



# MOUNTAIN RESCUE EXPERIENCE DAY



Well-behaved  
dogs welcome

Help raise money for the

## Border Search & Rescue Unit

Your team  
building day?

in the beautiful Lammermuir Hills

# Sunday 24<sup>th</sup> September

Hands-on  
**Mountain Rescue**  
Activities

Entry £15  
(Family £25)  
Raise over £30 sponsorship  
for free entry



Details and entry at

## [www.bordersar.org.uk](http://www.bordersar.org.uk)

# 5-mile Family Walk \* 15-mile Hike \* 15-mile Run