

The Spring Step Sponsored Walk

- ✘ Put your best foot forward and join the cancer charity, Bowel Cancer UK, on one of their Spring Step Walks this April! Take part with friends and family to remember a loved one or show your support for someone affected by bowel cancer.

Edinburgh – Saturday 30 April

Meeting at the Castle Esplanade at 11am, we will walk along the historic Royal Mile to Holyrood Park and around Arthur's Seat. This 5 mile route will take around two to three hours to complete. Download a [registration form](#).

The walk is suitable for buggies, and babies and children are very welcome on this family friendly event. So put a spring in your step this April and help us to raise vital funds and awareness during Bowel Cancer Awareness Month.

To register for either walk, download a form above or email events@bowelcanceruk.org.uk or call us on 020 7386 4006.

Joining either walk costs £10 for adults and £5 for children. Children aged five or under are free. T-shirts will be provided to all walkers on the day.