

**CROHN'S &  
COLITIS UK**

**FIGHTING  
INFLAMMATORY  
BOWEL DISEASE  
TOGETHER**

Leicestershire & Rutland, Lincolnshire Central,  
Northamptonshire and Nottinghamshire Groups

# Bluebell Walk & Cycle Ride

## Rutland Water

## Sunday 30th April 2017

to start from Whitwell Car Park on the North Shore  
of Rutland Water (off the A606) 10am – 12noon

**2 or 5 mile Walk**  
**17 or 25 mile Cycle Ride**



*Optional 'Mad Hatter' Fancy Dress!*

**To take part call 07434 731970  
or visit [www.crohnsandcolitis.org.uk/bluebell](http://www.crohnsandcolitis.org.uk/bluebell)**

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