



# LOCH LEVEN WALKATHON

New  
13 mile  
route!



Choose from a 6k, 11k or 13 mile walk alongside beautiful Loch Leven

10am Sunday 22nd March 2015

For more info...

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

call: 0300 1212 444

or call in at our Chest Heart & Stroke Scotland shops in Crieff,  
Anstruther, Leven or Kirkcaldy

calls charged at normal network rate

Chest  
Heart &  
Stroke  
Scotland



We are Scotland's Health Charity  
Research • Advice • Support • Action

CHSS, Third Floor, Rosebery House, 9 Haymarket Terrace, Edinburgh, EH12 5EZ - Tel: 0131 225 4800

Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761). Chest Heart & Stroke Scotland is a wholly Scottish charity. It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114.

with thanks to

GREEN HOTEL  
GOLF & LEISURE RESORT



Scottish Natural Heritage  
All of nature for all of Scotland



# LOCH LEVEN WALKATHON

Chest  
Heart &  
Stroke  
Scotland



10am Sunday 22nd March 2015

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

## What is it?

- Choose from either a 6k (3.7miles), 11km (6.8 miles) or 13 mile sponsored walk along the stunning Heritage Trail around Loch Leven National Nature Reserve.
- The routes start and finish at the Boathouse in Kinross. All routes are along well-maintained, traffic-free footpaths. The walks are signposted, with fantastic views, and there will be event marshals to cheer you along.
- Walkers can sign in and start their walk at any time between 10am and 11.30am (9am to 9.30am for 13 mile route). Every walker will receive a certificate and medal.
- The 6k and 11k walks are suitable for walkers of all ages and fitness levels. Wheelchair users, buggies, groups and well-behaved dogs (and owners) are all very welcome.
- The 13 mile walk is open to those aged 13 and over.
- 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, Anstruther, Leven 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 18,000 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.

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