

**Entry Form** (to be returned by 31st May 2019)

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*  *Bielside Shops*

*Milltimber Equestrian Centre*  *Culter Library*

*Morrisons @ Banchory*  *Aboyne 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**  
**8<sup>th</sup> JUNE 2019**

**25km (approx)**

**Ballater – Craig Vallich –  
Mounth Road - Glen Tanar**

**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. The walk, held in June 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-ninth, will be an 'end to end' walk starting in Ballater. Our 2019 annual sponsored walk will be breaking new ground in that we will be taking walkers across a section of the Glen Muick Estate that we have not previously visited, in what promises to be an interesting and unusual "end to end" walk. The walk will start in Ballater and then cross the Dee and on to the new footpath that runs alongside the B976 to the Glen Muick Bridge. From here the route will climb up past Balintober to the shoulder of Craig Vallich. As you climb out of the valley take the time to look back to the views across the Dee Valley and west to the Coyles of Muick and Lochnagar.

Even for those who are familiar with this part of Deeside this will give an unusual perspective on these familiar hills. From the high point on Craig Vallich there are 360 degree views of the Cairngorms and the hills of lower Deeside. Definitely a spot to stop and take on some refreshment and just wonder at the amazing scenery of this part of the world.

From here the route then takes the old Mounth Road path across to Lach an Gualainn. As you traverse this path you will slowly see revealed Mount Keen and the hills on the south side of Glen Tanar. The stalkers track leads down into Glen Tanar and then across the Water of Tanar. At this point we will connect with a section of the route that we have used previously skirting Red Craig, Black Craig and Clachan Yell before dropping down through the wonderful Forest of Glen Tanar. The walk then follows the track on the south side of the Water of Tanar to the Visitor Centre where refreshments will be provided

At the end of the walk toilets are available at the Visitor's centre.

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, therefore 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).

**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 Ballater at the end of the walk.**

**TRANSPORT WILL NOT BE AVAILABLE TO TAKE WALKERS BACK TO BALLATER**



## 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.**