

**NORMAN'S CONQUEST FOR PARKINSON'S  
SOUTHERN UPLAND WAY - 215 MILES  
21 APRIL 2015 TO 4 MAY 2015**

	Miles		Lunch	Accommodation
Day 1 Tues 21 April	13.5	Port Patrick to Castle Kennedy	Ochtrelure 1 mile before A77	Castle Kennedy <a href="http://www.chlenryfarmhouse.com">www.chlenryfarmhouse.com</a> 01776 700598
Day 2 Weds 22 April	11.0	Castle Kennedy to New Luce	In New Luce PM Free	New Luce <a href="http://www.Kenmuirarms.com">www.Kenmuirarms.com</a> 01581 600218
Day 3 Thurs 23 April	17.0	New Luce - Bargrennan	At Knowe on B7027	Bargrennan <a href="http://www.houseohill.co.uk">www.houseohill.co.uk</a> 01671 840243
Day 4 Friday 24 April	17.0	Bargrennan to Craigenbay	Glenhead	The Kenbridge Hotel New Galloway
Day 5 Sat 25 April	15.5	Craigenbay to Stroanpatrick	St Johns Town of Dalry	The Kenbridge Hotel New Galloway
Day 6 Sun 26 April	18	Stroanpatrick tp Sanquhar	Lunch Bothy East of Altry Hill	Sanquhar <a href="http://www.blackaddiehotel.co.uk">www.blackaddiehotel.co.uk</a> 01659 50270
Day 7 Mon 27 April	14	Sanquhar – Wanlockhead and onto A702	Wanlockhead	Moffat House Hotel 01683 220039 <a href="http://www.moffathouse.co.uk">www.moffathouse.co.uk</a>
Day 8 Tues 28 April	15	A702 to Moffat	Lunch Rivox Walk from Middlegill off A74	Moffat House Hotel 01683 220039 <a href="http://www.moffathouse.co.uk">www.moffathouse.co.uk</a>
Day 9 Weds 29 April	20	Moffat – St Mary's Loch	Nr Broadgairhill Off B709	St Mary's Loch <a href="http://www.tibbieshielsinn.com">www.tibbieshielsinn.com</a> 01750 42231
Day 10 Thur 30 April	12	St Mary's Loch to Traquair	Snack East End of Loch, lunch Traquair	Traquair Arms Hotel <a href="http://www.traquaiarmshotel.co.uk">www.traquaiarmshotel.co.uk</a> 01896 830229
Day 11 Fri 1 May	13	Traquair to Melrose	Lunch at Yair Bridge On a 707	Kings Arms Melrose <a href="http://www.kingsarms-melrose.co.uk">www.kingsarms-melrose.co.uk</a> 01896 800445
Day 12 Sat 2 May	12	Galashiels to Lauder	Crossroads near Jeaniefield	Gifford
Day 13 Sun 3 May	15	Lauder to Longformacus	West side of Watch water reservoir	Gifford
Day 14 Mon 4 May	17 1/2	Longformacus to Cockburnspath	Abbey St Bathans	Gifford

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In 2013 Norman Yarrow was diagnosed with Parkinson's at the age of only 53. In April 2015 he will be walking the Southern Upland Way in Scotland to raise funds for research to beat Parkinson's.

**About Parkinson's**

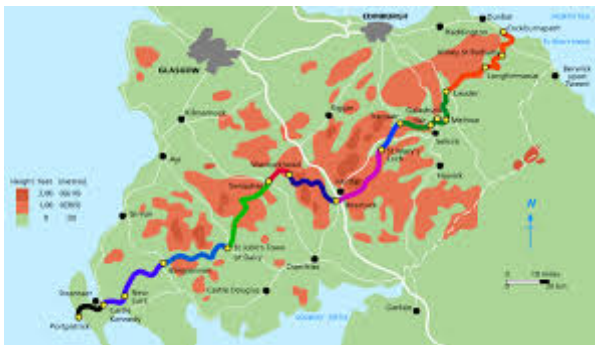
Parkinson's is a debilitating progressive neurological condition that affects one person in 500. That's about 127,000 people in the UK. Currently there is no cure for Parkinson's but there is a wealth of ground-breaking research currently underway.



**The Walk**

From 21 April to 4 May 2015 Norman and a group of supporters will walk 215 miles along the Southern Upland Way in Scotland, from Port Patrick on the west coast to Cockburnspath on the east coast (go to [www.southernuplandway.gov.uk](http://www.southernuplandway.gov.uk) for more information about the route).

Norman will be walking an average of 15 miles a day which is quite an undertaking for anyone, let alone a person with Parkinson's. He already has the support of Scottish and Lions rugby legend, Gavin Hastings, who has agreed to accompany Norman and he hopes to have more celebrity supporters joining him along the route.



**Fundraising**

Norman hopes to raise awareness of this debilitating disease as well as raise funds for charity. All funds raised will be directed to two cutting edge research projects for two charities:

The Cure Parkinson's Trust (registered charity number 1111816 in England and Wales and SC044368 in Scotland) [www.cureparkinsons.org.uk/Pages/Category/clinical-trials](http://www.cureparkinsons.org.uk/Pages/Category/clinical-trials)

Parkinson's UK (registered charity number 258197 in England and Wales and SC037554 in Scotland). [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Join Norman's conquest for some (or all) of the walk or make a donation;**

<http://uk.virginmoneygiving.com/normanyarrow> For further information e-mail Norman at [nmyarrow@aol.com](mailto:nmyarrow@aol.com)

**CELEBRATION PARTY GIFFORD VILLAGE HALL 6.00PM 4 MAY**