

Sponsored Walk

Sunday 1st June - 8:00am to 4:00pm
Location: Cleveland Hills - North York Moors

Experience the Beauty and Landmarks of the North York Moors

This years Challenge is hosted by Keith Thomas - Lau Gar Guardian. Keith Thomas is based in Stockton-on-Tees and has been training well over 30 years. Keith is also a qualified practitioner of Chinese Medicine.

The Challenge

The challenge will be an 8 hour walk in Cleveland Hills which run along the northern edge of the North York Moors.



Features

The walk will be an enjoyable experience and will include distinctive landmarks such as the cone shaped peak of Roseberry Topping, near the village of Great Ayton - (the childhood home of Captain Cook) and Captain Cook Monument on Easby Moor with its beautiful panoramic views.

The walk will start and finish in the market town of Guisborough with a lunch break along the way at a village pub in Kildale. The walk will start at 8am with an approx finish at 4pm.

Training

This is quite a challenging walk and some training is advised to prepare for it.

Meeting Place - What will I need?

We will be meeting at 3rd Guisborough Scout Hut, Belmangate, Guisborough. Correct clothing, adequate footwear, lots of water and some food.

Shorter Walk

For younger participants and anyone who wants to take part in the day but not wanting to do the long walk, there will be a "Fun Walk" in Guisborough Forest, of about 2-3 hours.

Download a sponsor form today and start collecting those all important sponsors. All monies raised will go to the Lau Gar Trust.



This event is open to all members of the public



Guardian Challenge '08

for further information and sponsor forms visit www.laugar-kungfu.com

