

**Sacred Heart Parish**  
**March for Life, Washington, DC – January 22, 2010**  
**Itinerary for Perkiomen Tours - As of 1/6/2010**

For those who will leave cars at Sacred Heart during the day, please park in the back lot by the field. The front lot gets busy during the school day, so we don't want to clog that lot.

Itinerary:

- 5:45am Mass at Sacred Heart Church. (Remember to fast before Communion!)
- 6:15am Light refreshments downstairs in Church Hall. Bus drivers welcomed.
- 6:30am (appx) Restroom-equipped **Perkiomen Tours** charter buses depart for Washington, DC from our Washington Street entrance, led by Monsignor Nave. One-way trip takes about 4.5 hours, including a brief rest stop along the way. Eat bring-your-own bag lunches on the bus prior to arrival in Washington. Please be on time!
- 11:00am (appx) Arrival in Washington, DC. Buses drop us off by the Smithsonian (7<sup>th</sup> and Jefferson). Free NRTL signs supplied along short walk to the Mall.
- Noon Activities begin by the Mall.
- 1:00pm (appx) March begins along Constitution Avenue, proceeds to Supreme Court building.
- 2:30pm (appx) Arrival at Supreme Court building. (Stay here for a short time if time permits!)
- 3:00pm (appx) Depart from Supreme Court along First Street to Union Station Bus/Train Station.
- 4:00pm (appx) Buses leave Union Station to return home, with a dinner stop along the way. Maryland House I-95. **This year, the Perkiomen Tours plans to park the buses in Union Station, which should make our departure easier.**
- 9:00pm (appx) Arrival back at Sacred Heart.

What to Bring:

- Bag lunches and drinks for the trip down to Washington. Snacks, as desired.
- \$15-\$20 for morning rest stop and evening dinner.
- Clothes appropriate for weather conditions, gloves, and hat.
- Good walking shoes or sneakers.
- Rosary.
- Camera recommended.
- ~~School work?~~
- Whatever else your mom would recommend!
- Cell phone if you have one!

What to expect:

- Weather forecast – Washington, DC 1/22/2009 – {TBD}
- Toilet facilities – Our buses are restroom-equipped, but everyone knows that bus restrooms aren't great. (Gentlemen – lift the seat!) The rest stops along the way have good restrooms. There are port-a-potties near the speakers' stage. Restrooms are available in public buildings (such as museums) along the March route (Constitution Avenue). Port-a-potties are also available along the March route. Office buildings are not open to the public. Union Station has ample restrooms. "Wet-Ones" are a good idea – in case you have to use the port-a-potties.
- Meals - not while in Washington. (See "Itinerary" and "What to Bring," above.)
- Sightseeing – 'not an option. It will be an exciting day as you stand up for the babies and participate in the activities. If you want to go sightseeing, do so on some other day.
- Stay with your chaperone(s)! Your chaperoned group should stay together at all times! Do not go off on your own! Please listen to your chaperone at all times! Follow the Sacred Heart banner!
- Need assistance? - If you get lost or need any assistance, see a police officer or a March marshal from the Knights of Columbus. The marshals wear white jackets and KofC hats. The marshals are plentiful and easily identifiable. You may call your chaperone's cell phone (cell #s will be exchanged on the bus). Don't get lost!
- **Route: Mall - Constitution Ave up Capitol Hill - Supreme Ct Bldg – Union Station.**
- Union Station - Look for Monsignor Nave in front of Union Station for directions to the buses. He'll know where our buses are parked. Union Station is a big building! There may be an opportunity to grab a snack at Union Station before boarding the buses.
- Return time – 'Expected to be around 9pm. Cell phones may be used to call home with a better ETA as we get close to home.
- Expect a great spiritual day! Expect to make a difference!