



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

Worcestershire Way Walk 31 miles in a day

Kindly sponsored by



Walker information pack One day challenge - Friday 12 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

Now in it's
19th year!



Worcestershire Way Walk

One day challenge - 12 July



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Table of contents



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

01

Event timings

02

Navigation and maps

03

Water stations

Food

04

Health and safety

What to wear

05

What to take with you

06

Fundraising

Worcestershire Way Walk

One day challenge - 12 July





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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 on the day.

Time	What?	Where?
5.45am - 6.30am	<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 6.30am</p>	<p>In front of Sainsburys Local, Bewdley, DY12 2BU.</p> <p>Dog Lane car park is oppisite (cars can be left for 48 hours) </p>
Leave by 10:15am	<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>
Leave by 2:30pm	<p>Lunch stop and check-in - 20 miles.</p> <p>A delicious buffet lunch is available from 11.30am.</p> <p>You MUST check-in and leave here by 2.30pm or you will not make it back to Malvern in the daylight. As much as we hate the idea of cut off times, we cannot ask our staff and volunteers to be on duty endlessly.</p> <p>A sports masseur will be on hand to administer massage to refresh tired limbs/feets.</p>	<p>The Talbot at Knightwick, Bromyard Rd, Knightwick, Worcester WR6 5PH  </p>
2:30pm - 10:00pm	<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>Most walkers finish between 6-8pm. Transport at the end of the day is the walkers 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

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



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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](#)*.

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. **Lunch stop - The Talbot Pub, Knightwick WR6 5PH**
7. **Suckley Post Office, Longley Green , WR6 5D**
8. **Norrest Court - Norburys Norrest Farm Shop, Leigh Sinton, WR13 5EH**
9. **Cowleigh Park** ([racing.harmonica.intruding](#))*
10. **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 on the day.

Food



- Eat carbohydrates before and throughout the walk and make sure you have a good breakfast (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!
- You'll be provided with a fresh hearty buffet with a variety of choice at our lunch stop - please let us know if you have any dietary requirements.

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One day challenge - 12 July



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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, lunch stop and the end.
- 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?

- 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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Fundraising



The registration cost of events only covers the cost of running the event.

We'd appreciate you raising sponsorship for this mighty challenge!

We suggest a fundraising target of £150. It is through sponsorship that you can make a real difference in the lives of those we support each year.

[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. If you would rather leave a donation instead you can do this at the time of booking your ticket or on the Just Giving page linked above.



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