

EN PIÉ FUNDACIÓN

FEBRUARY REVIEW



Although New Year seems like just a moment ago, it seems March has snuck up on us already! We would like to start our Review by thanking everyone who came to our sponsored hike from Santiago del Teide to Los Gigantes port on the 6th February. It was a wonderful event, made so by the participation of our wonderful company, who were enthusiastic, friendly and full of beans!

Our walk was punctuated at regular intervals with stops for food and drink from the seven Canary

to complete our 8km challenge down through the pretty valley to our destination - Los Gigantes harbour. Spirits were high



when we got to the port and were entertained with some great local acts, who gave up their valuable free time to share their talent with us. After much dancing and merriment well into the night, we said goodbye to all our fabulous participants whom we hope we will see again at future events.

We would like to invite everyone able to come to our next Talk the Walk event - on Sunday 20th March. This approximately 7km moderate walk through picturesque forest trails and valleys near the

village of Ifonche in the south of the island will take around three and a half hours. Afterwards, we will be treated to a hearty roast pork dinner, with crackling, apples, baked potatoes and live music at the Penny Farthing in Los Cristianos.

To sign up, all you need to do is drop us an e-mail at fundacion@enpie.org, or andy@tenerife-guided-walks.com.

Once more, we would like to invite the public to come along to our Centre and Charity S - The Drop in Point. We are located in the Poligono de Guimar, next to the Roundabout (Rotunda) Café. You can



find us here if you ever need to 'drop in' for a chat

about mental health, for information, or advice or help. We are open from 9.00am - 5.00pm Monday/Friday, and 9.00am - 2.00pm on Saturdays - our doors are always open for anybody who needs to talk or would just like to spend some time with us.

We also accept donations and sell all sorts of



wonderful items including second-hand furniture and clothes to raise money for the Foundation.

So we hope to see you soon wherever it may be!

Please Like our Facebook page to stay up-to-date with our activities or call us for more information on: 922 539 067. Until next time...



Islands - giving us the sustenance we needed



TALK THE WALK FOREST GRUNT

Sunday 20th March 2016.

1) Approx 7 km easy to moderate walk on good trails through the forest and Barrancos near Ifonche, taking about 3/3.5 hours.

Meeting Point: Apollo Centre, Los Cristianos.

Time: 10:30 a.m. sharp

Price per person: €12

After the walk we will go to the Penny Farthing, for approx. 3.30 p.m.

Los Cristianos for Roast Pork and crackling and apples and baked potatoes plus live music

2) These are community walks for fun and so people can enjoy nature, and also learn about Tenerife's natural history with the opportunity to practice speaking Spanish/English. They are not to be taken as fitness marches. Please plan for a full day out!

To book contact: andy@tenerife-guided-walks.com +34 616 89 29 09