



Innovative Summer Outdoor Adventure Festival!

The inaugural Equal Adventure Festival 09, 4-5 July is a rare chance for teams of friends, family or colleagues to enjoy the adventure and beauty of the Cairngorms National Park together, regardless of ability or agility. The Festival is an opportunity for disabled and non-disabled people to improve existing skills, meet new people and build team spirit in the outdoors. All that is required is a willingness to have fun!

Participants will be able to take part in a range of activities within the grounds of Glenmore Lodge including kayak slalom, paddling circuits, orienteering, forest treks and problem-solving tasks.

Participants will also be raising money for two international charities, 500 Miles and Motivation which support the needs of disabled people in the developing world

Quote from Suresh Paul, Director of Equal Adventure;

“Too often disabled people are considered unable to compete in adventure sports and challenges. With the right approach and facilities this notion can be completely dispelled; that’s where the Equal Adventure Festival comes in. As well as providing a challenge that is accessible to all, the event will empower those with impairments to support disabled people in developing countries. By fund raising for two major international disability charities, disabled people can act as ambassadors to bring about a lasting change in the quality of life experienced by those with disabilities in developing countries.”

Further information below:

The event is being organised by an award winning Scottish charity, Equal Adventure, which creates resources to inspire inclusive adventure and active lifestyles. All of the events will be fully inclusive and available at a range of skill, agility and ability levels, with activities modified and additional adaptations planned where necessary. Volunteers will also be available to enable full participation and enjoyment.

Neil Ebberson Chair of Trustees for Equal Adventure said;

“We are proud to be organising the Equal Adventure Festival and I know that the team of dedicated designers, therapists and sports coaches are looking forward to welcoming participants to the Cairngorms. The Equal Adventure team have worked hard to ensure that everyone is able to participate regardless of disability.”

In addition, the Equal Adventure Festival provides a unique opportunity for participants to meet and compete with one of the UK’s top disabled adventurers, Jamie Andrew, who continues to climb and mountaineer at a high standard whilst using four prosthetics and is the proud owner



of the only Ice Axe to be prescribed by the NHS. Jamie, who will be delivering a lecture to participants, has high praise for the festival:

“This is a fantastic event which combines my passion for adventure with the opportunity to make a difference to the lives of amputees in the developing world. The Cairngorms is an inspiring place and I look forward to sharing the work of 500 Miles and my experiences in the mountains with the race participants’.

As well as the team activities there will be the chance to take the controls of an iconic World War II Spitfire fighter aircraft simulator and let your hair down at an evening ceilidh.

Participants are invited to camp within the grounds of Glenmore Lodge with the choice of wheelchair-accessible accommodation if required; full catering for the weekend is included.
<http://www.glenmorelodge.org.uk/>

If you have any questions don't hesitate to contact us.

For more information on the Equal Adventure Festival please go to www.equaladventure.org/eafestival09.htm or contact Suresh and the Events team at events@equaladventure.org or telephone 01479 861200

For more information on Equal Adventure and it's further work please go to <http://www.equaladventure.org/index.html>

For more information on Jamie Andrew and 500 miles please go to www.jamieandrew.com/ and <http://www.500miles.co.uk/>

For more information on Motivation and their work please go to <http://www.motivation.org.uk/>

For more information on the spitfire simulator please go to www.simcontrl.co.uk/offboard.htm

The event also has the following social networking pages:

Facebook link : <http://www.facebook.com/pages/Equal-Adventure/91423945425?ref=ts#/event.php?eid=85455657837>

Ouch Link: <http://www.bbc.co.uk/dna/mbouch/>

Wheel life : <http://www.thewheelife.com/live/profile.php?user=Equaladventure>

Supporters of the festival include: Glenmore Lodge, Wild Country and Nickwax
THIS PROJECT IS BEING PART-FINANCED BY THE SCOTTISH GOVERNMENT AND THE EUROPEAN COMMUNITY [Cairngorms Local Action Group] LEADER 2007-2013 Programme