# Worcestershire Way Walk

# Frequently Asked Questions



Please read your 'walkers information pack' for full challenge details.

## Where is the starting point?

Sainsbury's Local store, Bewdley, DY12 2BU (adjacent to Dog Lane Car Park).

## Is there anywhere for me to park?

Many walkers choose to get dropped off by friends and family. There is a payand-display car park in Dog Lane Car Park in Bewdley (DY12 2BU), right next to the start point. You can leave your car there for up to 48 hours max.

#### What is the terrian like?

31-mile hilly miles. The terrain is mostly countryside paths and fields with some occasional road and step sections. We guarantee it will be tough but rewarding. You need to familiarise yourself with the route, beforehand in manageable chunks, before the event.

## Does the walk happen in rain?

Yes, this is England after all! Walking sticks or poles, plus gators are essential in muddy conditions or and in long wet grass.

## Is there an minimum age?

Yes, you have to be at least 18 years of age at the time of the walk and have no known health problems which would prevent you from taking part in the walk.

#### Is there first aid available?

Yes, we will have fully trained first aiders on call throughout the event. We also have first-aid-trained marshals following walkers along the route in their cars. Emergency contact numbers will be issued on the morning of the walk.

## Are spectators welcome?

Yes of course. The Talbot at Knightwick (lunch stop) and The Red Lion, Malvern (finish) are good meeting places.

## Are dogs welcome?

Yes, but please respect the Countryside Code and keep them under control.

## What do we get upon completing the challenge?

Every walker will receive a Worcestershire Way Walk pin badge and certificate.

## 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 'What3Words' App. The digital route map can also be found in the walkers pack.

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#### What food / snacks are provided?

- As well as water along the route there will also be sweets to help yourself to.
- Tea and Cake stop at The Old Turnpike, Abberley, WR6 6J kindly made by the local community.
- Lunch stop (20 miles) at the Talbot at Knightwick, available from 11:30am our buffet always goes down well with walkers! There will also be an opportunity for a sports massage on tired limbs at this stop.

Please note this is a general buffet so it may not be suitable for those with allergies or special dietary requirements.

## Are spectators welcome?

Yes of course! The best place for spectators/friend and family to meet is at the lunch stop, The Talbot at Knightwick, or the finish at The Red Lion Malvern.

## Is there transport at the end of the walk?

No, you can leave your car at Dog Lane Car Park in Bewdley when you start the walk and either get a taxis back or ask friends and family to pick you when you've finsihed.

## 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.

Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents such as twisted ankles etc. and dehydration if it's a hot day and you're not drinking enough.

#### Cancellation

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

Unfortunately, we cannot offer refunds on any tickets, unless St Richard's have to cancel.

## Do I have to raise sponsorship money?

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 £200. Through sponsorship, 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.