

Here's an event for the whole family, young and old!

Never quite get around to that family walk? Don't want to take part in the triathlon or half marathon? Don't spend your Saturday in front of the telly! Join Mallaig & District Swimming Pool on either the 'Low-land Stroll' or 'High-land Hike'.

High-land Hike

And now for the challenge....

Walk/run is aimed at individuals and groups who either enjoy a leisurely hike around the hills or the more energetic who may wish to run. Leaving M&DSP, following a route which leads us through the village, around east bay (the Khyber) and onto the hill via the circular walk. Just as views of Mallaig Bheag and the mouth of Loch Nevis appear we turn right following the designated path through a small glen and down towards Loch nan Noisterie. From here we continue west along the path towards the Glasnacardoch Hotel and turning right at the road, return to the Swimming Pool. **All participants** receive a goody bag containing; water, sweetie, badge, evening meal discount voucher, nature quiz & map

Approximate duration : 1hour 45min

REGISTRATION : 1030-1115am

START : 1130am

Low-land Stroll

This pushchair friendly walk is suitable for adults and children up to the age of seven. The walk is designed to encourage parent and child participation in walking a leisurely route from M&DSP following the pavement around east bay (*known locally as 'The Khyber'*) to the viewpoint looking out to Skye. On arrival snacks and refreshments will be provided. The children will be encouraged to complete a picture with parent help related to their walk so far. Pictures will be entered into a competition on returning to the pool. **All participants** will be awarded a completion certificate and balloon. Prizes for : 1st, 2nd, 3rd for drawing competition.

Approximate duration : 50min

REGISTRATION : 11-1145am

START : 12noon

Rules and points of safety for high-land hike & lowland stroll

- 1.) Routes are clearly marked for both walks participants should not deviate from designated paths.
- 2.) Take care when crossing the road at the pool entrance and for "strollers" extra care is needed at the view point..
- 3) Highland hikers will need to face on coming traffic after leaving Glasnacardoch on return journey .Take care.
- 4a.) Registration is essential before setting out on either route, this is for your own safety, all participants need to be accounted for at all times.
- 4b.) All participants MUST return to the pool at the end of the event, this is for your own safety, please inform the pool if you will not be completing the event.
- 5) Group entries must complete the high-land hike route together ,fastest time will only be accepted if all of group are finished.
- 4.) Children under high school age must be supervised by an adult at all times throughout either route a maximum of 4 children per adult will be accepted.

Also on the day! BBQ From 12-3pm