

What a day! So incredibly well organised and a brilliant challenge enjoyed with great company. We've seen our Causeway Coast in a way we'd never have had the chance to see if we hadn't walked this route. Long stretches are inaccessible unless you park up and get walking. It is absolutely stunning. "

Jenny



Register online  
or find out more:

[parkinsons.org.uk/causeway2020](https://parkinsons.org.uk/causeway2020)  
020 7936 9305  
[events@parkinsons.org.uk](mailto:events@parkinsons.org.uk)

We are Parkinson's UK.  
Powered by people.  
Funded by you.  
Improving life for everyone  
affected by Parkinson's.  
Together we'll find  
a cure.

Parkinson's UK  
215 Vauxhall Bridge Road  
London SW1V 1EJ

To find out more about our events  
020 7963 9312  
[events@parkinsons.org.uk](mailto:events@parkinsons.org.uk)  
[parkinsons.org.uk/fundraise](https://parkinsons.org.uk/fundraise)

For general information and support  
Free confidential helpline 0808 800 0303  
[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)  
[parkinsons.org.uk](https://parkinsons.org.uk)

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK 12/19 (CS3430)

CAUSEWAY  
COAST  
CHALLENGE



PARKINSON'S<sup>UK</sup>  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

13, 19 or 27.5 miles  
Northern Ireland  
Saturday 12 September 2020

## Join us

Challenge yourself with a 13, 19 or 27.5-mile walk or run and enjoy the spectacular coastal views of Northern Ireland.

Tick the legendary Carrick-a-Rede rope bridge, Dunluce Castle and the world famous Giant's Causeway off that bucket list! This challenge passes through the Causeway Coast Area of Outstanding Natural Beauty, an area best explored on foot. You'll tackle a variety of terrain from sandy beaches to rocky cliff top paths, all while taking in the unique beauty and breathtaking views of this stunning coastline.

## What's included?

### Pre event

- \* Breathable T-shirt
- \* Kit list
- \* 12 week training guide
- \* Dedicated team support

## On the day

- \* Support on the course, including first aid, fully signed route and checkpoints with refreshments
- \* Lunch and hot food at the finish line
- \* Shuttle to the start line from Ulster University where there is free parking
- \* Shuttle from the finish line back to Ulster University
- \* Showers, changing facilities and massages
- \* Race timings
- \* Bespoke medal to all finishers

## Just to add...

This event is designed to be a challenge but achievable in the 12-hour time limit. Anyone over the age of 16 can take part. If you're under the age of 18 you will need to be accompanied by an adult.



## The Route

The Causeway Coast Challenge is made up of three routes – 13 miles, 19 miles and 27.5 miles. All routes start by the iconic Carrick-a-Rede rope bridge, following the coastal path to Dunseverick Castle.

After a rest and some refreshments, you'll take on winding clifftop paths and enjoy magnificent views of the Giant's Causeway.

The lunch checkpoint at Portballintrae is the Bronze finish line.

19 and 27.5 mile participants will continue on the Causeway Coastal path, passing the striking Dunluce Castle and the sandy beaches of White Rocks and Curran Strand. The third checkpoint at Portrush is the Silver finish line.

From Portrush, all Gold participants will continue along the coast to Portstewart before turning inland towards the finish line at Ulster University.

## Registration and sponsorship information

Choose from a fundraising option and raise a minimum sponsorship, or pay for the costs of the event yourself with our full payment option and set your own fundraising target.

Route	Registration fee	Minimum sponsorship	or	Full payment
Bronze – 13 miles	£25	£125		£85
Silver – 19 miles	£40	£200		£110
Gold – 27.5 miles	£55	£325		£140

