

**AVIEMORE 10K FOR ALL
SUNDAY 13th OCTOBER 2019**



**A sponsored charity event for the SPEYSIDE TRUST
based at BADAGUISH OUTDOOR CENTRE**

**The 10K for All
a truly 'highland route' but without the hills!**

A spectacular scenic course on road and excellent forest tracks, set in the shadow of the Cairngorm Mountains, with breathtaking views of Loch Morlich, through stunning Glenmore Forest Park, alongside the Ski Road across the River Spey and finishing in the Macdonald Aviemore Highland Resort. The route takes runners over a mixture of good solid forest track, paths and tarmac roads before they enter Aviemore main street and onto the Finish line.

**Speyside Trust ...
a small independent charity helping children and adults with learning
difficulties and other special needs, based at Badaguish Outdoor Centre.**

The Trust badly needs funds to further develop its respite care activity holidays and work experience/vocational training programmes. You can help by sponsoring an athlete competing in one of our charity sporting events or taking part/helping yourself; volunteering Badaguish Outdoor Centre or simply making a donation.

**Badaguish
an exciting yet sheltered environment which people of all
abilities can enjoy with safety and confidence in the care
of our experienced and qualified team.**

Our holiday experiences, at Badaguish Outdoor Centre in the Cairngorms National Park, are stimulating, interesting and fun and our aim is to encourage participation in as wide a choice of outdoor activities as possible including canoeing, walking, biking and archery. We hope to promote an active, healthy and sociable lifestyle and offer activities in a way that supports personal development on many levels.



Contact us:

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