



HARROGATE LIONS CLUB
ANNUAL NIDDERDALE GREENWAY
CHARITY WALKS
Saturday, 20th July 2013



INFORMATION SHEET

Reg Charity No 1048857

- 1. The Walks** All sponsorship this year is for the Harrogate Eye Laser Project where Lions Clubs are attempting to raise £80,000 for Harrogate District Hospital to purchase a state of the art laser eye machine, which prevents blindness mainly caused by diabetes.
- 2. Routes** The walks are along the newly opened Nidderdale Greenway

There are two routes to choose, both starting at Control Centre at the LIONS GAZEBO in Ripley Village Car Park

Yellow	4 miles	Ripley to Dragon Road CarPark, Harrogate
Blue	8 miles	Ripley to Dragon Road Car Park and return

Both walks are on a hard surfaced path along a picturesque route most of which goes along the old railway line and over the Nidd Viaduct. The shorter route is suitable for family walkers and on reaching Harrogate the 36 service bus goes every 15 minutes back to Ripley.
- 3. Refreshments** Walkers should make their own provision for food. Cold drinks will be available at check points and there are cafes in Ripley, not forgetting the Ripley Ice Cream.
- 4. Parking** There is a large Free Car Park at Ripley Village
- 5. Booking in on arrival** All walkers must register at the Control Centre on arrival when they will be given their registration number.
Booking in starts at 9.00 am.
- 6. Last time for** Latest starting time for both walks from Ripley **2.00pm**
- 7. Walk Close down** The whole walk organisation will close down at 5.00pm. All walkers must plan to complete their walk by this time.
- 8. Booking Out at End of Walk** Every walker **MUST** book out at the control centres when their walk is completed

Yellow route at Dragon Road Car park
Blue route at Ripley

If leaving on route walkers must report this at the nearest check point or the Control Centre (This is a safety requirement to ensure that all walkers are accounted for).

- 9. Dogs, Crops** In the interests of other walkers please keep dogs on a short lead and under control. Please observe the Countryside Code and walk on the marked track. **Please take your litter home with you**
- 10. Clothing** All walkers should wear appropriate footwear and clothing and carry suitable waterproofs
- 11. Young Persons** If aged 15 years and under **MUST BE ACCOMPANIED BY AN ADULT**
- 12. Entry Fee** **ADULTS £5 CHILDREN** aged 6-15 years **£2.50 Under 6 free**
FAMILY GROUP (3 or more parents and children) **£10 per family**
- 13. To Enter** Please complete the enclosed Entry Form(photocopies are acceptable) and return to
- HARROGATE LIONS CLUB
Nidderdale Greenway Charity Walk
36 Woodlands Avenue
HARROGATE HG2 7SJ

Cheques should be made payable to Harrogate Eye Laser Project

- 14. Closing Date for entries** Entries should be sent in as soon as possible, but final closing date is **Saturday 13th July 2013**

On completion of the walk each entrant will receive a signed certificate authenticating the distance walked.

Sponsorship forms should be returned with sponsor money to the above address