



## **Frequently Asked Questions- Cotswold Way Walk**

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

This multi terrain walk is along the Cotswold Way and has hills and inclines. Some of the route has steep parts, these will be specified in the walker's notes. The walk is self-guided, however, there will be a halfway check in point on the route, first aid support and walkers note with health and safety guidelines and emergency contact numbers.

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

We propose to take the coach from the hospice at Wildwood Drive, Worcester, WR5 2QT and will leave at 6.30am prompt. We advise you arrive at St Richard's earlier so you can park and register/take your seat on the coach.

Alternatively, walkers can meet at the start point in Broadway at 7.15am. You can park in The Milestone Ground car park as it offers a long stay car park. It is located at the bottom of the Highstreet.

The coach will leave the finishing point, The Rising Sun Hotel at 8pm. There is parking here but is limited so please bear that in mind if you wish to make your own travel arrangements.

### **Parking**

You will be able to park your car for free at St Richards Hospice. If you are making your own travel arrangements please see above.

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

Waterproofs, sturdy walking boots/shoes, layers, adequate food & drink and personal medication. Sun Cream and hat may be a requirement. There are some shops and cafes en route (albeit limited). We are trying to reduce our plastic waste so no longer providing plastic water bottles. Please ensure you have enough water for the walk. The route goes through some Cotswold villages whereby you might be able to fill up.

If you would like to wear a St Richards Hospice T shirt – they are free to participants,

Please contact Sofia, Events Fundraiser at [sgunster@strichards.org.uk](mailto:sgunster@strichards.org.uk) with your required size and postal address stating Cotswold Way in the subject box on the email.

### **How do I need to prepare?**

The route is challenging with climbs up to 317 metres over 20 miles. To finish at the expected time please practice walking to speeds of 2-3 miles an hour over hilly terrain. The best way to prepare is by getting outside and walking!

### **Are there toilets en route?**

There will be a toilet available before getting on the coach and public toilets are available in Broadway village. After that the facilities are very limited – this is the countryside!

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

The age limit, for insurance purposes is 16. We may consider, by prior arrangement walkers over 12 years of age walking with a responsible adult. Please contact the event organiser accordingly.

### **Do I need to fundraise?**

Your registration fee covers costs (non-refundable) we also suggest you to raise a minimum of £100 in sponsorship for our care.

### **Cancellation**

St Richard's hospice reserve the right to cancel the event due to severe weather or other exceptional circumstances.

### **What do I get on completion?**

As well as the satisfaction of completing this wonderful challenge your fundraising is helping the hospice patients and family members receive comfort, care and compassion at a very difficult time in their lives.

Every walker will receive a certificate upon completion.

### **Mobile phones**

We encourage everyone to carry a mobile phone for H&S reasons and also to take photos and record their journey using Twitter, Facebook and Instagram using the hashtags #SRHCotswoldWayWalk

### **What if I get lost?**

We will have a support crew on the day should you need any first aid or find yourself off route. The Cotswold Way walk is very well waymarked with 'Acorn' National trail logos so should be easy to follow as well as having the walkers notes to hand.

It is recommended you download the what3words app to your phone. What3words is a proprietary geocode system designed to identify any location with a resolution of about 3 metres. If you find yourself lost please check the app and then ring the support crew detailing the 3 words for us to know your location and help you get back on track.

Download what3words here <https://what3words.com/products/what3words-app>.