

# CLAN

(Cancer Link Aberdeen & North)  
Upper Deeside Outreach

JOIN THE



FOR YOUR CLAN

Clan Upper Deeside Outreach are having a TARTAN TREK, a supervised walk, on the beautiful Balmoral Estate to coincide with the end of this year's Ballater Walking Festival on Saturday, 22<sup>nd</sup> May.

We hope that you might find time to pass the following details on to your members and to encourage some of them to join us in supporting your local CLAN.

The aim of the walk is threefold;

- 1) to raise awareness of the facilities that Clan Outreach 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 the Outreach Centre in Ballater.

The walk will take place on Saturday 22<sup>nd</sup> May 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. There will be two routes, (6km and 15km), both on landrover tracks and mainly flat, starting at the rear of the Tourist Information Centre, where free car parking will be available. Walkers may start their Trek at a time of their choice between 11am and 1pm.

For each adult walker a Registration Fee of a *minimum* £5 will be required. 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.

For a Registration form contact:

Linda Drever - [thedrevers@btinternet.com](mailto:thedrevers@btinternet.com); Marion MacIntyre - 013397 42361, or collect one from the Post Office in Aboyne, Ballater, Braemar, Crathie, Strathdon or Tarland.  
Please return Registration forms by Monday, 10<sup>th</sup> May.

**For details of all the services offered by Clan Upper Deeside based in Ballater please see overleaf.**

Thank you in anticipation that you will share these details with your group,  
The Tartan Trek Committee,  
Clan Upper Deeside.