

Fancy a dip in the Forth on New Year's Day?

Apart from the Loony Dook in South Queensferry there are other opportunities to get cold and wet for a good cause...

There are still some places left for anyone wanting to take a splash in the Forth at Limekilns on New Year's Day, helping to raise funds for Aberlour, Scotland's children's charity.

Adventurous bathers are being invited to take the plunge in the Limekilns Breakfast Dip which will take place on 1st January 2014 on the beach by the promenade. Known as the *ultimate hangover cure*, hundreds are expected to participate in the bracing dook in the Forth, with proceeds going towards Aberlour.

With filled rolls and hot soup and drinks served from 12:00, the actual dipping will commence at 13:00 for those brave enough to enter the freezing waters. As well as the dip, there will also be a competition for the best headgear!

Here is a video of last year's event to give you the idea...

Alex Hill, organiser of the Limekilns Breakfast Dip said, "A dip in the Forth on New Year's day is a fantastic, and probably invigorating start to 2014! It's going to be a great day, with lots of fun, food and silly hats, all for a great cause."

Nicola Gandy, Aberlour Fundraiser said, "Is there a better way

to see in the New Year than a bracing dip in the Forth? Not only that, but it's also a fantastic opportunity to blow away the cobwebs, and at the same time we're raising vital funds for Aberlour's work with vulnerable and disabled children and young people in Fife."

Registration costs £7.50 with proceeds going to the Aberlour Child Care Trust, and can be done at www.limekilnsdip.eventbrite.co.uk Places are limited, so anyone who wants to participate should sign up soon!