Golspie 3 Peaks Challenge

INFORMATION

* **All entrants must register online and sign a Liability Waiver before taking part.**
* Challenge start – 10.30am Hike/Run, 10:45am Bike
* Registration from 8am at Golspie Seafront Centre
* Children must be accompanied by an adult
* All cyclists must wear a helmet
* Route briefing given on the day
* There will be fluorescent arrows on all major junctions.
* There will be way markers on the hills required.
* Marshalls with water stations will be at all strategic points on the course.
* Wear comfortable boots and clothing and be prepared for all weather.
* Take plenty water and some lunch/snacks with you
* Parking on the day next to King George V Football Pitch (Will be sign posted)

**Hike or Run Challenge** is Approx. 13 miles long which involves climbing Ben Horn (1706 feet), Ben Bhraggie (1303 feet) and Silver Rock (870 feet). Start is at Ben Horn and finishing at Golspie Seafront Centre. All hikers will be transported to the bottom of Ben Horn where you will start your 13 mile trek via the 3 Peaks back to Seafront Centre.

**Hike & Bike Challenge** is Approx 19 miles long which involves cycling via windfarm track to and climbing Ben Horn (1706 feet), cycling up and down Ben Bhraggie (1303 feet) and cycling to and climbing Silver Rock (870 feet). Start and Finish at Golspie Seafront Centre. All cyclists will start at Seafront centre and complete the 3 Peaks before cycling back to the Seafront Centre via the windfarm track.

**Prizegiving, BBQ and refreshments at Seafront Centre**

 **Keep up to date on – Golspie 3 Peaks Challenge**