

Good Fun for a Good Cause

Over the past few years, the Cornwall Trail Riders Fellowship have been organising Disability Sponsored Forest Trail Rides, in association with the charity organisation Phab, in Forestry Commission woodlands. For the first time ever the event is coming to Cardinham Woods on Sunday 10th October.

This year the sponsored Forest Trail Ride will be raising money for St Austell Phab, to replace the ageing minibus that the group relies so much on. Phab is a charity that works to promote and encourage people of all abilities to come together on equal terms.

The event is for people with physical and learning difficulties who will ride as pillion passengers on trail motorcycles or quad bikes. There will also be a quad bike with wheelchair access so that everyone can take part in this fun event.

There will be a free BBQ and drinks for those taking part and riding will start at 11.30am and finish at 3pm. If you would like to take part, Phab and the Cornwall Trail Riders Fellowship ask that you raise £15 in sponsorship per person, all of which goes to Phab's minibus fund.

All of the motorcycles and riders for the



Sponsored Forest Trail Ride earlier this year at Dunmere.

day are provided though the Cornwall Trail Riders Fellowship and all participants will be covered by insurance.

Support from the general public is greatly appreciated by the groups so why not turn up and show your support for this great event? Please be aware that the event will be taking place on the Lady Vale Trail so, particularly if you are walking dogs, you may wish to walk on one of the other trails between 11.30am – 3pm. Thank you for your co-operation.

Please note that you must book a place if you wish to take part. To book, get more details or sponsorship forms please contact:

Mr Ross Fisher on 01208 832579 or e-mail

fisher.badgersholt@tiscali.co.uk