



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. You need to familiarise yourself with the route, by doing some training walks along the route in manageable chunks, before the challenge day.

What are my parking options at the event?

To be dropped off at St Richards Hospice by family, friends or a taxi, alternatively drive to the pay & display parking in 'Dog Leg' Car Park in Bewdley and leave your car there for the day/48hours max.

Outline of the day?

The start

Sainsburys Store on the former Bewdley Fire Station site, DY12 2BU – adjacent to Dog Lane Car Park. Check in is from 5.45am to 6.30am - please note we cannot accept registrations at Bewdley after 6.30am.

Everyone must pre-register via www.strichards.org.uk by 9am on Mon 3rd July. You do not need to bring your 'entry ticket' printed off.

Tea and Cake stop

Abberley ladies 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 excellent FOC buffet 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 The Talbot to refresh tired limbs/feet.

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

Water Stations are at:-

1. Heightington (*wobbling.droplet.chucked*)*
2. After Joan's Hole (1/2 mile) (p16 in the official Worcestershire way guide book) (*swordfish.tipping.raking*)*
3. Abberley school (back gate)
4. Hambridge Farm (*driveway.severe.eggs*)*
5. Admiral Rodney Pub
6. The Talbot Pub – Lunch venue (20 miles completed!)
7. Suckley Post Office - Longley Green
8. Norrest Court - Norburys Norrest Farm Shop, Leigh Sinton, Malvern WR13 5EH
9. Cowleigh Park (*racing.harmonica.intruding*)*
10. Red Lion- Finish- Yipee!!

* *What 3 Words coordinates*

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 pin badge and medal 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
- Face Masks – we will advise on this in due course.

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 with ‘What 3 Words’ app downloaded
- Worcestershire Way Walk Guide Book (with walker maps) – Alternatively 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 Worcestershire Way Walk pin badge and certificate.

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. Please download ‘What 3 Words’ App and the Digital Map - walk tracked

(includes couple of places walker went slightly wrong!): <https://www.alltrails.com/explore/recording/wyre-forest-walking-319be2a?p=-1>

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. In 2020/21 SRH budgeted income is £9.3m, of which 21.8% is from the NHS. Hospice care is free – make your donation count:

£121 could pay for a Staff Nurse in IPU for a day*

£117 could pay for a Living Well Centre (Day Hospice) Nurse for the day*

£486 could pay for a patient to receive specialist care in our In-patient Unit for one day

£591 could pay for a patient to attend Living Well Centre for three therapeutic days

*(this is the full cost of employing a member of staff, costs of the service and all support costs)
Figures relate to audited accounts 2018/19.

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. Refunds will be given if Covid guidelines prevent this event from going ahead. We would first look to re-arrange / postpone the walk than cancel it.

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