



# Black Cat Firewalk

Friday 4 November 2022 at the Deeside Activity Park

## Deeside Firewalk in aid of Cats Protection

Thanks for joining team cats to walk across a 20-foot bed of red-hot coals and raise much needed funds for Cats Protection.

Your registration fee includes:

- Experienced and qualified instructor for the event

It does NOT include

- Travel to the venue
- Accommodation if needed before and after the event
- Drinks and food

Minimum sponsorship pledge – £120

## Your itinerary

**Friday 04 November 2022**, meet at Deeside Activity Park, A93, Dess, Aboyne AB34 5BD, at 18:00 to register.

You will need to attend the full training session in order to participate.

### Timetable:

18:00 Arrival and registration of firewalkers  
18.30 Training begins (60-90 minutes)  
19:00 Spectators arrive (there will be food and entertainment)  
19:30 Fire will be lit  
20:00 Firewalk  
20:45 Debrief and celebration  
21:30 Event closes

**Address:**

Deeside Activity Park, A93, Dess, Aboyne AB34 5BD.

**Parking:**

- There is parking on site

**What happens if it rains?**

The event can still go ahead if it is raining, provisions are made for all types of weather conditions and if the wood is kept dry prior to lighting, the event will go ahead. Please dress appropriately for all weather conditions as you will be outside for the duration of the evening.

After completing your Firewalk you will have an opportunity to celebrate and receive your certificate of achievement. You will then be able to join your family and friends, there will be food and drink available to purchase.

The event will finish at 21:30

**Contacts on the Day**

If you need to reach us on the day, please call the Fundraising and Events team:

Evie Barrett, Challenge Events Officer: 07824 126033

Liz, Deeside Branch Coordinator: 07837 342660

Gina Rogers, Challenge Events Officer: 07881 917271

**Training**

Full training and support will be provided from instructor Karen Sterling, who has safely guided thousands of people of all ages over hot coals. Operating for over three decades, Karen is recognised as one of the most experienced firewalking instructors in the UK and Europe.

All participants must go through the private motivational psychology Fear Buster seminar called “Learn or Burn” designed to equip you with the resources to walk unharmed across 20’ of wood embers burning at 1236 degrees Fahrenheit.

For all participants, the consumption of alcohol immediately prior to training or the event is strictly prohibited.

**Please note: It is essential that all walkers attend the training prior to the firewalk. If you do not attend the training, you will not be able to carry out the firewalk and we will not be able to offer you a refund.**