

TIMETABLE for both days

09.00 - 09.30	Registration and Coffee (your own)
09.40 - 10.00	Introduction and warm up
10.15 - 12.15	Your first chosen activity
12.15 - 13.10	Your own packed Lunch
13.15 - 15.15	Your second chosen activity
15.20 - 16.15	Food and Home

MEALS: Please bring your own food and drink for morning and lunch. Food and a hot drink will be provided late afternoon.

PICNICKING: Don't forget your groundsheet or folding chair.

CLOTHING: Please bring your usual walking things, but also remember to bring soft soled shoes for indoor activities.

TRANSPORT

There will be subsidised transport from:

Fraserburgh/Peterhead area - picking up at Mintlaw, Ellon, Oldmeldrum;

Moray - picking up from Elgin en route.

Aberdeen City – 2 pick ups

Please complete and return the registration form and hand to your Group Leader as soon as possible.

Closing date
Saturday
26 June

FEE:
£10.00
EACH

28th Ramblers' Rendezvous

**Tuesday and Wednesday
1 & 2 August 2017
Inverurie Academy**

Grampian 50+ Network Committee is delighted to invite you to the 28th Annual Ramblers' Rendezvous. This year's Rendezvous will have the usual mix of a variety of walks at different ability levels, plus some craft and activity sessions.

ORGANISED BY:

Grampian 50+ Network Committee.

SPECIAL THANKS TO:

The Garioch Monday, Wednesday and Men's Walking Groups

**Grampian
50+ Network**

Scottish Registered
Charity SC031721

The walks have all been carefully graded to ensure that everyone understands the level of each one. Please don't sign up for an unsuitable walk - it will spoil your enjoyment and that of the other walkers too.



Length	ALL DAY WALKS
8 miles circular	Inverurie/Golf Course/Polinar Dam/Keithhall Slight incline through woodland with excellent views of Inverurie, part road and River Don Walk.
7 miles	Logie Woods/Pitcaple. Varied Terrain with some woodland, slight incline and good view of Bennachie.
6 miles	Tillymorgan/Culsalmond. Farm Tracks, minor public roads, woodland paths including hill tracks. Tillymorgan hill has 3 windmills half way up; also disused slate quarry at summit. Great views of Bennachie.

	MEDIUM WALKS
4 miles	Millenium Walk. Flat Walk at River Don & River Ury
4.5 miles	Inverurie/Keithhall. Alongside the River Don, through Keithhall and return by Osprey Village and River Ury.
4 miles	Turnpike/Pittodrie. Mostly flat low level walk through woodland and Rowantree to Bennachie centre via waterfall.
2.5 miles	Colony walk. Life in Bennachie in 1800s (or talk if wet). Led by Countryside ranger.

EASY WALKS - not more than 2.5 miles	
Rivers Don & Ury. Around Inverurie. Walk will include park, riverbanks and Bass of Inverurie	
Inverurie Canal/Port Elphinstone Walk will include park, riverbank and Port Elphinstone	
Castle Fraser – a walk with the Ranger – (Wed only)	

Special Interest Walks	Walking Treasure Trail in Inverurie
	Riverside walk - Identifying plants & flowers
Visits	New Inverurie Heritage Centre
	Inverurie Men's Shed
	Thainstone Mart (Wednesday only)
	JG Ross the Baker
Crafts	Sashiko - Japanese Stitching
	Zentangle - simple colourful stitching in a modern design
	Mosaic tiling (Tuesday only)
	Sugar Craft
	Fantasy Film Flowers
	Pottery (Tuesday only)
Indoor and Outdoor Activities	Digital Memories. Learn how to scan your treasured photographs, or prepare a digital life book.
	Cooking for one (Wed only) at Garioch Community Kitchen
	Chapel Chimers - music with hand bells and chimes
	Line Dancing
	Highland Hussle - exercise with some padebaz steps
	Ten Pin Bowling
Wu Style T'ai Ch'uan	

RAMBLERS' RENDEZVOUS REGISTRATION FORM

Please complete and return this form together with your £10.00 (non-refundable) fee to your Group Leader. **Closing date** 26 June 2017.

Please note - individual applications will NOT be accepted. CHOOSE SIX ACTIVITIES FROM THE LISTS BELOW.

- ★ With number **1** being your first choice and 6 as your least favourite, **you must enter** numbers 1, 2, 3, 4, 5 or 6 in the appropriate boxes for **no more than 6 choices** - the Committee will allocate as appropriate.

NAME _____

GROUP _____

Any Special Requirements?

Diet? _____

WALKS	
Inverurie Golf course etc.	
Logie Woods/Pitcaple	
Tillymorgan/Culsalmond	
Millenium Walk	
Inverurie/Keith Hall	
Turnpike/Pittodrie	
Colony Walk	
Rivers Don and Ury	
Inverurie Canal Port etc.	
Castle Fraser	
Walking Treasure Trail	
Riverside Walk	

ACTIVITIES	
New Inverurie Heritage Centre	
Inverurie Men's Shed	
Thainstone Mart (Wed only)	
JG Ross the Baker	
Shashiko - Japanese stitching	
Zentangle	
Mosaic Tiling (Tues only)	
Sugar Craft	
Fastasy Film Flowers	
Digital Memories	
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Wu Style T'ai Chi Ch'uan	

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