

**Entry Form** (to be returned by 28th May 2018)

Form to be returned by mail OR send full details by email [walk@amrt.org.uk](mailto:walk@amrt.org.uk) OR enter via the link on the Team website [www.amrt.org.uk](http://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  
2<sup>nd</sup> JUNE 2018

25km (approx)

Keiloch – Gleann an t-Slugain – Quoich –  
Clais Fhearnaig - Mar Lodge

Free Entry,  
Refreshments  
Organised Transport



## 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.

## The Sponsored Walk

This year's sponsored walk, which will be our forty-eighth, will be an 'end to end' walk starting at the Keiloch on the Invercauld Estate, where buses will drop the walkers at the start of the walk, and finishing at Mar Lodge.

After leaving the Keiloch the walk will follow the track past Invercauld House and then on to Gleann an t-Slugain. In past years we have traversed Gleann an t-Slugain in both directions and it is always a favourite with walkers. The quiet beauty of the glen makes it one of the finest in the Cairngorms, and as you approach the head of the Gairn the views into the corries of Beinn a Bhuid are spectacular.

This year we will follow the glen to its junction with the Quoich Water. At this point the route turns west and picks up the track that descends into the valley of the Quoich. This part of the walk runs down through an impressive stand of Caledonian pine before crossing on to the west side of the Quoich and down to the junction with the footpath through the Clais Fhearnaig. This is the first time we have used the Clais Fhearnaig as part of our walk route which is something of an oversight given that this is one of the most interesting small glens in the Cairngorms. On leaving the confines of the Clais Fhearnaig the walk descends into Glen Lui and heads south east to the hill track running from the Black Bridge across to Mar Lodge.

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 Keiloch 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 KEILOCH**



## 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.**