



EAST DEVON CYSTIC FIBROSIS

Quality of Life Fund



Registered Charity No. 1119957

# Ten Tors Challenge.... with a difference!

Can you join the 'East Devon Cystic Fibrosis Quality of Life Fund' in our attempt to climb the equivalent of the Ten Highest Tors on Dartmoor?

**The Challenge will be tough! But not nearly as tough as living with CYSTIC FIBROSIS on a daily basis!**



## QUAY CLIMBING CENTRE

No experience necessary. All equipment provided. Fully supervised.

Contact: 01392 434088  
denisemurphy@btinternet.com  
www.edcf.org.uk  
www.quayclimbingcentre.co.uk

Monday 2nd July 5-10pm  
Wednesday 4th July 12-5pm  
Sunday 8th July 12-8pm  
Just choose an hour slot from any date.  
Each climb is 8m high! How many metres can you climb in 40 minutes?