



Chest Heart & Stroke Scotland

# LOCH LEVEN WALKATHON

Choose from a 6km or 11km walk alongside beautiful Loch Leven



10am Sunday 24th March 2013

Put a spring in your step and help beat Scotland's biggest killers

Entry Fee £10 for adults & £5 for young persons (5yrs – 17yrs) children under 5 free

## We are Scotland's health charity

Enter online at

[www.scotlandwalkathon.com](http://www.scotlandwalkathon.com)

For a walk entry form:

**Call: 0300 1212 444**

**email: [fundraising@chss.org.uk](mailto:fundraising@chss.org.uk)**

**text: "Scotland" to 60777**

or call in to our Chest Heart & Stroke Scotland shops in Crieff, Leven, Cupar or Kirkcaldy

with thanks to



Chest  
Heart &  
Stroke  
Scotland





# LOCH LEVEN WALKATHON

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Heart &  
Stroke  
Scotland



## 10am Sunday 24th March 2013

**'Put a spring in your step this March and join us for a wee Sunday morning wander...'**

### What is it?

- Choose from either a 6km (3.7miles) or 11km (6.8 miles) sponsored walk along the stunning Heritage Trail around Loch Leven National Nature Reserve.
- The routes start and finish at the Boathouse Bistro in Kinross. Both routes are along well-maintained, traffic free footpaths. The walks are signposted, with fantastic views, and there will be event marshalls to cheer you along.
- Walkers can sign in and start their walk at any time between 10am and 11.30am. Every walker will receive a certificate and medal.
- The walk is suitable for walkers of all ages and fitness levels. Wheelchair users, buggies, groups and well-behaved dogs (and owners) are all very welcome.
- Participants can support Chest Heart & Stroke Scotland by getting sponsored for their walk or by making a donation. Optional sponsor forms will be sent to all entrants.

### Register now

- Enter online at [www.scotlandwalkathon.com](http://www.scotlandwalkathon.com)
- Call 0300 1212 444 for an entry form
- Email [fundraising@chss.org.uk](mailto:fundraising@chss.org.uk)
- Call in at our Chest Heart & Stroke Scotland shops in Crieff, Leven, Cupar or Kirkcaldy
- Text "Scotland" to 60777



### You can help change lives

- Money raised will go to supporting Chest Heart & Stroke Scotland's services including medical research, advice and information and support in the community.
- Help us to support more than 14,000 people and their families in communities across Scotland – directly improving their quality of life.
- Participants can also help change lives by bringing along good quality clothing and bric-a-brac to the event which will be passed to our local Chest Heart & Stroke Scotland shops for sale.