

## Worcestershire Way Walk 2018



St. Richard's  
Hospice

CARING FOR LIFE

Registered charity no. 515668

### Frequently Asked Questions

#### Terrain

A 31 mile hilly mostly countryside walk but with some roads and steps. We guarantee it will be tough but rewarding.

#### What are my parking options at the event?

Free Parking at St Richards Hospice, or pay & display parking in 'Dog Leg' Car Park in Bewdley.

#### Outline of the day?

##### FOC Transport to the start

The coach leaves from St Richard's Hospice, WR5 2QT at 5.15am prompt on the morning of the walk. Astons Coaches have kindly provided the transport to Bewdley at a reduced cost. Remember we do not provide lifts back to Worcester from Malvern.

You must reserve your coach seat, preferably at point of signing up for the walk, as seats are limited.

If you are travelling independently to the start at Bewdley, you can register from 6am to 6.30am at Dog Lane Car and Coach Park (adjacent to Bewdley Fire Station, DY12 2BU). Please note we cannot accept registrations at Bewdley after 6.30am.

##### Tea and Cake stop

Abberley Clockwatchers WI are kindly providing yummy homemade cakes and teas at Abberley Hall School's Cricket pavilion which you will pass in the morning. Please try to leave here by 10am.

##### Lunch Stop

Our FOC lunch stop is at The Talbot at Knightwick (20 mile point). Please ensure you check in at this point with hospice volunteers or staff, who will be evident. Ideally plan to leave here by 3pm to ensure you make it back to Malvern in the daylight. Please take this into account when you do your practice walks.

A cold buffet lunch will be provided free of charge from 11.30am - always a highlight of the day! Please note this is a general buffet so it may not be suitable for those with allergies or special dietary requirements.

### **Massage en route**

A sports massage will be available at The Talbot to refresh tired limbs/feet.

### **Water Stations** (so you can decamp water into your own bottles)

#### **Water Stations are at:-**

1. Heightington
2. After Joan's Hole (1/2 mile) (p16 in the official Worcestershire Way guide book)
3. Abberley School (back gate)
4. Admiral Rodney
5. The Talbot – Lunch venue (20 miles completed!)
6. Longley Green
7. Norrest Court
8. Cowleigh Park
9. Red Lion- Finish- Yipee!!

### **The Finish**

The Red Lion pub at Malvern is very conveniently situated at the end of our marathon 31 mile route. This is an ideal place to meet family and friends and celebrate your achievement. We will be set up outside if the weather is favourable. Most walkers finish between 6-8pm.

A certificate and badge will be issued on final check in.

Transport at the end of the day must be arranged by each walker

## **Some Health & Safety Tips**

### **Food and Drinks**

- Eat carbohydrates before and throughout the walk and make sure you have breakfast
- Drink plenty of water or energy drinks at regular intervals - Platypus flasks with mouth tube are useful (because you can take on water easily without taking your rucksack off) and also don't take up room when they are empty
- Take energy foods – cereal bars, chocolate, glucose drinks

### **Clothes**

- Wear suitable and comfortable walking clothing
- Wear light layers of clothing including a breathable or cotton t-shirt and fleece
- Wear two pairs of socks – one thin pair (preferably cotton) and a thicker pair (breathable) or walking socks
- Take a spare pair of socks for the half-way point
- Wear worn-in walking shoes (plus spare laces)
- Wear lightweight quick drying trousers (definitely not jeans)
- Take a waterproof (breathable recommended) – after all it is England – this can also be used as protection against the wind and something to sit on

### **Warming up and Walking**

- Warm up muscles prior to walking – either by rubbing down, massage or stretching exercises
- Rub down or massage muscles or do stretching exercises at the end of the walk
- Training beforehand should concentrate on the knees as these are vulnerable especially when going downhill
- Take shorter strides when going uphill and even lean slightly forward to assume a “monkey” position (altering your centre of balance)
- Try to relax when going downhill

### **What do I need to take with me on the day?**

- Mobile phone
- Worcestershire Way Walk Guide Book (with walker maps) – Alternatively [www.yellowpublications.co.uk](http://www.yellowpublications.co.uk) do a walkers map, scale 1: 16,000 priced at £7.99

- Comfortable rucksack that clips around the body
- Basic first aid kit, including tissues, painkillers and Compeed plasters (obtainable from Boots the Chemist) as they are excellent for blisters, ibuprofen gel
- Sun/rain hat
- Map and compass
- Emergency blanket - silver sheet like the marathon runners use - you can get them from Millets or Blacks etc
- Walking sticks or poles, essential in muddy conditions
- Energy gels / sweets / energy sachets for drinks / glucose sweets
- Gators (if wet)

### **What do we get upon completing the challenge?**

Every walker will receive a certificate and a Worcestershire Way Walk pin badge.

### **Is there first aid available?**

Yes, we will have fully trained first aiders on call and together with a first aid trained marshals 'following' walkers along the route in their car. Emergency contact numbers will be issued on the morning of the walk.

### **Will I need to carry a mobile phone?**

Yes, every walker will need to carry a mobile phone and their phone number given to organisers before starting the walk

### **Are spectators welcome?**

Yes of course. The Talbot at Knightwick and The Red Lion in Malvern are good meeting places.

### **Are pets welcome?**

Yes dogs are allowed and can be taken on the bus to Bewdley.

### **Do I need to raise money for St Richard's Hospice?**

We ask you pledge to raise as much as possible or more to help fund our free care and support to patients and families across Worcestershire. Hospice care is free – make your donation count:

£110.41 could pay for a Staff Nurse in IPU for a day\*

£180.97 could pay for a Nurse Specialist for the day\*

£446.18 could pay for a patient to receive specialist care in our In-patient Unit for one day

£941.12 could pay for a patient to attend Day Hospice for four days

\*(this is the full cost of employing a member of staff and all on-costs.)  
Figures relate to audited accounts 2015/16.

The fundraising team will send you tips on how to raise as much sponsorship as you can before the event.

### **Can I take part and raise money for another charity?**

No this is an event organised and paid for by St Richard's Hospice

### **Can I participate if I am pregnant or have any health issues?**

If you are pregnant or have any health issues, we recommend you consult your doctor before attempting strenuous walks, like the Worcestershire Way Walk or if you are unsure of any health issues.

Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents such as twisted ankles etc.

### **What's the refund policy?**

This event is non-refundable. However, the St Richard's reserve the right to give a refund in exceptional circumstances at their discretion.

### **Will I hear from St Richards before the walk?**

Yes, we will send you a walkers pack and 'final instructions' a few days before the challenge