



## **Malvern Hills Walk:** **Frequently Asked Questions**

### **What is the terrain like?**

The walks are set on the beautiful Malvern Hills with hills and inclines. Some of the 11-mile route have steep parts, these are specified in the walker's notes.

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

Parking available at Black Hills and North Quarry. £4.80 per car, please car share where possible as places are limited.

### **What facilities are on site?**

Refreshments are kindly being provided by SPAR Warndon. Water will be available for the 11-mile walkers at a half way point. **Please ensure you bring adequate water and snacks for the walk.** There are toilets at Jubilee Drive (behind the ice cream cabin) and at the Wyche Cutting.

### **If I am doing the 11-mile route how do I get to chase end?**

Coaches are included in the price of your ticket if you are taking part in the 11-mile end to end challenge.

### **What time shall I arrive?**

We advise you arrive a minimum of 30 minutes before the start time, so you can park, register and warm up. Anyone missing the start time will lose their right to take part as we cannot hold the coaches.

### **What shall I wear/bring?**

We recommend you wear sports clothing, layers, waterproofs and walking boots/trainers. We suggest you check the weather forecast and dress accordingly. In the event of warm weather, bring suncream and a water bottle/packed lunch. We have the right to ask you to remove anything deemed inappropriate before you start the course.

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

Every participant will receive a certificate of thanks, a tasty treat and 11-milers will receive a luxury pair of Bamboo walking socks. Children taking part in the walk will also receive a medal.

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

Yes, we will have a fully trained first aider on site. Difficult sections of the walk are outlined in the walking notes. There will be staff at the St Richard's Hospice gazebo at the half way point for the 11 milers at black hills car park.

### **Can I help on the day if I'm not taking part?**

Yes, please. We will need lots of volunteers for the day to help make the day enjoyable and a huge success, for example registering people in. Please get in touch if you can help for some or all the day, at Sofia, [sgunster@strichards.org.uk](mailto:sgunster@strichards.org.uk).



## **Malvern Hills Walk:** **Frequently Asked Questions**

### **Do I have to take a mobile phone with me?**

Yes please, we encourage supporters download the app 'What3words' in the unlikely event you take a wrong turn and we can direct you. Also, its great to take photos and post on Twitter or Facebook #malvernhillswalk. We will have lots of volunteers taking photos on the day.

### **What is the age limit for the event?**

Anyone can take part in this walk. We ask that under 17's are accompanied by an adult. The 11-mile route can be challenging so do also bear that in mind. The 5- and 2-mile routes are perfect for families with small children.

### **Are pets welcome?**

Yes, well behaved dogs are most welcome to join you on the day and hop on the 11-mile coach to the start point. Please keep clear up after your dog and keep them on a lead and off the seats if bringing on the coach.

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

Please ensure you bring the email confirmation for EACH participant. Without this we cannot check you in and you will not be able to take part. Showing us confirmation email on your smart phone will suffice.

### **Am I allowed to bring or use alcohol at the event?**

Alcohol must not be consumed before or during the event or any alcohol brought on site. Anyone under the influence of alcohol will be asked to leave and cannot take part in the event.

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

We ask you pledge to raise £50 or more to help fund our free care and support to patients and families across Worcestershire. The fundraising team will send you tips on how to raise as much sponsorship as you can before the event.

You can [click here to set up your Just Giving page](#) and start fundraising. Or, if you would prefer a paper sponsorship form please ring the fundraising team on 01905 958262 or email [appeals@strichards.org.uk](mailto:appeals@strichards.org.uk).

### **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 taking part in the Malvern Hills Walk. Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents.