

TEES HERITAGE WALK - SUNDAY 14th MAY 2023

You are invited to participate in **THE TEES HERITAGE WALK**, along the banks of the River Tees on **Sunday 14th May 2023**. The Walk is organised by Middlesbrough Erimus Rotary and Middlesbrough College and is supported by Middlesbrough and Stockton Councils, PD Ports, Groundwork North East & Cumbria and other local Rotary Clubs.

We offer the opportunity to **raise funds for any recognised Charity of your choice** and at the same time learn more about the River Tees industrial heritage and the transformation work being undertaken by Councils, volunteer organisations and Rotary to reshape the banks and footpaths of the river, once the site of Teesside's internationally acclaimed iron and steel making industries.

The main walk (Option 1) is a distance of 12 miles from Middlesbrough College to Stockton's Millennium Bridge and back. It is linked to three national routes and offers views of seven Tees bridges from a very different perspective. In addition, other shorter route options, all starting at Middlesbrough College, will be available as follows:

- 2) Middle Distance Return Route (9 miles) to the Tees Barrage and back;**
- 3) Short Return Route (6.1 miles) to Newport Bridge and back**
- 4) One Way Route (5.7 miles) to the Millennium Bridge.**

Each route option is described in more detail, along with a map, on our website: www.erimusrotary.org
Where the use of wheelchairs and pushchairs could be difficult, due to surface conditions or steps, alternative routes requiring small diversions are available for each of the above options.

In order to cover the provision of on-route facilities there will be an entry fee of £5 per adult or £10 for families with all children under 16. Children under 16 must be accompanied by an adult. All participants completing their nominated route will receive a certificate marking their achievement.

To register, please download entry and sponsorship forms from our website: www.erimusrotary.org These can be completed and emailed to thw@erimusrotary.org or posted to Middlesbrough Erimus Rotary. c/o 93 Mallowdale, Nunthorpe, Middlesbrough. TS7 8PP. Entry fees can be paid online, by bank transfer or by cheque (details on entry form).

Reminder: All individual participants are free to donate the sponsorship monies they raise to their chosen registered charity.

Please note that your personal entry details will be shared with your chosen charity.

Any queries please use the above e-mail or phone 07864630755

