

THE FIVE PUB CHALLENGE
Sponsored Charity 11.5 Mile Circular Walk
Sunday 9th May 2010
11.00 am start from The Over Day Centre
1 Dring's Close, Over, Cambs CB24 5NZ
Registered Charity Number 800829



INFORMATION SHEET

The Over Day Centre caters for many of the elderly from the surrounding villages and is a vital part of our community. With the recent threat of County Council cuts to charitable institutes we are hoping to raise lots of money from this sponsored walk to keep The Day Centre thriving.

The Five Pub Challenge is a circular walk of **11.5 miles** starting at the Day Centre car park at 11.00 am. The walk will then proceed through the Fen along the riverbank to Brownhill Stauch. 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 you may stop for lunch if you wish). The walk then takes you under and then over the new Guided Bus bridge and around The Lakes to our third pub, **The Three Tuns** (for drinks only). Backtracking slightly to a footpath straight across and past the windmill kennels at Swavesey, we then reach our fourth pub, **The White Horse** (for drinks only). After this it is only a mile and half through the orchard back up to Over for complimentary soup, roll and piece of homemade cake at our fifth pub, **The Admiral Vernon**.

Each participant will be given a lanyard (neck strap) with a pouch containing all the information and maps they will need. You will be given an information sheet along with First Aid contact numbers as well as 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 4 and 8 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 are aiming to raise lots of money for The Day Centre and we ask that you try to raise a minimum of £20 each (sponsor sheet on reverse or on download at www.overdaycentre.co.uk). **If you do raise £20 or more then you may deduct your entry fee.**

If any further information is needed please ring Amanda on 07891 890302