

Join us

Keep an eye out for Nessie while you push yourself to the limit on this spectacular new challenge, high above the shores of Loch Ness through the forests, moorland and hills of the Great Glen Way.

Challenge yourself with an 18 or 32.5 mile walk – or take it at a run if you're feeling bold. You'll enjoy stunning views of Loch Ness and Urquhart Castle before finishing in Invermoriston.

What's included?

Pre event

- * A Parkinson's UK breathable T-shirt
- * Kit list
- * 12 week training guide
- * Dedicated team support

On the day

- * First aid and support on the course, including checkpoints and marshals at regular intervals on both routes
- * Transport back to Inverness from all finish lines
- * Refreshments at feed stations and at the finish
- * Showers and changing facilities at the finish
- * A medal for 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 18, you will need to be accompanied by an adult.

Registration and sponsorship information

Great Glen Challenge route	Registration fee	Minimum sponsorship	or	Full payment
Silver – 18 miles	£45	£200		£110
Gold – 32.5 miles	£60	£325		£140





Register online
or find out more:

parkinsons.org.uk/greatglen2020
020 7932 1356
events@parkinsons.org.uk

Event partner:



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

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 11/19 (CS3456)

18 or 32.5 miles
The Great Glen Way, Inverness
Saturday 9 May 2020



**GREAT
GLEN
CHALLENGE**

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