

6 week 630 mile challenge. The South West Coastal Path

Charity walk commencing 11th July and finishing 21st August 2016

The challenge of the South West Coastal walk has always inspired me and now I will attempt to complete the walk in 6 weeks.

I will try and raise funds along the way for the 3 charities chosen. Donations can be made on line through the charity giving site **mydonate.com**, fund raiser **Richard Langley**

My company High Gain Technology, in its 24th year, will sponsor the walk and support will be provided from the associated companies working with High Gain. Some of the companies agreeing to support the fund raising effort are;

Climb it Range Rugby

Natures Work Bangor

ITP Ltd Rugby

Citi Base, Bewfley

Invertek Drives, Welshpool

Petford Tools, Dudley

Alphateq, Brinklow

Rotatech Ltd, Coventry

Newcomer UK, Coventry

Global Robots, Bedford

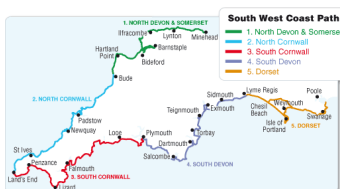
GTMA

Vard Engineering, Nuneaton

Accranut, Nuneaton

4D Engineering, Cirencester

Mettis Aerospace Tool Room Redditch



Donations ; www.btplc/mydonate.com. Fund raiser Richard Langley

630 mile coastal path walk for Charity. Minehead to Poole

Day 1 Minehead to Lynton 12 th July

Lynton to Coombe Martin

Coombe Martin to Woolacombe

Woolacombe to Braunton

Braunton to Westward Ho

Westward Ho to Hartland Point

Hartland to Clovelly

Clovelly to Bude

Bude to Tintagel

Tintagel to Padstow

Padstow to Newquay

Newquay to Portreath

Portreath to St Ives

St Ives to Sennen

Sennen to Marazion

Marazion to Lizard

Lizard to Helford

Helford to Portlooe

Portlooe to Par **30 th July estimated**

Par to Portwinne

Portwinne to Plymouth

Plymouth to River Yealm

Wembury to Salcombe

Salcombe to Torcross

Torcross to Brixham

Brixham to Exmouth

Exmouth to Seaton

Seaton to Abbotsbury

Abbotsbury to Portland

Portland to Lulworth

Lulworth to South Havem **Estimated August 15th and finish**

Walk 30 days to 35 days

**To join with the walk for a day or two phone Dick on 07861233930 or email
info@highgaintechology.co.uk alternatively email highgaintechology@gmail.com**