## The Big Scottish Heart Netwalk

The Big Scottish Heart Netwalk on 30 September 2011 is a unique chance for businesses and networking groups to come together to make business connections, walk and raise money for charity, all in the beautiful Pentland Hills Regional Park with stunning backdrops of the capital from Caerketton and Allermuir Hills.

The event will be centred on Swanston Golf Club and walkers will have access to the Club's superb facilities including changing rooms and showers, secure lockers — and exclusive use of the downstairs bar and lounge area.

There are 2 walks, a 13km walk (Walk 1) for experienced walkers and a 7km (Walk 2) walk for novice walkers — or those with less time.

There will be an informal post-walk networking session with a light buffet after the arduous part of the day which non-walkers are welcome to attend.

Registration costs £10 for either walk or if you are only attending the post walk networking event. Included in £10 registration fee is a light buffet and soft drink for all attendees and drinking water for the walkers. The registration fee is non-refundable.

The principal charity is the British Heart Foundation Scotland but alternatively you can walk for your own charity — the choice is yours!

Registration times are 12.45pm and 1.30pm depending on which walk you do and the informal networking will run from 4.30pm to 7.pm.

For full details and to register please go to <a href="the-website">the website</a>.

There is nothing better than getting into the hills on a Friday afternoon, enjoying the fresh air, meeting like-minded people, feeling good about helping others whilst you walk and keep healthy — and building valuable business relationships.