

Entry Form (to be returned by 30th May 2015)

Form to be returned by mail OR send full details by email walk@amrt.org.uk OR enter via the link on the Team website www.amrt.org.uk

Surname: Forename: Age(if under 21)*:

Address:

.....PostCode: Tel.(Home):

(Work):(Mobile): Email:

Team Name:

List Other Team Members:

Where did you hear about the walk:

I will join the bus at: *Guild Street—St Magnus House* *Woodhill House*
** Please tick the box *Cults Library* *Bieldside Shops*
Milltimber Equestrian Centre *Culter Library*
Morrisons @ Banchory *Aboyne Car Park*

* If you wish to take part in the shorter guided walk, please tick this box (numbers are restricted to 20)

Please return your completed Entry Form to:- Aberdeen & St John Mountain Rescue Association, Hilton Farm Cottage, Coalford, Peterculter, Aberdeen, AB14 0LT.

I wish to take part in the walk and I agree to comply with conditions laid down by the organisers and to abide by any instructions given by them. I confirm that I am taking part in the walk at my own risk and bind myself to free and indemnify the organisers of any claim arising for any reason as a result of the walk. I further agree to submit all sums received from sponsors for the benefit of Aberdeen Mountain Rescue Team.

Signed: _____ Date: _____



ENTRY FORM

*Aberdeen & St. John
Mountain Rescue
Association*

SPONSORED WALK
In Aid of

**ABERDEEN MOUNTAIN
RESCUE TEAM**

**SATURDAY 6th
JUNE 2015**

**23km (approx)
Glen Tanar Visitor Centre-
Firmouth - Craigininne -
Visitor Centre at Braeloine**

**Free Entry, Prizes
and Organised
Transport**



St John

Aberdeen Mountain Rescue Team

Team members come from a wide variety of backgrounds. They have a common interest in mountaineering and a strong commitment to mountain rescue. The majority of Team members live in or around Aberdeen, and they give their time entirely voluntarily to the Team. Callouts may come at any time of the day or night, and usually in bad weather! Team members are effectively on call 365 days per year and have been involved in many callouts, taking great pride in providing a professional service.

It costs approximately £40,000 each year to keep the Team fully equipped and ready to respond to a callout. Maintaining, insuring and running vehicles is expensive, and the need to purchase specialist rescue equipment and protective clothing places a serious financial burden on both the Team and the Association, which supports the Team.

The main fund-raising activity for the Team is the annual Sponsored Walk. It is generally held on the first Saturday in June. It is designed to be an enjoyable day out for supporters, friends and family.

2015 will be our forty-fifth annual sponsored walk.

The Sponsored Walk

This year's sponsored walk sees a return to Glen Tanar. Following the very successful visit to the Glen in 2014 and the very positive feedback from those who took part, we decided that a return visit was warranted.

The walk will start at the Visitor Centre which is located on the south side of the delightfully arched stone bridge across the Tanar beside the car park. The walk route goes from the Visitor Centre north across the bridge and then up behind the car park joining the track which traverses the side of the hill round past the home farm and Glen Tanar House before dropping down into the Glen.

Following the main track west up the Glen for about two kilometres the route then crosses the Tanar and slowly climbs as it heads south east round the edge of the Strone eventually connecting with the Firmouth track. This section of the walk goes through the Glen Tanar Nature Reserve and offers the possibility of sighting Capercaillie and Osprey.

The walk route leaves the Firmouth track and heads due east to the Guard at the top of the Fungle Road before descending to traverse the north side of Craigendinnie. The recent clearing of forestry in this section will afford great views across towards Aboyne and mid Deeside. A fairly steep descent to the South Drive will bring walkers back to the Tanar and a gentle walk back to the Visitor Centre past the historic Chapel of St Lesmo.

Much of this year's walk takes place within the boundary of Glen Tanar Estate and we are grateful to the Estate for their support and assistance in the planning and organisation of the walk. In conjunction with the Estate's Ranger Service, we will also be offering a shorter guided walk of approximately 10km, however numbers for this will be limited to approximately twenty walkers.

Although Glen Tanar is well known to walkers in the Aberdeen and Deeside area this year's route will give walkers a chance to experience a number of different aspects of the Estate and the area around the main Glen.

Finally walkers are reminded that although the route is not difficult and much of the main walk route is on well defined tracks there are some sections where underfoot conditions demand the wearing of walking boots. Walkers should also ensure that they have adequate and appropriate clothing for what is a day out in the mountains.

The overall length of the route is approximately 23 kms, and it should be remembered that although the route will be marshalled and patrolled by members of the Team, it is a remote mountainous environment.

This is a good opportunity to walk an interesting route without having to make transport arrangements. Special buses will leave from Guild Street and Woodhill House (where free parking is available).

There are toilet facilities at the Glen Tanar visitors centre. Refreshments and "fine pieces" will be available free of charge in the marquee.

There is very limited car parking, so we ask that if you are using your own transport you arrange to park in Aboyne and meet the bus to Glen Tanar from there. After the walk, the buses will transport walkers back to Aboyne and to Aberdeen.



Prizes

Thanks to the generosity of various businesses, we are able to provide Spot Prizes to participants chosen randomly by the first person to finish the walk. We also provide small prizes to those who raise the most money in the following classes:-

Under 14 yrs / 14 yrs to 18 yrs / Over 18 yrs / Best Team (of 5 persons) (Teams can have more than 5 members, but only 5 will count) / Runners

We ask that each participant achieves a minimum sponsorship of £30.

We really appreciate your support and hope you have an enjoyable day.