



Perth Amnesty Group Fundraising Challenge 2022 The Tayside Triathlon



After the success of our Nine Four Thousanders Challenge we are holding another. This time the challenge is to complete the *Ben Lawry's Group Traverse*, which comprises seven Munros (mountains above 3000ft) linked into a magnificent circuit! Participants will walk this route, *canoe the length of Loch Tay and then cycle around it.*

You can take part in this challenge at any time between now and the end of September. We are not expecting everyone to complete all stages of the challenge, and each stage can be completed on different days over the coming months until the end of September.

We hope that Amnesty Groups and individual members from across the UK will take part in this challenge and that they will encourage friends, family and other groups such as Hillwalking and Cycling Groups to take part as well.

Amnesty International UK Charitable Trust, The Human Rights Action Centre, London, EC2A 3EA.
Tel: (+44) 0207 033 1500 Web: www.amnesty.org.uk

Amnesty International UK Section Charitable Trust is a charity registered in England and Wales (no. 1051681), in Scotland (no. SCO39534) and a registered company (company number: 03139939)



Our Fundraising Target

We have set an ambitious, but based on the success of last year's fundraising challenge, the Nine Four Thousanders achievable target of **£2000**.

Amnesty International UK like many Charities/NGO's has felt the pinch as a result of Covid. Your fundraising efforts will be important in helping support that saves lives, change laws, and free people who have been unjustly imprisoned.

You can read more about the work your fundraising will make possible on the Amnesty International UK website: www.amnesty.org.uk/issues.

We Stand with Ukraine

The Russian invasion of Ukraine and the subsequent human rights crisis has shocked everyone in the Perth Amnesty Group and we're using this year's challenge to draw attention to Amnesty International's work on the conflict. The invasion is a shameful and illegal act that has already led to countless human rights abuses. Amnesty International UK will work with other Amnesty International Sections and offices around the world to monitor the situation on the ground, expose crimes against humanity and pressure governments and other decision makers to end this conflict and support everyone affected.

[Read more about Amnesty International UK's work on the war in Ukraine](#)

[Call on the UK government to do more to provide a safe haven for refugees fleeing Ukraine](#)

Amnesty International plays an important role in standing with the victims of armed conflict. We work closely with activists on the ground to help document human rights abuses and provide irrefutable evidence of what's happening on the ground. In this age of disinformation and 'fake news' this is arguably more important than ever. We also work with our network of activists to pressure governments around the world to do everything

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they can to protect lives and human rights. This might involve opening safe and legal routes for refugees or applying pressure to key decision makers to agree to end hostilities.

By taking part in this challenge and raising money for Amnesty International UK you will be supporting this work. You can also help spread the word and raise awareness of this human rights crisis by sharing what you're doing with your friends, family and colleagues.

The Ben Lawers Traverse

Completing the Traverse will involve walking and climbing over rough mountain terrain and challengers must ensure they are properly equipped and clothed in anticipation of poor weather conditions. Whilst some challengers may be able to complete the challenge in one day within daylight hours during the summer months, others may wish to take camping equipment to enable the challenge to be completed over a couple of days.

The Munros (Mountains over 3000 feet) which form this traverse are: **Meall Greigh, Meall Garbh, An Stuc, Ben Lawers, Beinn Ghlas, Meall Corranaich & Meall a Choire Leith**

The Scottish Mountaineering Club recommends that the best starting point for the challenge is from Glen Lyon to the North, either from Camusvrachan or Invervar. <https://www.walkhighlands.co.uk>

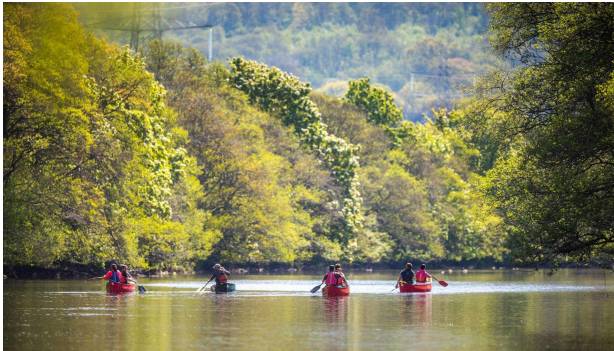


Canoe the Length of Loch Tay



Loch Tay is a long narrow Loch of around 14miles (23km) in length, situated between Kenmore and Killin.

Canoeing, in a Canadian canoe or kayak from one end to the other can be completed within one day. However challengers may wish to take camping equipment on board so that the challenge can be completed over more than one day by camping overnight on the Loch shore.



Canoes and Kayaks can be hired from Beyond Adventure in Aberfeldy who can also arrange pick-ups and drop offs at either end of the Loch.

Cycling around Loch Tay

The 35 mile circular route follows the main road on the north shore of the Loch returning by the quieter, narrower south shore road (which forms part of Route 7 on the National Cycle Network).

Bicycles may be hired in Aberfeldy or Killin.

Donations

We will be taking donations through our **Just Giving** page which you can find *here*.

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We would also like to encourage you to ask your friends and family for donations in support of your own efforts. To take donations directly, to set up a fundraising page via [Just Giving](#).

Fundraising Tips

There are all sorts of ways you can raise money by taking part in this challenge. Here are some tips to get you started with your fundraising:

- Personalise your Just Giving page: all of your fundraising is likely to come through your Just Giving page so make sure you make the most of it. Pages with pictures, a story about why you're raising money and updates on your training always do better than generic ones.
- Tell a story: why have you decided to take part in this challenge? There are loads of reasons people support charitable causes so share yours! The more personal a fundraising appeal is and the more passionate the fundraiser is, the more likely people are to donate.
- Training: the Tayside Triathlon is physically demanding and it's likely you're going to need to train to be ready for it. Let people know what you're doing and share your fundraising page alongside pictures from your training sessions. The more effort you're putting in the more likely people are to donate.
- Share, share, share: tell as many people as possible about what you've doing – the more people you tell the more potential donations you can get. Don't be afraid to tell people what you've doing more than once – it can take up to three reminders to get people to donate to a fundraiser.
- Events: you can do all of your fundraising by sharing your page and telling your story, but you can also organise events to boost your fundraising total and to let more people know what you're doing. Bake sales, quiz nights, meals and loads more sorts of events could work well.

Whatever you do to raise money, the Amnesty International UK Community Fundraising & Events team can help! They can offer advice and free fundraising materials like stickers, collection buckets and more. Contact Richard using the details below to find out more:

Email: richard.glynn@amnesty.org.uk

Phone: 02070331650

Taking Part

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We do hope that you will be able to take part and are very welcome to undertake the challenge making your own arrangements and on a date(s) which suits you. We can't stress enough that you must make sure you are properly equipped to undertake each of the challenges and have carefully assessed the risks involved.

Getting together



We also hope that the challenge will provide an opportunity for Amnesty Members, supporters, friends and families to get together, in the beautiful surrounds of Loch Tay, as we come out of the pandemic restriction. We will set 3 separate dates for challengers to get involved as part of a group. The canoeing challenge is likely to be in June, with the Ben Lawers challenge during July, followed by the cycling challenge in August, but we will keep everyone posted closer to the time on detailed arrangements and dates.