

The Bigger Charity Event for 2007

This year we are pleased, yet again, to be able to hold the event at Hamsterley Forest in Teesdale. Due to the growing popularity of the event it will be even bigger and better with the addition of trail runs and a horse ride as well as a choice of cycle rides and walks. There are plans for a mini fairground for the children and a varied range of stalls and attractions to keep everyone busy.

Durham 5th Annual Great Milk (stout) Ride

CYCLE RIDES

A choice of 3 rides for off-road bikes. All routes will have clear and easy directions. We strongly recommend you wear a cycle helmet.

- 6 mile **Blue** easy family ride
- 15 mile **Red** demanding ride
- 25 mile **Black** challenging ride
(the Black route involves severe climbs and descents)



WALKS

Two wonderful walks to show you the best of the Forest:

- 6 miles - **Easy**
- 10 mile - **Challenging**

Each walk will have a Leader. Please wear suitable clothing and strong footwear. You will also need to bring an easily carried 'picnic lunch' as well as sufficient to drink for the length of walk.



HORSE TREK QUEST

We are also delighted that

Hamsterley Riding Association are

organising a **Full 'o' Fun**

Obstacle Course followed by a horse ride through the Forest.



TRAIL RUN

We are delighted that **Durham Fell Runners** are organising a multi terrain fun run taking you to parts that you may never have been before (you'll get wet and you'll get dirty but you'll enjoy it!)

- 3 mile **Moderate** run
- 6 mile **Challenging** run



The bike rides, walks and trail runs all start at the Visitor Centre end of the Forest. Registration from 9am -start 10.30am. The horse ride event starts at the Grove Car Park - registration from 10am.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

