREKKING THE ALBANIAN ALPS**  
**7th - 15th SEPTEMBER 2019**





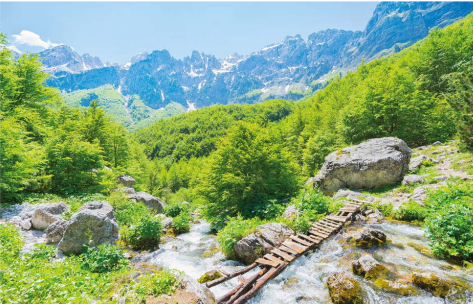
# The ‘ACCURSED’ Mountains of Albania

Following the amazing success of our previous treks, which have so far raised a staggering £112,000 in sponsorship. Francis House is able to announce Trek 4 which will take place in the ACCURSED Mountains of Albania in September 2019. This will be an exciting journey taking in Alpine scenery, high passes and stunning unspoilt valleys.

*“This has been the first challenge that I have been involved in and it has been superb. The guides were excellent, friendly and professional and we were given great food at the campsites” (Past trekker)*

## Itinerary

|       |  |
|-------|--|
| Day 1 | Arrival in Albania’s capital, Tirana. 30 min transfer to our hotel in the historic town of Kruja.  |
| Day 2 | Drive to the beautiful Lake Koman where we take a boat through the magnificent scenery to the hamlet of Kukaj (3608ft) in the Valbona National Park. Short walk (2-3 hours) to guesthouse.                               |
| Day 3 | Shepherd’s path into the more remote Eastern Alps. Smooth ascent to the pass (6562ft). Scenic picnic before heading back to Kukaj. (6-8 hrs).  |
| Day 4 | Climb to an elevated plateau covered in forest. Ridge walk to the summit of Kinji Rrogamit on steep trails (6102ft). Continue along the opposite ridge dropping to a valley guesthouse (3117ft) (6-7 hours).             |
| Day 5 | Alpine trail over the Valbona Pass following a steep trail through Alpine meadows into the Theth Valley. After a hard climb we descend into the village of Thethi (traditional alpine village) (7-8 hours).              |
| Day 6 | Walk to waterfall and canyon to eat lunch on Bronze Age terraces. Gentler trails to quiet hamlet of Nderlysa (5-6 hours).  |
| Day 7 | Scenic walk through a canyon to the Blue Eye cascade before winding up through the forest for our last steep climb to the Thore Pass. Vehicles meet us to transfer to Tirana, where we spend our final night in a hotel. |
| Day 8 | Free time before flight home.  |



## Interested In Finding Out More?

Fill in the form below to request further information about the ACCURSED Mountain Trek.

**You can also learn more at our information evening on September 25th 2018.**

Name: .....

Address: .....

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Contact Number: .....

Email Address: .....

How did you find out about the trek? .....

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Please tear off this form and return to:

**Rachel Astill**  
Fundraising Office, Francis House Children’s Hospice,  
390 Parrswood Road, Didsbury, Manchester, M20 5NA.  
Or email: [rachel.astill@francishouse.org.uk](mailto:rachel.astill@francishouse.org.uk)  
Telephone: 0161 443 2200