



Join TeamAlzScot!

Get Involved in 2025!

January

90K Step Challenge

A week of your choice - Virtual

March

Stitching Stars

March | Virtual

Shooting Stars

Sun 2 | Falkirk Football Stadium

Inverness Half Marathon & 5k

Sun 9 | Inverness

Brain Health Awareness Week

Mon 10 - Sun 16

Falkirk Wheel Abseil

Fri 14 | Falkirk

Supernova Kelpies 5k

Fri 14 & Sat 15 | Falkirk

Waverley Bucket Collection

Thu 20 | Edinburgh

April

Kilomathon

Sun 6 | Edinburgh

Glasgow Kiltwalk

Sat 26 & Sun 27 | Glasgow

London Marathon

Sun 27 | London

May

Memory Walk

Date tbc | Aberdeen

MacTuff 5k & 10k

Sat 3 | Fife

Edinburgh Marathon Festival

Sat 24 & 25 | Edinburgh

MacTuff Really Muddy

Sun 18 | Aberdeen

June

Dementia Awareness Week

Mon 2 - Sun 8

Memory Walk

Date tbc | Edinburgh

Tea & Blether

June | Anywhere

Aberdeen Kiltwalk

Sun 1 | Aberdeen

Volunteers' Week

Mon 2 - Sun 8 | Multiple locations

Men & Women's 10k

Sun 15 | Glasgow

August

Memory Walk

Date tbc | Dundee

Dundee Kiltwalk

Sun 17 | Dundee

Scottish Half & 10k

Sun 17 | Edinburgh

Ride the North - Tour of Angus

Sat 30 | Angus

Zipline across the Clyde

Sat 24 | Glasgow

September

Memory Walk

Sun 7 | Glasgow

Edinburgh Kiltwalk

Sun 14 | Edinburgh

Men's/Women's 10k

Sun 21 | Edinburgh

Alzheimer Scotland Conference

Mon 22 | EICC, Edinburgh

Golf Day

Thu 25 | Turnhouse Golf Club

River Ness 5k & 10k

Sun 28 | Inverness

Loch Ness Marathon Festival

Sun 28 | Inverness



October

Great Scottish Run

Sunday 5 | Glasgow

Run Bournemouth

Sun 12 | Bournemouth

November

Supernova Forth Road Bridge

Sat 1 | Edinburgh

The Crystal Ball

Sat 22 | Edinburgh

December

Quiz Night

Thu 4 | Royal Scots Club

All Year Round

- Do It For Dementia
- Dementia Friends Sessions
 - Skydive
- Bucket list hikes
 - Dog Jog

