

GET READY FOR 2020!



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Events calendar 2020

- * ABSEILING
- * MUD RUNNING
- * COMEDY
- * 100KM WALKS

We've got something for everyone.

**And just like we are for people with Parkinson's,
we'll be there supporting you every step of the way.**

Like a personal trainer, we'll provide you with training advice and plenty of motivation... except we shout less and cost you nothing!

Fundraising help? We provide that too.
From sign up to finish line – and beyond – we're there for you.

Every step you take, every pound you make, you're changing the lives of people with Parkinson's. It's because of you that we're able to do the work we do.

Choose your challenge today!

Together, we can change lives and find a cure.

parkinsons.org.uk/events

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RUNS





Time to go the extra mile!
We've got everything from
a slow jog to a muddy
obstacle course.

parkinsons.org.uk/runs

5K

Edinburgh 5K

23 May

Big Fun Runs

July-October

Bournemouth 5K

3 October

10K

BM10K, Brighton

19 April

Edinburgh 10K

23 May

Vitality London 10,000

25 May

Supersonic 10K, Bournemouth

3 October

Great Scottish Run

4 October

HALF MARATHONS

Paris Half Marathon

1 March

Bath Half Marathon

15 March

Palace Half Marathon at Hampton Court Palace

15 March

London Landmarks Half Marathon

29 March

Run2Paris

21-24 May

Edinburgh Half Marathon

24 May

Great North Run

13 September

Richmond Half Marathon

13 September

Bournemouth Half Marathon

4 October

Cardiff Half Marathon

4 October

Great Scottish Run

4 October

Royal Parks Half Marathon

11 October



MARATHONS

Manchester Marathon

5 April

Paris Marathon

5 April

Brighton Marathon

19 April

Virgin Money

London Marathon

26 April

Edinburgh Marathon

24 May

Richmond Marathon

13 September

Berlin Marathon

27 September

Loch Ness Marathon

4 October

ULTRAS

HEINEKEN

Race to the Castle

6-7 June

Race to the King

20-21 June

Time to Run 50

1 March-21 April

Join us this Spring by running 50 miles in 50 days.

It's a virtual run, so you can run anywhere at any time.

Track your distance with your own online fundraising page and see if you can reach 50 miles.

Dixons Carphone Race to the Stones

4-5 July

Race to the Tower

18-19 July

OBSTACLES

Rough Runner

April-September
(multiple locations)

Spartan

April-September
(multiple locations)

Tough Mudder

May-September
(multiple locations)

Whether you're looking for a leisurely stroll, a more challenging walk or a trip abroad on foot, we have it all here.

parkinsons.org.uk/walks



WALKS

UK WALKS

London Winter Walk Challenge

19 January

Easter 50 Challenge

11 April

Kiltwalk, Glasgow

26 April

Isle of Wight Challenge

2-3 May

Great Glen Challenge, Loch Ness

9 May *

Jurassic Coast Challenge

16-17 May

London 2 Brighton Challenge

23-24 May

Lake District Challenge

13-14 June

Cotswold Way Challenge

27-28 June

Peak District Challenge

4-5 July

South West Coast 2 Coast Challenge

25-26 July

Kiltwalk, Dundee

16 August

South Coast Challenge

29-30 August

Causeway Coast Challenge, Northern Ireland

12 September *

Thames Bridges Trek

12 September

Thames Path Challenge

12-13 September

Kiltwalk, Edinburgh

13 September

Chiltern 50 Challenge

26 September

* This event is organised and run by Parkinson's UK. All participants will be taking part and raising money exclusively for Parkinson's UK only.

OVERSEAS WALKS

Pyrenees Freedom Trail

20-26 July

Inca Trail to Machu Picchu Trek

5-14 September

Great Wall of China Trek

10-18 October

Transylvania Winter Wilderness Trek

3-7 March 2021

Trek Kilimanjaro

5-14 February 2021

Conquer this amazing trek taking on the Machame route allowing gradual acclimatisation to the altitude on the way to the summit. We pass through thick forest, moorland and scree en route to Uhuru Peak, the highest point.

You'll be climbing one of the most impressive mountains in the world with spectacular views pushing your limits both physically and mentally.



WALK FOR PARKINSON'S

Kelpies, Falkirk

11 April

Blickling Estate, Norwich

25 April

Calke Abbey, Derby

26 April

Welford Park, Berkshire

26 April

Snowdon

9 May

Quayside, Newcastle

16 May

Ashdown Forest, East Sussex

17 May

CHANGE ATTITUDES. FIND A CURE. JOIN US.



**Chatelherault,
South Lanarkshire**
31 May

**St. Aidan's Nature Park,
Leeds**
7 June

Lagan Towpath, Ulster
7 June

Swansea
14 June

Bournemouth
21 June

Ludlow, Shropshire
27 June

Seven Sisters, East Sussex
28 June

**South West Coastal Path,
Devon**
5 July

Surrey Hills
12 July

RHS Hyde Hall
19 July

Ripley, Harrogate
19 July

Brodie Castle, Forres
6 September

Bradfield, Berkshire
13 September

Conwy, North Wales
13 September

Loch Leven, Kinross
13 September

Chester
20 September

New Forest, Hampshire
20 September

Packwood, Warwickshire
20 September

Antrim Castle, Belfast
27 September

**Burghley House,
Lincolnshire**
27 September

Calling all daredevils! Create unforgettable memories, while experiencing the adrenaline rush of a lifetime.

[parkinsons.org.uk/
adrenaline](http://parkinsons.org.uk/adrenaline)

ADRENALINE



WATER

Great North Swim
5-7 June

Wales Swim
3 July

Time to Swim
20 July-20 August

Forth Rail Bridge Abseil
10 May

Guildford Cathedral Abseil
16 May

Wells Cathedral Abseil
16 May

Highland Swing
23 May

Jump June
20 June

Aviemore Zipline
13 June

Holyhead Abseil
27 June

Skydive September
15 September

AIR

Tyne Bridge Bungee Jump
1 April

Northampton Abseil
April-October





CYCLES



Ride off into the sunset whether it's through the majestic British countryside or a little further from home. We have cycles for all levels, abilities and ages.

parkinsons.org.uk/cycles

UK CYCLES

BMRide, Brighton

19 April

Prudential RideLondon 46

16 August

Prudential RideLondon 100

16 August

Pedal for Parkinson's Stirling

23 August *

Time to Ride Tokyo

1-30 September *

London to Brighton Cycle Ride

13 September

Deloitte Ride Across Britain

5-13 September

Experience the most spectacular cycling that Britain has to offer, riding through 23 counties across England, Wales and Scotland.

Take on this iconic ride, camp under the stars and share lifelong memories with fellow riders.





OVERSEAS CYCLES

Inca Cycle
25 April-5 May

Cycle London to Bruges
4-7 June *

Cycle London to Paris
15-19 July

Cycle Portugal
10-17 October

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TRIATHLONS

Mumbles Duathlon
21 March

Swansea Triathlon
31 May

Wales Triathlon
13 June

Gower Triathlon
25 July

London Triathlon
8-9 August

London Duathlon
6 September

Mumbles Triathlon
3 October

ENTERTAINMENT

Let us entertain you!
Whether you're looking
for dance, afternoon
tea, or comedy, we have
experiences for everyone.

[parkinsons.org.uk/
entertainment](https://parkinsons.org.uk/entertainment)





The Big Comedy Shake Up

24 September

A sparkling evening of comedy and entertainment at The Roundhouse in London's Camden. Enjoy drinks and a sumptuous 3-course dinner with the chance to win some money-can't-buy prizes in our raffle and auctions. Don't miss this!

DANCE

The Reel Fling Ceilidh, Inverness

7 March

Parkinson's UK Does Strictly

6 November

CUISINE

Secret Supper, Birmingham

28 April

Taste of Leamington

13 October

Afternoon Tea Aberdeen

1 November

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

parkinsons.org.uk/fundraise

For general information and support

Free confidential helpline **0808 800 0303**

hello@parkinsons.org.uk

parkinsons.org.uk