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**SPONSORED WALK – Scenic Walk**

**SATURDAY 29th June 2019**

**Conditions of Entry and Further Information**

There is a £10 entrance fee to take part in the event, or walkers are encouraged to raise at least £10 in

Sponsorship money.

The route will start at Acts Community Church 9.30am for registration, we will proceed to Ferndale via the river walk, to Darren Lake and back to Tylorstown via the mountain road (Park Road)

Time approx 2 hours (5 Miles)

**Registration on the day:**

9.30am at Acts Community Church

**1.** All walkers under 14 years of age **MUST** be supervised by an adult in a ratio of not more than 1 adult to 4 children.

**2.** All entrants must take account of the weather conditions and be suitably prepared, e.g. wet conditions – warm and waterproof clothing may be necessary; in hot/sunny conditions sun hats and sun cream may be required. All entrants must make their own provisions.

**3.** Please check the Rhondda Foodbank Website regularly for any updates and last minute changes to the event, particularly in the run up to the event taking place.

**4.** All entrants should be aware that this is a long distance walk. (5 Miles) We recommend that you should be physically fit and well enough to undertake this activity.

**5.** This walk will not be suitable for wheelchairs although it is suitable for pushchairs. **6.** If walkers have any medical conditions then they should seek the advice of a suitably qualified medical practitioner.

**7.** All litter should be carried with walkers until they can dispose of correctly.

**8.** Walkers are discouraged from drinking alcohol during the walk due to risks of dehydration. Please bring a bottle of water with you to drink on the way.

**9.** If any walker pulls out of the walk before reaching the end of the route then notification must be given to a walk marshal/official or tel: 07928 451374.

**10.** At the finishing point all walkers must report to a walk marshal/official and you are then warmly welcomed to join us at Acts Community Church for refreshments.

**11.** Please note that this walk is a circular walk, it starts and ends in Acts Community Church.

**12**. Dogs are allowed on the walk, but must be kept on leads at all times and controlled by their owners.

Funds raised from the walk will help towards the running costs and a more sustainable future for the Foodbank so this vital work in the community can continue. Thanks for your support.

***Address****:* 236-237 East Road, Tylorstown, Rhondda Cynon Taf, CF43 3DA

***Tel****:* ***Foodbank no****:* 07928451374 ***Email***:[info@rhondda.foodbank.org.uk](file:///C%3A%5Cwdavies%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CLocal%20Settings%5CTemporary%20Internet%20Files%5CContent.IE5%5CHGXQOQGX%5Cinfo%40rhondda.foodbank.org.uk)***Website****:*[www.rhondda.foodbank.org.uk](http://www.rhonddafoodbank.org.uk)

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