



THE FIVE PUB CHALLENGE
Sponsored Charity 11.5 Mile Circular Walk
Sunday 13th May 2012
11.00 am start from The Over Day Centre
1 Dring's Close, Over, Cambs CB24 5NZ



The Over Day Centre caters for many of our elderly from 16 surrounding villages and is a vital part of our community. We are hoping once again to raise lots of money from this sponsored walk to keep The Day Centre thriving. Last year we managed to raise an amazing £5,200.

The Five Pub Challenge is a circular walk of **11.5 miles** starting at the Day Centre at 11.00 am where **bacon rolls, tea & coffee will be on sale**. The walk will then proceed through the Fen along the riverbank to Brownhill Staunch. We cross the river here and head back on the other side to our first pub, **The Pike and Eel** (for drinks only). Following detailed written instructions and detailed maps (supplied on the day) we then arrive at our second pub, **The Ferry Boat** where **hot dogs and burgers will be on sale** in the Day Centre marquee outside. The walk then takes you over the Guided Bus bridge and around The Lakes to our third pub, **The Three Tuns**. Following a footpath straight across and past the windmill kennels at Swavesey, we then reach our fourth pub, **The White Horse**. After this it is only a mile and a half through the orchard back up to Over for a **complimentary piece of homemade cake and finishers certificate** at our fifth pub, **The Admiral Vernon**.

Each participant will be given a lanyard (neck strap) with a pouch containing directions and maps. You will also be given an information sheet along with First Aid contact numbers and taxi numbers. The route will be marked by fluorescent arrows.

Please ensure you **hand the lanyard back to the organisers** at The Admiral Vernon for use next year, in return for your Finishers Certificate.

This is an 11.5 mile walk which will take between 3 and 7 hours to complete (depending on how fast you walk and how long you spend in each pub!) Participants are advised to wear sturdy walking boots/shoes. The advice from our First Aiders "on-call" is for walkers to carry tissues, plasters and wipes (baby or antibacterial) to treat minor wounds, should they occur. Well behaved dogs are permitted on leads.

As a **sponsored walk** we ask that you try to raise a minimum of £20 each (sponsor sheet on reverse/download at www.overdaycentre.co.uk). If you do raise £20 or more then you may deduct your entry fee. **This year there is a prize of a dinner for two (worth £25) at the Ferry Boat in Holywell for the person who raises the most in sponsor money.**

If any further information is needed please contact Amanda
07891 890302 or amandamonks42@gmail.com

