

CLAN

(Cancer Link Aberdeen
& North)

JOIN THE FOURTH



FOR YOUR CLAN

The TARTAN TREK is a supervised walk, on the beautiful Balmoral Estate on Saturday, 11th May.

There is a choice of a short 6k walk or a longer 17k one. The entry fee is £6.

The aim of the walk is threefold;

- 1) to raise awareness of the facilities that Clan in the Community offers to those affected in any way by cancer,
- 2) to show that gentle exercise can be beneficial even for those who are unwell, and
- 3) to boost funds to enable us to offer more comfort to those who use the facilities of CLAN in the Community.

The walk will take place in the Glen Gelder part of the estate, offering varied scenery and climaxing with stunning views of Balmoral Castle. Don't be put off by the word Trek. Both routes are on landrover tracks, and for the most part fairly flat, starting at the rear of the Tourist Information Centre, where free car parking will be available. The Trek starts at 11am.

Some walkers may feel that they would like to use the opportunity to seek sponsorship for the walk in order to help our fundraising efforts, and we will be more than happy to provide them with an official sponsorship form on request.

Register online at: www.entrycentral.com

Alternatively, for information and registration forms

email: tartan_trek@hotmail.com

or tel: 01975 651709

**Forms also available from
CLAN Cancer Support, Bridge Square, Ballater**

**Some services offered by Clan Upper Deeside based in Ballater:
Drop-in support, Group support, Complementary therapies, Specialist library,**

Access to much wider range of wider services provided at, or through, Clan House in Aberdeen.