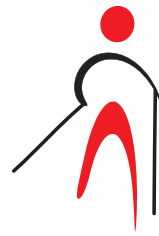




www.porphyria.org.uk



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CHARITY WALK / RUN

FOR THE BRITISH PORPHYRIA ASSOCIATION

Sponsored by Bodywise Pilates & Nordic Walking

SUNDAY 16TH MAY

THE DARNLEY TRAIL



Walk the beautiful Darnley Trail, a 10km circular walk, starting from Shorne Woods Country Park and passing through, Ranscombe Farm, Cobham Woods, Ashenbank Woods and Jeskyns Farm and help raise money for The British Porphyria Association.

Entrance fee £6

Not suitable for wheelchair or pushchair users.

Refreshments and parking available at Shorne Woods (£2.20 parking fee)

Entrance forms available from Karen Harris, send SAE to BPA Charity Walk, 14 Mollison Rise, Gravesend, Kent. DA12 4QJ, or send your email address quoting 'Charity Walk' to nordicwalking@bodywiseonline.co.uk.

Alternatively for more information please call 01474 350390.