



# Walk UP for DOWNS



## ARE YOU UP FOR THE CHALLENGE?

We're calling on fun loving families, friends, workplaces & community groups to help us raise funds for Down Syndrome Cheshire this World Down Syndrome Day by walking UP for DOWNS!

**1.  
DECIDE  
ON YOUR  
ROUTE**

**3.  
SET UP A  
JUSTGIVING  
PAGE**

**5.  
MAKE A  
DIFFERENCE.  
THANK YOU!**

**2.  
GATHER  
YOUR TEAM OF  
WALKERS**

**4.  
ENJOY  
YOUR WALK**

We are fortunate to have so many beautiful walks to enjoy throughout Cheshire. Here are some ideas for your Walk Up for Downs - just click for a link to the route:

1. [KERRIDGE HILL](#)
2. [HELSEBY HILL](#)
3. [SANDSTONE TRAIL](#)
4. [OLD PALE HILL](#)
5. [PECKFORTON HILLS](#)
6. [SHUTLINGSLOE](#)
7. [TEGG'S NOSE](#)
8. [THE CLOUD](#)
9. [ALDERLEY EDGE](#)
10. [MOW COP \(STAFFORDSHIRE\)](#)

## WORKED UP AN APPETITE?

1. THE BULL'S HEAD, KERRIDGE
2. THE HORNSMILL, HELSEBY
3. RING O BELLS, FRODSHAM
4. THE FISHPOOL INN, DELAMERE
5. THE PHEASANT INN, TATTENHALL
6. THE CRAGG INN, SHUTLINGSLOE
7. LEATHER'S SMITHY, LANGLEY
8. THE CASTLE INN, CONGLETON
9. THE DRUM & MONKEY, ALDERLEY EDGE
10. MOW COP INN, MOW COP

(ALWAYS CONTACT AHEAD TO CHECK OPENING TIMES, AVAILABILITY, LOCATION, MENU, PARKING, CHILD & DOG FRIENDLINESS!)

## WANT TO LOOK THE PART?

WE HAVE DOWN SYNDROME  
CHESHIRE  
T-SHIRTS, HOODIES &  
DOG NECKERCHIEFS  
FOR SALE

FOR MORE INFORMATION &  
ALL OTHER FUNDRAISING  
ENQUIRIES PLEASE EMAIL:

[ADMIN@DSCHESHIRE.ORG.UK](mailto:ADMIN@DSCHESHIRE.ORG.UK)



# We're supporting World Down Syndrome Day



**Walk UP for DOWNS**  
to raise funds for Down Syndrome Cheshire

**Where?.....**

**When? .....**

**What time? .....**



**WSDS 2023**  
**#ichoose**