

Entry Form (to be returned by 28th May 2017)

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*
Ballater Car Park

Please return your completed Entry Form to:- Malcolm Lamont, Treasurer, Aberdeen Mountain Rescue Team, 4 Millgrove Road, Stoneywood, Bucksburn, AB21 9HW

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

SPONSORED WALK In Aid of

ABERDEEN MOUNTAIN RESCUE TEAM

SATURDAY 3rd JUNE 2017

25km (approx)
Linn of Dee - White Bridge - Glen
Luibeg - Derry Lodge - Mar Lodge

Free Entry, Prizes and
Organised
Transport

Supported By



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 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 and is designed to be an enjoyable day out for supporters, friends and family.

2017 will be our forty-sixth annual sponsored walk.

The Sponsored Walk

This year we will revisit a route which we first used in 2008. The route starts at the Linn of Dee and heads west along the north side of the Dee towards the White Bridge. At this point walkers will turn north and follow the path on the east side of the Dee up past the "Chest of Dee" and into the mouth of the Lairig Ghru. As walkers approach the path crossing the southern shoulder of Carn a Mhaim they will be treated to spectacular views of the mountains on both sides of the Lairig. This is a stunning spot which offers unrivalled views of some of the Cairngorm's highest mountains including Ben Macdui, Cairn Toul and the Devils Point. From this vantage point walkers will then turn east and follow the path as it descends to the Luibeg bridge

and the wonderful stand of ancient pine trees at the "Robbers Copse". From here the route then follows Glen Luibeg down to the Team's base at Derry Lodge where refreshments will be available.

Following a welcome break at Derry, walkers will then follow the Lui down to the Black Bridge and then up and across the old and little used path running south east to Mar Lodge.

This almost circular route will provide walkers with a great opportunity to glimpse the high tops of the Cairngorms, and also to experience the remoteness of the Lairig Ghru and the tranquillity and beauty of Glen Luibeg.

As always refreshments will be provided at the end of the walk, and the backdrop of Mar Lodge should make for a memorable conclusion to what we are sure will be a great day out.

The overall length of the route is approximately 25 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 and adequate and appropriate clothing and footwear should be worn.

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 Mar Lodge. Refreshments and "fine pieces" will be available free of charge in the marquee.

We ask that each participant achieves a minimum sponsorship of £40.

Please Note, THIS IS NOT A CIRCULAR ROUTE, so if using your own transport, you will need to make your own way back to the Linn of Dee car park at the end of the walk. Alternatively you can park in Ballater and request the bus pick up from there. TRANSPORT WILL NOT BE AVAILABLE TO TAKE WALKERS BACK TO THE LINN OF DEE.



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