



# Cairngorm Challenge

Hike and Bike Event

**Saturday 8 September 2012**

[cairngormchallenge.co.uk](http://cairngormchallenge.co.uk)

**'Would just like to say thank you to the whole team for an amazing event. Hard work, but a really great day!'**

*Ben, competitor 2011*

**Register now at [cairngormchallenge.co.uk](http://cairngormchallenge.co.uk) or call 0131 314 6645**



**Great early bird rates until 30 April 2012**  
Routes for all abilities

**Believe in children**  
Barnardo's Scotland



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Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines. Barnardo's Registered Charity Nos. 216250 and SC037605

In partnership with



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**Believe in children**  
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# ‘Terrific route, great challenge – want to do it again!’

*Simon, competitor*

Hike and bike together with your team – join in and take on the Cairngorm Challenge.

This is a rare opportunity to test your fitness in the beautiful Cairngorms National Park, with its majestic mountain, breathtaking landscapes and tough terrain.



Work as a team to motivate, inspire and encourage each other, or take part in a relay, doing a leg each. There are routes for all abilities:

**Bronze** 20km hike, 30km bike

**Silver** 20km hike, 55km bike

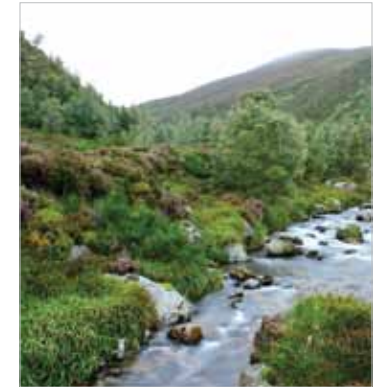
**Gold** 25km hike, 75km bike

We also welcome individuals to take part and come join in the fun.

It’s an incredible achievement and adventure. Everyone that takes part gets a medal, commemorative t-shirt, pasta party and celebratory barbecue.

## Why should I take part?

- It’s an area of staggering natural beauty, on protected land
- Great physical test
- Fantastic team challenge, great for team bonding and building
- Transform the lives of vulnerable children in UK through sponsorship
- Scores of memories from the day



## Conquer Cairngorm – join today!

Register online at [cairngormchallenge.co.uk](http://cairngormchallenge.co.uk)

Entry is only £50 until 30 April 2012

## More information?

Visit [cairngormchallenge.co.uk](http://cairngormchallenge.co.uk) for more on the different routes, including maps, or email [events@barnardos.org.uk](mailto:events@barnardos.org.uk) with any other questions.