



St. Richard's  
Hospice  
CARING FOR LIFE

# Worcestershire Way Walk 2023

Kindly sponsored by:



## Walker Information Pack

Now in its  
18<sup>th</sup>  
year!

## Arrival and Registrations

### Start

Like last year, please make your own way to the start at Bewdley, either get dropped off in front of Bewdley Farm Shop (fruit and veg), or leave a car (at your own risk) at Dog Lane Car Park (adjacent to Bewdley Fire Station, DY12 2BU). <https://www.wyreforestdc.gov.uk/streets-and-parking/parking/car-parks-in-wyre-forest/pay-and-display-car-parks/car-parks-in-bewdley/dog-lane-long-stay/> You can leave a car here up to 48 hours!

Check in is from 5.45am to 6.30am - **please note we cannot accept registrations at Bewdley after 6.30am**. Hospice personnel will be on site, should be evident, (staff/volunteers wearing blue tabards) by the curved wall in front of Bewdley Fire Station, DY12 2BU.  
**Everyone must check in so that we can account for all walkers on the day.**

Everyone must pre-register via [www.strichards.org.uk](http://www.strichards.org.uk) by 9am on Mon 3<sup>rd</sup> 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 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. You **MUST leave here by 2.30pm** or you will not 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 masseur will be on hand at The Talbot to administer massage to refresh tired limbs/feet.

### 'What 3 Words' App

Please download 'What 3 Words' App to your smart phone. This free App will give you 3 words that pinpoint your location to within 3mtr. Emergency services / us / you / family are then able to navigate to an exact spot easily. You can then use this App if lost / need assistance whether out in the countryside or even on the motorway!

## AllTrails - digital map:

Walk tracked (includes couple of places walker went slightly wrong!):

<https://www.alltrails.com/explore/recording/wyre-forest-walking-319be2a?p=-1>

## Water Stations

### 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

## General information

You **must** carry a **mobile phone** or walk with someone who has one. You will be asked for the mobile number when you register. This will assist with all our Health and Safety procedures.

Please carry adequate supplies of water/drink and snacks. Please ensure the drink you carry is in a container/bottle that you can easily refill. There will be water/drinks 'stations' en route. These will not all be manned. You will simply refill your bottles and carry on. Top tip - always top up! Thank you to ELMS (Environmental and Landscape Maintenance Services) for putting out the water and for being on hand on the day.

Toilet facilities are limited (ie pubs or bushes en route) so please bear in mind! Ladies you can always take along a shewee (highly recommended, Visit [www.shewee.com](http://www.shewee.com))

We have a qualified first aid representative and also marshals from ELMS (Environmental and Landscape Maintenance Services) - who know the route inside out - will be on hand - telephone numbers will be issued on the day.

The Health and Safety notes included are very important and we would ask you to read them carefully so that your walk is as comfortable and safe as we can possibly make it. Whilst all reasonable precautions have been taken to ensure your safety on this walk, we cannot accept any further liability.

Please promote this walk – before (eg updating your friends on training walks done etc) during and after, using social media:

[www.facebook.com/strichards](http://www.facebook.com/strichards)



#worcswaywalk @StRichardsHosp

## **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. If you are rushing off please remember you must check in at this point before you go home, this is very important. Most walkers finish between 6-8pm. **If you are unable to make it this far and leave the route at an earlier stage, please advise us by calling the number on your walkers notes (issued on the morning).**

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

**Transport at the end of the day must be arranged by each walker.** We cannot provide a return coach, as participants will finish at such varying times. Please have relatives/friends on stand by to help get you home/back to your car. Likewise, if you decide you cannot complete the challenge at any point you must arrange your own transport via family and friends.

## **The Fundraising Target**

If you would like any further paper sponsor forms then please email [eprice@strichards.org.uk](mailto:eprice@strichards.org.uk) or an easy way to fundraise is to set up a Just Giving Page so that sponsors can donate online and the money is received directly by St Richard's Hospice. This means no chasing by you after the event. Visit <https://www.justgiving.com/campaign/WorcestershireWayWalk2023> and in the section '**Fundraisers**' click on 'start fundraising' (orange box) to set up a page and don't forget to include your personal story and picture.

Our fundraising target for the Worcestershire Way Walk this year is £28,000 from 140 participants. Thank you for your hard work and commitment to try and achieve this for our patients and families. St Richard's Hospice provides care free-of-charge to over 3,300 patients and their family members suffering with life-limiting illnesses across Worcestershire. We really could not continue to provide our vital services without the support from our local community and people like you, so a huge thank you for taking on this challenge. We would appreciate it if all monies raised could be returned to the hospice by 21<sup>st</sup> August 2023.

# Worcestershire Way Walkers

## 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).
- 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

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

### Items to take with you

- Mobile phone with 'What 3 Words' App downloaded
- 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
- Digital Map - walk tracked (includes couple of places walker went slightly wrong!): <https://www.alltrails.com/explore/recording/wyre-forest-walking-319be2a?p=-1>
- Comfortable rucksack that clips around the waist
- Sun screen
- Basic first aid kit, including tissues, painkillers and Compeed plasters (obtainable from Boots the Chemist) as they are excellent for blisters
- 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
- Ibuprofen

**WE HOPE YOU ENJOY THE CHALLENGE!**