



St. Richard's Hospice  
CARING FOR LIFE Reg. Charity No. 515668

# Worcestershire Way Walk 31 miles in two days

Kindly sponsored by



## Walker information pack Two day challenge - 12 & 13 July

In this pack, you should find all the information you need to complete your challenge. We recommend printing a copy or saving it to your phone for easy access to refer to on the day.

Any questions before the event, please email

[appeals@strichards.org.uk](mailto:appeals@strichards.org.uk)



**NEW**  
two day option!

(One day challenge  
now in it's 19th year)

# Worcestershire Way Walk

## Two day challenge - 12 & 13 July



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Please read through this pack, it will tell you everything you need to know about the Worcestershire Way Walk challenge.

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### Event timings

Please read through the below carefully and ensure you stick to the times outlined below for your own health and safety. Everyone must check-in so that we can account for all walkers throughout the weekend.

Day 1 - Friday 12 July		
Time	What?	Where?
6.30am - 8am	<p>Check-in with hospice staff and start walking.</p> <p>Please note you must check-in and we cannot accept registrations at Bewdley after 8am.</p>	<p>In front of Sainsburys Local, Bewdley, DY12 2BU.</p> <p>Dog Lane car park is opposite (cars can be left for 48 hours) </p>
Leave by 11:45am	<p>Tea and cake stop - 10.5 miles.</p> <p>The community of Abberley are kindly providing homemade cakes and hot drinks.</p> <p>(Note new location if walked in previous years).</p>	<p>The Old Turnpike, Camp Lane, WR6 6JQ. First property after leaving the former Abberley School grounds (it's a white house). </p>
Overnight stay	<p>Congratulations you have completed 20 miles of the Worcestershire Way Walk - a delicious buffet awaits you!</p> <p>You MUST check-in here, then, you will be able to collect your overnight bag and tent.</p> <p>A sports masseur will be on hand to administer massage to refresh tired limbs/feets until 5pm.</p> <p>The buffet is included in your registration and available throughout the afternoon. The Talbot will have a complimentary unlimited hot drinks station available to walkers until 11pm and from 6.30am tomorrow. The pub is also open and serving food until 9pm.</p> <p>Shower and portaloo – a plastic 'tardis' type facility to allow you to freshen up. Positioned in the rear carpark behind the pub.</p>	<p>The Talbot at Knightwick, Bromyard Rd, Knightwick, Worcester, WR6 5PH</p> <p></p>

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### Event timings

Day 2 - Saturday 13 July		
Time	What?	Where?
7:30am - 8:45am	<p>Breakfast - hot baguettes included to set you off for the next 11 miles of your walk.</p> <p>You should also use this time to pack up your belongings and tent. You will need to put them in the St Richard's van to be transported to the finish line for you to collect.</p>	<p>The Talbot at Knightwick, Bromyard Rd, Knightwick, Worcester, WR6 5PH</p>
8am - 9am	<p>Start walking the remaining 11 miles!</p> <p>Sign out with St Richard's staff, drop bags/tents off and set off for the final stretch of the Worcestershire Way Walk.</p>	
12pm - 2pm	<p>Finish line, 31 miles - congratulations!</p> <p>You must check-in here to receive your certificate and pin badge and so we know you are back safely.</p> <p>You will then be able to collect your overnight bag and tent.</p> <p>Transport at the end of the walk is your responsibility.</p>	<p>The Red Lion, 4 St Ann's Rd, Great Malvern, Malvern, WR14 4RG</p>



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### Navigation and maps

The Worcestershire Way Walk is well-waymarked but you must be familiar with the route before the challenge or ensure you have a map as there are some tricky areas to navigate.

### Physical map

Yellow publications offer a walking map on the Worcestershire Way, [click here to view](#).

If you would like to purchase an Ordnance Survey Map, the below have the route named:

- OS Landranger: [138](#), [149](#), [150](#)
- OS Landranger Active: [138](#), [149](#), [150](#)
- OS Explorer: [190](#), [204](#), [218](#)
- OS Explorer Active: [190](#), [204](#), [218](#)



### Digital map

If you would prefer a digital map to download, the route can be followed the below:

- OS Maps app: [Click here to view](#)
- AllTrails: [Click here to view](#) (includes a couple of places the walker went slightly wrong!)
- GPX file: please email [appeals@strichard.org.uk](mailto:appeals@strichard.org.uk)

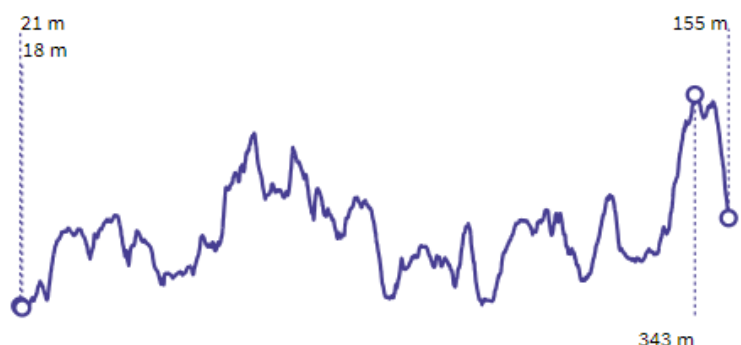
### What3words app

Please download the free 'What3words' App to your smartphone.

What3words is a proprietary geocode system designed to identify any location on the surface of Earth with a resolution of about 3 metres. Emergency services, St Richard's Hospice, you or your family are then able to navigate to your exact spot easily. You can use this app if you're lost or need assistance.

### Elevation

- Total ascent: 1816 m





# Worcestershire Way Walk

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### Water stations

Water stations can be found along the route, please take this opportunity to fill your supply up - we recommend carrying three litres in a hydration pack. We have listed all stops below as well as their **what3words** coordinates\*.



Day one:

1. **Heightington** (**wobbling.droplet.chucked**)\*
2. **Half a mile after Joan's Hole** (**swordfish.tipping.raking**)\*
3. **The Old Turnpike, Camp Lane, WR6 6JQ** The first property after leaving the former Abberley School grounds (it's a white house).
4. **Hambridge Farm** (**driveway.severe.eggs**)\*
5. **The Rodney Pub, Berrow Green, WR6 6PL**
6. **Overnight - The Talbot Pub, Knightwick WR6 5PH**

Day two:

1. **Suckley Post Office, Longley Green , WR6 5D**
2. **Norrest Court - Norburys Norrest Farm Shop, Leigh Sinton, WR13 5EH**
3. **Cowleigh Park** (**racing.harmonica.intruding**)\*
4. **Finish - Red Lion, St Anns Road, WR14 4RG**

Thank you to ELMS (Environmental and Landscape Maintenance Services) for putting out the water and for being on hand throughout this challenge.

### Food

- Eat carbohydrates before and throughout the walk and make sure you have a good breakfast on day one (e.g. eggs, oats, avocado or muesli).
- Pack lots of snacks and eat regularly to ensure your body has sufficient supplies of glycogen. Examples are granola bars, liquid carbohydrates such as juice or squash, fruit, yoghurt or sandwiches.
- Sugary snacks are also great for energy dips you'll face, especially towards the end!
- Lunch and breakfast is provided - please let us know if you have any dietary requirements.



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### Health and safety



- You must carry a mobile phone or walk with someone who has one. You will be asked for the mobile number when you register.
- You must check-in at the start, overnight stop, in the morning and at the finish.
- Carry adequate supplies of water/drink and snacks. We recommend carrying three litres of water in a hydration pack - you'll need more if it's a hot day.
- Water stops along the way will not be manned - simply fill up and carry on. Top tip - always top up!
- Toilet facilities are limited (ie pubs or bushes en route) - please bear this in mind.
- We have a qualified first aid representative and marshals from ELMS (Environmental and Landscape Maintenance Services). They know the route inside out - their phone numbers will be issued to you on the day.
- This is a big challenge - please ensure you have done the adequate training. It essential to practice the route in manageable sections, together with being aware of the timings

**Remember to check with your doctor before attempting strenuous walks if you are unsure of any health issues.**

### What to wear



- A comfortable backpack with a hydration pack
- Wear suitable and comfortable walking clothing
- Wear light layers including a breathable or cotton t-shirt and fleece
- Bring a spare pair of socks
- Wear worn-in walking shoes (plus spare laces)
- Wear lightweight drying trousers/shorts (definitely no jeans)
- Take a waterproof – after all, it is England – this can also be used as protection against the wind and something to sit on
- Sunglasses and a cap to protect against the sun
- You can purchase a St Richard's Hospice T-shirt for £10 upon booking or [click here](#).

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### What to take with you on the day?

- Mobile phone (full charge) with 'what3words' downloaded
- Map - physical copy or digital
- Power bank and phone charger
- Comfortable rucksack (max 25Llr) that clips around the waist
- Hydration pack and/or water bottles for two litres
- Basic first aid kit, including tissues, painkillers and blister plasters
- Raincoat
- Spare laces
- Spare socks
- Plenty of snacks, sweets, energy gels etc.
- Sunhat and woolly hat (yes even in July, it's England!)
- Sunglasses
- Suncream
- Warm layers
- Any personal medication you may need
- Walking poles





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### What to take with you - overnight / camping

- Small tent (max 3 man) .....
- Sleeping bag & mat .....
- Inflatable pillow .....
- Warm layers for camp in the evening .....
- Clean clothing for the evening and day 2 .....
- Comfy shoes for the campsite .....
- Toiletries including bug spray and any medication .....
- Towel (lightweight quick drying) .....
- Small torch/headtorch (phone torch will also do) .....
- Extra snacks .....
- Wipes & loo roll .....



- ALL of the overnight kit (including your tent and mat) needs to be placed into a soft zipped bag e.g. rucksack or a duffel bag (no hard suitcases). Only one bag per person will be accepted.
- Please ensure your bag is CLEARLY labelled with your name and mobile number to ensure it stays safe.
- Please note, no fires or gas burners/stove are allowed at the campsite.
- The Tablot toilet facilities are available to use until closing time at 11pm. After that, there is a portaloo with a shower available to use.



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### Overnight arrangements



As well as the fully supported walk, included in your registration is an overnight camping stay with unlimited hot drinks and breakfast the next day.

#### Camping:

1. You will put one clearly labelled overnight bag per person (soft bag e.g. rucksack or a duffle bag) including small tent (max 3 man) into the St Richard's van at Friday morning registration.
2. On arrival to the 20 mile camping stop, you will retrieve your belongings and put your tent up on a first-come, first serve basis. Putting up around the perimeter of the camping paddock before then infilling in the middle.

#### Camping paddock:



#### Campervans/motorhomes:

There are limited number of campervan/motorhome spaces available which **MUST** be prebooked, on the gravel area behind the pub. You are responsible for dropping off your van and getting to the start point should you choose this option.

At the time of booking, additional nights (Thursday +/- Saturday) can be booked at £15 per vehicle per night (non-refundable). Breakfast not included. Vehicles are left at own risk.

#### Camping not your thing?

The Talbot offers B&B (book direct at own expense) as well as other local options or, head home for the night and join us for breakfast. The entry price remains the same if you take this option and you are responsible to organising travel to and from.

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### Fundraising



There are two fundraising options for our two-day event:

- Fundraising: £49 registration fee + raise a minimum of £195

Please note, £156 (80% of the total) must be raised by Friday 28th June (2 weeks prior to the event). The rest should be with us six weeks after, by 23rd August.

- Self-fund: £95 registration fee + raise as much as you can

[To set up a Just Giving page or make a donation please click here.](#)

We understand some people want to take part in our events without the pressure of raising sponsorship, this is why we have introduced a self-funded option. You can still leave a donation at the time of booking or on the above linked Just Giving page.

St Richards Hospice provides free specialist palliative care for patients living with life-limiting illnesses and supports their loved ones. Each year the hospice team supports over 3,300 patients and family members in Worcestershire. The hospice strives to provide the best medical, practical, emotional and social support we can to help people live life to the fullest, as independently as they can, for as long as they can. St Richard's is an independent charity and is grateful for all donations to help it continue its work.

### Join the conversation on social media



We would love to see your updates and photographs during the day. Please share on social media, tagging in St Richard's Hospice and include the hashtag #WorcsWayWalk.

**Got any questions?** Please take a look at the FAQ document, if this doesn't answer your query please email [appeals@strichards.org.uk](mailto:appeals@strichards.org.uk)