

The Rotary Club of Dunfermline Carnegie

Hamish Walks the Fife Coastal Path

6th and 7th June 2009



Stage	Start time	Duration	Stage leader
1. Tay Bridge to Tay Port Harbour	9:30am	30 minutes	Janet Lowe Dunfermline Carnegie RC
2. Tay Port Harbour to Kinshaldy Beach	10 am	2 hours	Colin Lowe North Fife RC
3. Kinshaldy Beach to Kinncaple	12 noon	2 Hours	Alex Birrell Dunfermline Carnegie RC
4. Kinncaple to St Andrews Castle	2pm	1 hour 30 mis	Marie Curie Cancer Care
5. St Andrews Castle to Kings Barrs	3:30pm	3 hours	Pascal Gay Dunfermline Carnegie RC
6. Kings Barrs to Anstruther	6:30pm	3 Hours	David Robertson Dunfermline Carnegie RC
Dark hours break			
7. Anstruther to Ruddons Point	5am	3 hours	David Robertson Dunfermline Carnegie RC
8. Ruddons Point to Leven	8am	2 hours	Dudley Foster Leven RC
9. Leven to Kirkcaldy	10am	2 hours 30 mins	Nicola Ogg Dunfermline CarnegieRC
10. Kirkcaldy to Kirkcaldy Prom	12.20pm	1 hour	Alzheimer Scotland
11. Kirkcaldy Prom to Burntisland	1.30pm	2 hours	Cath Chorley Dunfermline Carnegie RC
12. Burntisland to Dalgety Bay	3.30pm	2 hours	Adrian Neville Dunfermline Carnegie RC
13. Dalgety Bay to North Queensferry	5:30pm	2 hours	Members of Dunfermline Carnegie RC and Woodmill Interact Club
Celebration Party!!	7.30pm		Ferrybridge Hotel, North Queensferry

What's Hamish up to this time?

Members of the Rotary Club of Dunfermline Carnegie, together with friends, families and Rotarians from other Rotary Clubs, will accompany the famous bear, Hamish Haggis, as he walks the whole of the Fife Coastal Path from the Tay Bridge to North Queensferry on 6th and 7th June 2009.

Hamish and friends will leave the Tay Bridge at 9.30am on Saturday 6th June and arrive at North Queensferry at 7.30pm on Sunday 7th June - for a celebration party!

On the back page of this leaflet you can see the stages of this "relay". Hamish, of course, will complete the whole 80 mile walk, but his friends won't manage that so a different group of people, each with a leader, will accompany Hamish for each stage of the walk and transfer him to the next group.

We would like lots of people to join Hamish for this walk or to support him along the way.

If you would like to join us please get in touch with one of us and we can arrange for you to join one of the groups.

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Please help Hamish raise lots of money!

Hamish has a great track record in fundraising and has raised hundreds of thousands of £s for charities. In 2004 he walked the Fife Coastal path for the first time; in 2007 he walked from the Maggie's Centre in Edinburgh to the Maggie's Centre in Fife; and in 2008 he ran the Dunfermline half marathon.

In June 2009 Hamish will again walk the Fife Coastal Path, this time in just 2 days!

All funds raised will be divided amongst Marie Curie Cancer Care, Alzheimer Scotland and local and international Rotary projects.

We would like lots of people to sponsor Hamish and help raise money. If you would like to make a contribution or help raise funds you can contact one of us (see opposite page) or go to Hamish's website where you can download a sponsorship form.

Keep in touch with Hamish's plans!

www.hamishcares.org.uk