



# Walk With Us Challenge

**Thank you for registering to Walk With Us on 31<sup>st</sup> August 2019**

Carers Link needs to raise an additional £20,000 towards delivering our services throughout 2019.

**Walk With Us** will bring people together whilst they walk, have fun and raise funds to support our work. This year we are delighted to partner our event with East Dunbartonshire Council and the Kirkintilloch Canal Festival.

There are two routes to choose from depending on age and ability:

Route 1 – approx 13 miles: Starts in Milngavie and ends in Kirkintilloch, walking via Strathblane, Lennoxton and Milton of Campsie.

Route 2 – approx 4 miles: This is a shorter, family friendly walk starting at Bishopbriggs ending in Kirkintilloch.

All routes will meet at the finish in Kirkintilloch to enjoy a celebration of their efforts and soak up the atmosphere during the Kirkintilloch Canal Festival.

**Please take a moment to read the important information below.**

## **Taking part**

You will need to be able to walk at pace and estimate your time of arrival to coincide with the finish line. We have included information about free local walking groups if you want to get some practice in.

The walk from Bishopbriggs to Kirkintilloch is along the canal path, this is level, wider and more suited to children and those with lower mobility are very welcome to walk this stretch.

## **Getting sponsors**

Our aim is to encourage as many people as possible to walk with us on 31<sup>st</sup> August. Last time we exceeded our target and would love to smash it this year! Could you help us by raising £50 in sponsorship along with a registration fee (TBC)? A sponsorship sheet is included however we recommend you use our JustGiving page. We have also included a sheet of hints and tips on raising funds to help you.

Sponsors like to know why you are supporting Carers Link, so please share our JustGiving link (TBC).

## **Keeping in touch**

If we have your email address we will send event updates. We will get in touch with all registered walkers in May to provide more detailed information. At this time please advise us on the route you wish to take.