

### Terms of Entry

I/We wish to enter the Moffat Mountain Rescue Team (MMRT) Charity Challenge and understand that MMRT will not be held responsible for any personal injury or loss arising as a result of participation in this event. (Adults will sign on behalf of all children under 16 years of age and will be responsible for them and their personal safety throughout the event). Photographs may be taken by the team for publicity purposes. Please let us know if you do not want to be in any photos.

**Sadly, no dogs are allowed on these walks as it is sheep farming country**

I/We agree to raise the minimum sponsorship of £10.00 per adult for MMRT. All other money raised can be donated to MMRT or another registered charity of your choice.

It is your responsibility to ensure that your chosen charity receives your donation.

### Car Parking

Please park at the Moffat Mountain Rescue Team Base DG10 9JU

### Safety

All walks are marked with tape flags, and will be marshalled by MMRT members. All walkers should wear suitable footwear and clothing for a day in the hills and be prepared for changing weather. Please ensure you take plenty of food and drink for a full day of walking.

Further Information on the Charity Challenge walks and routes can be found along with downloadable entry forms from our team website  
[www.moffatmrt.org.uk](http://www.moffatmrt.org.uk)

Should you wish to contact someone please call Gary Tait 01683 221 154  
or e-mail [Challenge@moffatmrt.org.uk](mailto:Challenge@moffatmrt.org.uk)



Please return entry forms to  
Moffat Mountain Rescue Team  
The Holm  
Moffat  
DG10 9JU

# MOFFAT MOUNTAIN RESCUE TEAM

Charity Challenge  
Sunday 11<sup>th</sup> June 2017

Welcome to the Moffat MRT Annual Charity Challenge

This year we are exploring the Moffat Hills

The Maps covering this area are  
OS Landranger 78 or Explorer 330

BBQ and Refreshments will be available at Moffat MRT Base following the walks.

**For all walks please register at Moffat MRT Base GR NT 090 050**

**Walk 1:** Guided walk to Gallow Hill suitable for families with young children.

Leaving Moffat Base at 11:00 and travelling to Gallow Hill by bus, a fun guided family walk with some mountain rescue based activities to take part in. This walk should take approximately two hours including a short break for lunch on the hill. Families should provide their own lunch.  
Distance 2.5Km Ascent 100m

**Registration from 09:00 until 11:00**

**Walk 2:** Marked low level route with scenic views of Moffat and surrounding area.

Leaving from Moffat base head east along the Selkirk road. After leaving the town turn left following the markers up a lane and then through a field to the remains of Frenchland Tower. Then follow the route across fields and along the edge of a wood with views back towards the town. The route continues through farmland and on to the Moffat Well. Take a few minutes to read the interpretation boards and take in the sulphurous odour of the well before continuing back down the road towards Arch Bank from here take the track which leads to Gallow Hill. After a short ascent to the summit scenic views of Moffat and the surrounding area can be savoured. From here follow the markers back towards Moffat and through the town back to Moffat Base.  
Distance 8Km Ascent 260m

**Registration from 09:00 until 11:00.**

**Walk 3** Strenuous hill walk from Moffat Base to Hart Fell descending via Arthurs Seat.

Leaving from Moffat Base heading east along the Selkirk road turn left into Ballplay Road at the end of which turn right into Well Road and follow it all the way to Blaebeck. Continue following the markers along the track and then onto the open hill heading towards the summit of Greiggill Head. From here the route follows the boundary fence and wall taking in the summits of Blue Cairn and Swatte Fell. After passing Falcon Craig begin the final ascent to Hart Fell summit. From here head down over Arthur's Seat then continue following the ridge then along the track back to Annan Water Hall from where you will be collected and transported back to Moffat Base.

Distance 16.5Km Ascent 785m

**Registration from 09:00 until 10:00**

**Walk 4** Strenuous hill walk from Moffat Base to Hart Fell returning via the Annandale Way

Follow the same route as walk 3 all the way to the summit of Hart Fell. From here follow the fence in a north north-westerly direction towards Barry Grain Rig then continue along the fence until the Annandale Way cairn is reached. From the cairn follow the Annandale Way path in a southerly direction until the road is reached, then follow the road south past Ericstane and on to Annan Water Hall from where you will be collected and transported back to Moffat Base.

Distance 19.5Km Ascent 890m

**Registration from 09:00 until 10:00**

### Sponsorship Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Postcode \_\_\_\_\_

**Return to** Garry Tait, Moffat Mountain

Rescue Team, Holm Road, Moffat, DG10 9JU  
 Total Collected £ \_\_\_\_\_  
 To Moffat MRT £ \_\_\_\_\_  
 To Chosen Charity £ \_\_\_\_\_  
 Name of Chosen Charity \_\_\_\_\_

Name	Address	Postcode	Amount	Gift	Paid

Any part of this form can be copied for convenience

*You can also set up your sponsorship via the JustGiving.com website see our website for details*

### Entry Form

Please complete in BLOCK LETTERS, remembering to state which walk you have chosen.

Forms may be handed in on the day of the event,  
however, an advance return of the form ensures that a T-Shirt will be available

Entry Fee £6 per person Family Fee £15 (Up to two adults + 4 Children)  
 (Includes T-Shirt for all entrants)

**All children under 16 years of age must be accompanied by an adult**

Send completed forms to Garry Tait, Moffat Mountain Rescue Team, Holm Road, Moffat, DG10 9JU

Please make cheques payable to Moffat Mountain Rescue

*You can also enter online via SI Entries see our website for details*

<b>Name:</b>	<b>Name:</b>
<b>Address:</b>	<b>Address:</b>
<b>E Mail Address:</b>	<b>E Mail Address:</b>
<b>Known Medical Conditions:</b>	<b>Known Medical Conditions:</b>
<b>Walk No:</b>	<b>Walk No:</b>
<b>T-Shirt Size:</b>	<b>T-Shirt Size:</b>
<b>Please tick if under 16 years old</b>	<b>Please tick if under 16 years old</b>

<b>Name:</b>	<b>Name:</b>
<b>Address:</b>	<b>Address:</b>
<b>E Mail Address:</b>	<b>E Mail Address:</b>
<b>Known Medical Conditions:</b>	<b>Known Medical Conditions:</b>
<b>Walk No:</b>	<b>Walk No:</b>
<b>T-Shirt Size:</b>	<b>T-Shirt Size:</b>
<b>Please tick if under 16 years old</b>	<b>Please tick if under 16 years old</b>