

Birchwood Highland & EMMS Malawi

Invite you to cycle

The Black Isle Bike Ride

and raise vital funds for the two charities



Saturday 19th May

**Starts 12:00 noon
Assemble 11:30am**

Leave from North Kessock on Shore Road to Redcastle,
via Garguston and Kilcoy to Tore roundabout and Wick road.

Take signposted road on right to Killen.

Return through Munloch village, side roads and A9 underpass
to North Kessock.

For further information contact:

Birchwood Highland

01463 236 507

info@birchwoodhighland.org.uk



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east2west**



Charity Bike Rides, Highland

Route Details –

The Route is Signposted
Please read carefully
Check with starter if in any doubt

Start - Leave North Kessock on Shore Road along Beaully Firth to Redcastle, then turn left towards Muir of Ord, past Killearnan Church, till you reach the fork on the A832, then turn sharp right towards Tore and left at the children's nursery.

Continue on this road until you reach the A835, cross it and turn right on the cycle path towards the Tore roundabout. Follow the sign for Wick for about 100 yards and turn right onto the road sign-posted Killen. Before end of outward leg enjoy "banana stop" on the way.

Return – Turn right off the Killen road through the "private road" barrier and enjoy a half mile "off road" section on through Balnakyle and downhill towards Munloch village. Cross carefully at main Tore Road junction and cycle down through the village. Turning right almost opposite the Church on road sign-posted Black Isle Brewery. Proceed along this road, and then turn left at T junction, cross Munloch to A9 road and turn left downhill towards the A9 underpass, North Kessock and – FINISH!

See also O.S. Landranger Map No. 26

Assembly -	11.30am Register with starter Collect Emergency Contact No.
Start -	12 Noon

Event Safety

If you have a mobile phone – take it with you. Observe Highway Code and Good Cycling Practice

Wear Cycle Helmet

Have appropriate clothing for variable weather

Make sure your bike is in good condition especially brakes and tyres, and if possible take Puncture Repair Kit, Spare tube and tools

Marshals

Will be at various junctions along the way, but only to indicate direction.

Safety in crossing roads remains the cyclist's responsibility.

Finish – Check in with Starter and collect Sponsorship Reminder

Enjoy! – Refreshments and good company in the Free Church Hall.



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Established over 30 years ago, Birchwood Highland is a local charity providing support for people experiencing mental ill health, and vulnerable adults and young persons with complex needs.

Today, Birchwood Highland's teams of staff, working both in the community and in the Recovery Centre at Muirfield Lane, Inverness, are dedicated to helping adults and young people along the path to recovery.



Website: www.birchwoodhighland.org.uk

Facebook: www.facebook.com/bwoodhighland

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In aid of
EMMSInternational
Health for Today, Hope for Tomorrow

Scottish Charity No SC032327

£76 buys a bike for a mother buddy

Basic healthcare challenges in Malawi

Several years ago Malawi was ranked by the World Bank as the world's poorest country, and just £75 is spent on healthcare per capita, compared to £2733 in the UK.

11% of the population has HIV, with more than 100,000 living with the HIV.



Children, half of Malawi's population

13% of children have lost one or both parents, half of these to HIV.

There are 1 million orphaned children, vulnerable to neglect, abuse, exploitation.

47% of children do not have a blanket and have just one pair of shoes.

Pneumonia-related deaths are common among children under the age 5, causing 13% of all deaths for this age group. 1 in 10 children die before the age of 5.

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THE BLACK ISLE BIKE RIDE

Saturday 19th May 2018

Entrant's Name					
Sponsor	Home Address	Post Code	Gift Aid	Amount	Paid

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