

CARDIFF AMNESTY SPONSORED WALK 2007
Sunday 9th Sept 2007

This year's sponsored walk returns to the fabulous Ponsticill area of the Brecon Beacons.

- The route is about 9 miles in total with the first part going around the reservoir. The scenery is so stunning that it will make you want to burst into spontaneous applause.
- The route is a figure of eight with the half way point back at the beginning so it is possible to do only half the walk if you are over 80, under 5 years of age or just simply bone idol.
- There are a few short upward stretches but the route does not include any significant gradients. (This is more information than your sponsors need to know).
- To encourage sponsors, members and supporters are donating bottles of wine and other gifts (perhaps). Lucky sponsors can win these. Your sponsorship form explains how this works. Please ring Dennis 01443 237663 if you would like to donate a bottle or gift for the draw, or simply bring it on the day.
- Amnesty supporters Paul, Verity and Josh who live next door to the Red Cow Pub (the start, finish and half way point) have kindly offered to entertain walkers in their dining room or garden (weather permitting) at the lunchtime half way point.
They will be providing fabulous home made soup and rolls free of charge for all!
It is not essential but it would be a help for catering purposes if you could confirm whether you are coming on the walk by Mon 3rd Sept either by ringing Dennis (Home number above) or e-mail EadyDJ@cardiff.ac.uk
- After the walk have a drink in the Red Cow to make up for using their car park.

Directions

From Cardiff take the A470 past Merthyr Tydfil and turn right at the roundabout where the A465 is sign posted towards Abergavenny. Almost immediately take a small slip road to the left which leads to a staggered crossroads. Take the road almost opposite and follow this road for about 3 miles until you reach the village of Ponsticill. You will pass the Butcher's Arms on the left and very soon after you will see the Red Cow

Meet at the Red Cow car park at 10.30 am

Please support this event and help make it a bumper money raiser for Amnesty as well as a great day out!

Cardiff Amnesty Sponsored Walk 2007

Date: Sun 9th Sept 07 **Distance:** 9 miles **Location:** Ponsticill Reservoir and surrounding area. **Meet at:** The Red Cow, Ponsticill Village.

FABULOUS PRIZE DRAW – Win a fine bottle of wine or other prize!

During the lunchtime halfway break at Paul and Verity's house there will be a draw for a number of bottles of wine and other prizes donated by various supporters. The names of each sponsored walker will go into the first draw. There will then be a second draw to choose a number from that walker's list of sponsors. The person who has signed up to a winning number will win a bottle of wine or other fabulous prize!

The two draws will be repeated until all the wine/prizes have been won.

IT IS THEREFORE IMPORTANT THAT WALKERS BRING THEIR SPONSOR FORMS ON THE DAY TO ENTER THE DRAW

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