

# BOOKING FORM

## ABC – SNOWDON TIARA TREK

AUGUST – OCTOBER 2017



All proceeds in aid of: **ANOREXIA & BULIMIA CARE**  
Registered Charity Number:  
(England) 1155686 (Scotland) SC045443  
[www.anorexiabulimiacare.org](http://www.anorexiabulimiacare.org)

### REQUIREMENTS FOR THE WALK

**The Route:** Llyn Cwellyn Car Park, off the A4085. (SH 564 551). Pay & Display car park-loose change required. **Post Code:** LL54 7YT. **Relevant Map:** OS Ordnance Exp OL17 (Snowdon & the Conwy Valley)

**Suggested Equipment:** Suitable equipment for hike. Conditions, which can change rapidly, should mean that you have at least; good footwear, waterproofs, hat, gloves, map, compass, torch, whistle, plenty of food and drink. Be prepared for anything from hot sun to cold rain.

**PLEASE NOTE: AS THIS IS CALLED THE TIARA TREK IN AID OF CHARITY – WE REQUIRE A TIARA TO BE WORN ON THE TREK! JUST A BIT OF FUN!!**

**Timings:** The walk will start at 0800 hours. The cut off time for the finish will be 1800 hours.

Thank you for supporting this walk; we hope you enjoy the experience of the Tiara Trek, and hope to see you again on one of our other treks.

[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)

(Please use block capitals and complete all sections – all individuals in team must complete a booking form)

DATE (tick):	19 Aug 2017	02 Sep 2017	14 Oct 2017
Team Name:			
First Name:		Surname:	
Address:			
Date of Birth:		Phone No:	
Email:		Verify Email:	
Emergency Contact Name:		Emergency Contact No:	

Please complete to receive your complimentary ABC running vest:

Men's: S (38)  M (40)  L (43)  XL (45)  XXL (48)

Women's: XS  S  M  L  XL

### MINIMUM FUNDRAISING TARGET - £300

This form should be signed and returned to us as soon as possible to ensure your space on the trek. Please email completed form to [info@treksandtiaras.co.uk](mailto:info@treksandtiaras.co.uk)

Confirmation of your entry and further details will be sent by email

I/We .....Individual / Team wish to take part in the ABC Snowdon Tiara Trek organised by Treks & Tiaras

Signed:.....

Date: .....

[www.treksandtiaras.co.uk](http://www.treksandtiaras.co.uk)