

# Coast to Coast Challenge

## By David Ritchie



### **Sponsored Cycle in aid of Seed For Life Feed for Life**

Dear Friends

For some time I have been planning a cycle trip across Scotland from Luing to our son Jamie's house near Johnshaven in Aberdeenshire.

I now plan on travelling over to Mull and cycling round to climb Ben More, Scotland's most westerly Munro. Returning to Oban then traveling up Loch Etive side through to Bridge of Orchy over to Glen Lyon, then Kinloch Rannoch. Entering the Cairngorms via Blair Atholl and Glen Tilt travelling through to Braemar and then onwards to Ballater, Glen Tanar and over Mount Keen, Scotland's most easterly Munro and down Glen Esk to the East coast, utilising off-road hill tracks as much as possible.

On a positive note there is a great forecast for the next week and more importantly the midges haven't started yet! On a negative note I have a gammy knee and a tweaking back so whether these ailments will allow the trip to happen in one go remains to be seen. I do hope at worst to complete the journey in stages in the next few months.

It came to me more recently that this journey could be put to some use by raising some sponsorship towards our locally supported charity Seed for Life, Feed for Life, which supports the poorest of farmers in Malawi and encourages children into education by the provision of school meals.

The thought of your kind donation will help keep my old legs peddling! To donate, please go to [www.seedforlife.org.uk](http://www.seedforlife.org.uk) There are 2 ways to donate there. Thank you. David Ritchie.