



The John Muir Way

The John Muir Way is a 45 mile walk named after the pioneer of modern conservation who was born in East Lothian in 1838. Although The Way has existed over some years as sections along the coast, official pathways were completed in 2007 and form a continuous long-distance walk between Musselburgh and Dunglass, forming East Lothian's part of the North Sea Trail, a path that connects 7 countries around the North Sea.

Although The Way can be classed as an easy walk, walkers should be well-equipped as the Way comprises of a varied coastline including sandy beaches, shingle and boulder shores, rocks and cliffs and includes beautiful wooded areas as well as many unique historical features.

Along The Way you will come across several old churches, castles, five historic battlefields as well as a multitude of unique wildlife, especially a wide variety of coastal birds and plants.

The first section of The Way takes us on a journey from Fisherrow to Dirleton, a 16.5 mile walk. Along the way, we will walk by golf courses and historic buildings such as the 15th century Preston Tower, the 16th century Northfield House and the 17th century Hamilton House. We will also pass by Luffness House, which has existed on the spot near Aberlady for over 800 years, and come across a beautiful view of the basalt silt of Fidra, the inspiration for Robert Louis Stevenson's book "Treasure Island."

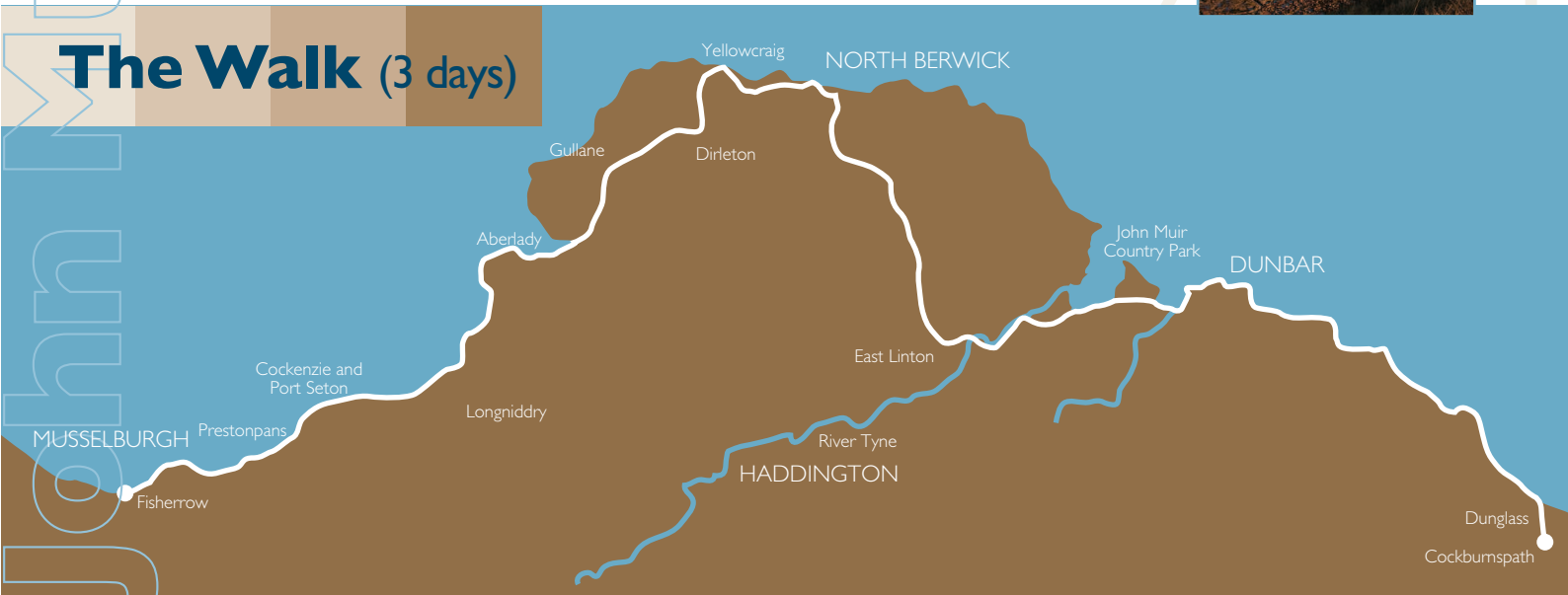
The second section of The Way is a 12.5 mile walk from Dirleton to East Linton. Much of this section is inland, avoiding rocks and rivers. On this leg of our journey, participants will have an optional opportunity to visit the Scottish Seabird Centre in North Berwick before continuing on to the Law, a volcanic plug 187m high that was formed 350 million years ago. We will also pass by beautiful Edwardian rockery and formal gardens and take in a magnificent view of The Lammermuir Hills.

Finally, a 16 mile walk from East Linton to Dunglass. This section of The Way passes through the John Muir Country Park. We will also journey over a salt-marsh and along Dunbar's steep cliff-top walk. While walking the cliffs we will have excellent views of the rich-red colour of strange rock formations such as the Pin cod, fine views of Bass Rock, Fidra and the Isle of May, as well as the harbour and remains of Dunbar Castle. On this day we will have an optional opportunity to see John Muir's Birthplace, a wall built by Dunbar's defences during the Napoleonic Wars and the impressive natural sandstone arches along the stony shore before reaching our final destination, Dunglass.

We hope that this introduction has whet your appetite for tackling the John Muir Way. A mixture of gentle fields and more serious hiking, The Way's serene beauty is not to be missed.



The Walk (3 days)



Accommodation

Walkers will be accommodated in a hotel or B&B of good standard in North Berwick and every effort will be made to obtain en suite rooms, although this cannot be guaranteed. It should be noted that single rooms are a rarity, and walkers should be prepared to share a twin-bedded room. Anyone who requires a single room should say so on their booking form. Every effort will be made to obtain single accommodation for them. This will almost certainly result in a single room supplement which will be notified to the participant in advance of the walk.

Dates

The John Muir Way challenge will take place from:

Friday 24th August until Sunday 26th August 2012

Deposits and Costs

Please raise a minimum £600 to participate in the John Muir Way. A non-refundable deposit of £75 is required at the time of booking. The overall cost includes:

- 2 night DB & B (Friday/Saturday)
- 2 x packed lunches and bottles of water
- Services of Fully Qualified Mountain Leader Guide(s) with First Aid Qualifications
- Transfer from Glasgow City Centre or Edinburgh City Centre to Fisherrow and return if required.

Not included:

- entry into Scottish Seabird Centre (visiting is optional)
- entry into the John Muir Way Birthplace (visiting is optional)
- additional snacks and drinks
- other items of personal expenditure.

The full cost less the deposit of £75.00 must be paid no later than 13 July 2012. Please note that in the event that you have to cancel after this payment has been made, no refunds can be made.

Transport

Transport is available from either Glasgow City Centre or Edinburgh City Centre to Fisherrow and return. Participants requiring transport should indicate this on the booking form.

Pick up Times:

- Glasgow City Centre: 7:30am
- Edinburgh City Centre: 8:45am

We anticipate making the return journey around 6pm on Sunday 26 August from Fisherrow.

Insurance

It is compulsory for all participants to take out adequate travel / personal accident insurance that will cover you for the specific activities that you will be undertaking as neither SCoD nor Charitytrek can be held liable for personal injury or death caused by the participant's negligence. Additionally, neither the organisers nor SCoD can be held responsible for delays or changes in travel or other arrangements that are caused by force majeure.

Force majeure means any event which we could not, even with due care, foresee or avoid, such as but not limited to, technical or maintenance problems with means of transportation, changes imposed by rescheduling or cancellation of flights by an airline or main charterer, epidemics, health risks, war or threat of civil war, civil strife, industrial disputes, natural disasters, bad weather, closed or congested airports, ports or stations, bureaucratic obstacles or terrorist activities.

Contact

Final instructions will be issued eight weeks before the walk. Advice on equipment and training will be provided at the time of registration. For all other enquiries please contact SCoD: Linda Ogston or Alison Coyle on Tel: 0141 248 2474, email: trek@scod.org.uk. Alternatively, contact Charitytrek directly: Ian Glassey or Alice Watson on Tel/Fax: 0141 570 1859, Mob/SMS: 07860 175538, email: ian@charitytrek.co.uk.

Booking Form (Part I)

John Muir Way

Event Date

I pledge to raise a minimum £600 in sponsorship to participate: (please tick)

Personal Details

Title Surname Forename

Address

Postcode

Daytime Tel No Evening Tel No

Email address Age

Next of Kin Name & Telephone Number

Special Dietary Requirements

Do you have any special dietary requirements? Yes No

If yes, please specify

Mode of Transport

I require transport from Glasgow City Centre to Fisherrow and return

I require transport from Edinburgh City Centre to Fisherrow and return

I will make my own way to/from Fisherrow

Continued >

You may wish to take out personal accident insurance, as neither the charity nor the organisers of the walk can be held liable for personal injuries to participants.

Booking Form (Part I continued)

John Muir Way

Medical Details

All Charitytrek itineraries will be physically demanding and therefore it is important that participants are fit and in good health. If you have any medical condition which we should be made aware, please indicate below. All information given will be treated in the strictest confidence.

High Blood Pressure	<input type="checkbox"/>	Please tick if applicable	Digestive or Bowel Disorder	<input type="checkbox"/>
Heart or Circulatory Disease	<input type="checkbox"/>		Joint or Back Injuries (particularly knee, ankle or lower back)	<input type="checkbox"/>
Chest or Lung Disease	<input type="checkbox"/>		Surgical operations	<input type="checkbox"/>
Asthma or Hay Fever	<input type="checkbox"/>		Epilepsy or Diabetes	<input type="checkbox"/>
Allergies to Drugs, Chemicals or Food	<input type="checkbox"/>		Mental or Emotional Instability	<input type="checkbox"/>
Other	<input type="checkbox"/>			

Please give further information if you have ticked any of the above boxes.

If you are over 65 years of age, or have a pre-existing medical condition, please ask your doctor to sign below confirming that you are fit to undertake the trek

Doctor's Name (please print) Date

Signature Practice Name/Address

I wish to participate in the John Muir Way walk. I enclose a non-refundable deposit of £75, made payable to SCoD. I have agreed to the terms and conditions set out in Part 2 of the Booking Form, which forms part of this agreement.

Signature Date

Please return your completed form and non-refundable deposit payable to SCoD to:
Trek for SCoD, Scottish Council on Deafness,
Central Chambers Suite 62, 93 Hope Street, Glasgow G2 6LD

Booking Form (Part I I)

Terms and Conditions

1. The participant (being defined as the individual completing Part I of this Booking Form) hereby undertakes to provide all relevant medical information relating to their health through Scottish Council on Deafness (SCoD), charity number SC016957, to G.B.Walks Ltd a company with company number SC244177 and trading as 'Charitytrek', and with a registered office at 64 Milverton Avenue, Glasgow (hereinafter referred to as 'Charitytrek'). Charitytrek is entitled to recover any reasonable losses incurred as a result of failure of the participant so to do.
2. Charitytrek reserve the right to refuse a participant the right to commence the Event (being the John Muir Way walk) or require a participant to cease participation in the Event should they or any of their representatives reasonably believe this to be necessary on medical grounds.
3. Charitytrek reserve the right to cancel part or all of an Event at any time. i) Should cancellation be due to factors wholly outwith their control (for example in respect of weather, or any participant failing to adhere to these conditions) then they will refund all monies other than (a) one half of the reservation fee and (b) monies for any accommodation, food, travel etc already used. ii) Should cancellation be due to factors partially or wholly within Charitytrek's control then they will refund all monies other than monies for any accommodation, food, travel etc already used.
4. Charitytrek reserve the right to materially alter or change the itinerary, accommodation, transport or food at any time for the Event provided same is of equal or greater quality to that previously stated.
5. In no event shall Charitytrek or SCoD be liable for recompense, restitution, damages, or any other liability to either the participant or any charity or other body for whom they are raising monies or any other party, other than for personal injury caused by Charitytrek's negligence. Without prejudice to the foregoing generality Charitytrek shall not be liable for (I) any loss of earnings, (II) any loss or damage to any personal property, (III) any loss suffered due to delays in travel arrangements or other arrangements that are caused by force majeure, (IV) personal injury or death caused by the participants negligence.
6. The participants are responsible for (I) ensuring that they have proper and adequate clothing and shoes for the Event, (II) obtaining any personal insurance for injury or belongings they may require.
7. The participant must report in writing any accident or loss to Charitytrek through SCoD within 7 days of suffering same. Any claim against Charitytrek must be intimated within 21 days of the end of the Event.
8. Both parties hereby agree that this agreement and all matters pertaining hereto shall be governed by and construed in accordance with the law of Scotland and the parties submit to the non-exclusive jurisdiction of the Sheriff Court at Falkirk.