

**Suffolk County Scout Council**

Registered Charity number 305682

**County Mountain Activities Team**

Event Leaders: Neil Bolger – 01379 788593 & 07850 464111  
& Dave Ward- 01473 718461 & 07957 815410



**Cairngorm Summer Expedition 2015**

Based at Nethy House, Nethy Bridge, Near Aviemore

**Friday 31st July to Sunday 9th August**

(Leaving Bramford on 31st at 6pm and travelling through the night, travelling directly home on the 9th - other pickup locations may be added)

Four years ago we organised a very successful adventurous activities trip to this beautiful part of the British Isles and since everyone had such a good time, we thought we ought to do it all again!

This event is open to Scouts (minimum age 11 years at 01/09/2015), Explorer Scouts, Network, Leaders and other approved adults. Nethy House is a very well equipped bunkhouse in the small village of Nethy Bridge. Visit [www.nethy.org](http://www.nethy.org) to have a look around.

The main activities on offer will be hill walking in the Cairngorm Mountains, rock climbing/ abseiling, mountain biking, canoeing, white water rafting and canyoning. There will also be the opportunity to carry out overnight high level camp in the mountains. The activity level will be tailored to the ability and experience of those attending. We will also be watching the famous Nethy Bridge Highland Games. We also plan to have a day out in search of the Loch Ness Monster!

**Travel** – By minibuses, stopping overnight on the outward journey and travelling straight through on the return. There are just 50 places available so make sure you book up now to avoid disappointment.

**Cost** – the week is anticipated to cost £350.00, this includes all travel, accommodation, food, drink and activities for the 8 nights away. To enable likely numbers to be calculated please reserve your place as soon as possible as detailed below.

**Please email your details as per the form below (preferred) or print and return the form to the event administrator: Mick Dann at 32 Front Street, Mendlesham Stowmarket, IP14 5RY.** Make your deposit cheque payable to 'SUFFOLK COUNTY CLIMBING TEAM', put your name and address on the back of the cheque (please) and return **no later than October 31st 2014**. To contact Mick: email [mickdann@mac.com](mailto:mickdann@mac.com) or call 01449 768005 or 07787 576675

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Please reserve one place on the **Scotland 2015 Expedition** - enclosed deposit cheque for £100\*

Name: \_\_\_\_\_ Group/Unit: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_

email address: \_\_\_\_\_

\*Deposit is non-refundable except in exceptional circumstances, or if we get over-subscribed!

**DATA PROTECTION ACT 1984**

To comply with section 33, sub-section 3 the County Climbing Team Secretary requires your agreement to holding your personal data on a computerised date base for the purpose of distributing, or recording the distribution of, articles or information to the data subjects and consisting only of your name, address or other particulars necessary for the effecting the distribution. If you do not agree please put X in the box at the bottom right hand corner of the page. Your details will not be released to any third party.