

Join Kidasha over the May Bank Holiday weekend as our supporters strap on their hiking boots, get on their bikes, and jump in their canoes to take on two of Scotland's biggest challenges – The Great Glen Way and The North Coast 500.

The Great Glen Way

The Great Glen Way follows the magnificent Caledonian Canal for 73 miles, from coast to coast across the Highlands. Featuring some of Scotland's most beautiful lochs, including Loch Ness, the Great Glen Way is one of Scotland's finest long distance trails. Over the holiday we have teams of canoeists, cyclist and walkers travelling from one side of Scotland (Fort William) to the other (Inverness) and you can join them.

SITES

Loch Lochy	Caledonian Canal	Old Fort in Fort William
Loch Oich	Ben Nevis	Urquhart Castle
Loch Ness	Neptune's Staircase	Inverness Castle



FUNDRAISING

This is a fundraising challenge.
Min fundraising amount £500.
Kidasha receives no share of trip costs.



Trip Details

PEDAL - Over one day. 29th May.
Price on application.

PADDLE - Over four days. 25th May - 29th May. Price on application.

PLOD - Over four or more days.
See below for options and prices. All packages include baggage transfer, accommodation, maps & guides. Excludes travel to Fort William.

DURATION	4 Days / 5 Nights	5 Days / 6 Nights	6 Days / 7 Nights	7 Days / 8 Nights
START DATE	25 th May 2017	24 th May 2017	23 rd May 2017	22 nd May 2017
DISTANCE PER DAY (miles) min - max./average	14 - 22.5 / 18.25	10 - 19 / 14.6	10 - 18 / 12	10 - 14 / 10
Premium	£ 520.00	£ 580.00	£ 655.00	£ 755.00
Standard	£ 400.00	£ 435.00	£ 485.00	£ 560.00
Budget	£ 320.00	£ 340.00	£ 375.00	£ 460.00

CELEBRATORY PARTY FOR ALL CHALLENGERS ON MONDAY 29TH MAY

PEDAL - North Coast 500



"I've cycled all over the world but I still believe Scotland has some of the best cycling, and my favourite area, outside of my familiar Perthshire training ground, is Scotland's North Coast."

Mark Beaumont, Guinness World Record Breaking Long Distance Cyclist

The ultimate cycling challenge, Scotland's Route 66, The North Coast 500, is a 516 mile circuit starting and finishing in Inverness. Launched last year, it is described as a breath-taking and challenging route that is now one of the world's must-do rides.

Travelling clockwise the NC 500 leaves Inverness to head west towards the coast. It then follows the shoreline via Applecross, Torridon, Gairloch, Ullapool and Lochinver to Durness in the far north-west mainland corner. After this the route heads east along the northern coast of Scotland via Bettyhill and Thurso to reach John o' Groats, before travelling south through Wick, Helmsdale, Golspie and Dingwall back to Inverness.

SITES

The Falls of Rogie
Bealach na Bà
Views of the Hebrides
Loch Maree
Loch Broom

Sandwood Bay.
Beinn Eighe National
Nature Reserve
Stac Pollaidh
Mountains of Torridon.

Cape Wrath (the most
north-westerly point on
mainland Britain)
John O'Groats
Duncansby Head

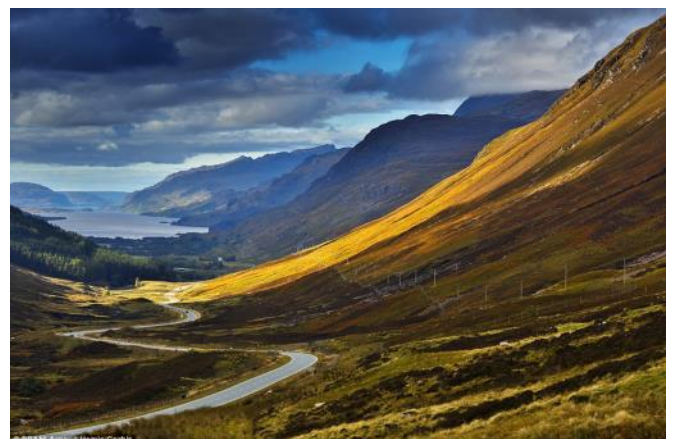
Trip Details - 24th - 29th May 2017

Cycle over 100miles a day for 5 days.

Camp along the way or stay at hostels
and B&Bs from £250pp.



**ALL CHALLENGERS WILL COME TOGETHER ON
MONDAY 29TH MAY FOR A CELEBRATORY PARTY**



**TO BOOK CALL 020 7017 8989 or
EMAIL ENQUIRIES@KIDASHA.ORG**