

**WALKER HOTLINE NUMBER: 07710 854029 (8 & 9 June)**

**Ashford area emergencies - 07834 171501**

**Canterbury area emergencies – 07525 803818**

**Dover area emergencies – 07710 854029**

**(will be listed on your walker number)**

**Advance event queries to: 01227 812609 or [robert.grew@pilgrimshospices.org](mailto:robert.grew@pilgrimshospices.org)**

Thank you for entering the 2018 **Pilgrims Way Challenge** on **Saturday 9 June 2018**. The essential information is listed below to ensure that you have a safe and enjoyable trek and raise money for a worthwhile cause, let's hike for the hospice!

## Routes

**WYE - CANTERBURY** – 25km (15.5 miles) [View map](#): From the picturesque village of Wye near Ashford, pass through rolling farmland and a couple of stiles before climbing up onto the Soakham Downs. From here, the next few miles are dominated by King's Wood, where pilgrims banded together as protection against robbers. Then a long gradual descent takes you past ancient, timber-framed houses into the pretty hilltop village of Chilham. A short climb to the intriguingly named Old Wives Lees is followed by pushing through extensive orchards and a nature reserve before enjoying views of Canterbury's magnificent Cathedral and reaching the finish line at Pilgrims Hospice.

**WYE - CANTERBURY – DOVER** – 50km (31 miles) [View map](#): After completing the section above, the route leads out of the city of Canterbury through vast fields, passing the farming villages of Hode, Patixbourne and Womenswold, with a view of the magnificent Georgian mansion at Higham Park before a steady ascent towards Shephardswell. Soon after, you pass the grand Waldershare House and its impressive mews before following the path of an old Roman road that ran between Richborough and Dover. Finally, descend towards Dover as you catch your first glimpse of the sea before reaching the finish line in view of the impressive Dover Castle.

You can change your mind on your distance choice on the day or even out on the route as it is simply a case of informing the staff at the information desks at the Canterbury Hospice finish area to say whether you wish to finish there or continue on to Dover. However, if you think that you may want to tackle the 50km route, then you need to register for this and check in at the earlier time to give yourself time to complete the route. The links to the routes can be found on the Pilgrims Way Challenge event page: [www.pilgrimswaychallenge.org](http://www.pilgrimswaychallenge.org).

## Start Point

Both routes will start from our event HQ at Wye Village Hall, Wye near Ashford. You have already chosen your route distance and we would urge you to keep to arriving within the relevant registration periods to help with our event administration. **The event area will open at 7:30am for registration. Please do not arrive before this time.**

**Event Location:** [Wye Village Hall, Bridge Street, Wye, TN25 5EA](#)

## Registration

**Times:** **25km walkers** can check in between **8:30am – 9:30am**  
**50km walkers** can check in between **7:30am – 8:30am**

**Departure times:** You are free to start as soon as you have checked in. Times may be staggered on the day, depending on numbers, to avoid congestion on the early parts of the route (typically you'll be starting in groups set off approximately every 10 minutes).

**On arrival:** please give your name to the registration desk volunteers who will check you in and issue you with a **walker identification number** which you should wear visibly on the lanyard provided.

**On the day registrations:** If you would like to register on the day then please visit the 'On the day registration' area when you arrive in the morning. Please take into consideration that on the day registration will cost £40, registration will close at 8:15 for the 50km route and 09:15 for the 25km route. We recommend registering in advance as this allows you more time to prepare for the event, to get yourself hiking fit and it also helps us with planning; however we fully understand if this is not always possible. **Final registration closes at 9:15am.**

**Walk completion** – all walkers must have completed the walk and checked in at the de-registration area by:  
25km route = **17:00pm**, 50km route = **21:00pm**.

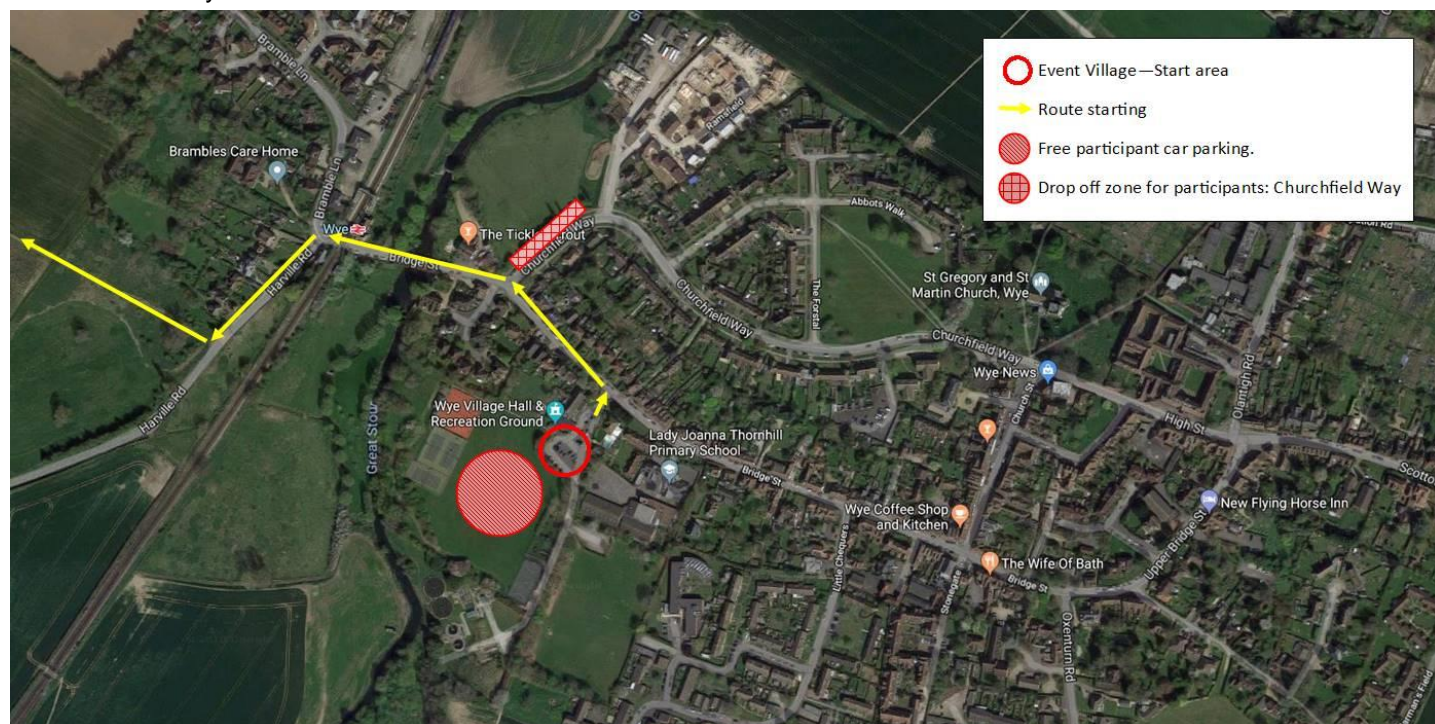
**Please note:** 50km walkers will need to reach the halfway point at Pilgrims Hospice Canterbury no later than **15:00pm** in order to continue the second half of the challenge. Walkers who arrive at Canterbury after this time will be withdrawn from the challenge and finish as a 25km walker for safety and control issues.

## Travelling to and from the event

Transport links - We recommend that you're dropped off or met by family or friends who can take you home after such a tiring challenge. However, you can also easily get to and from the challenge on public transport, these transport links may be useful:

- Wye: Serviced by trains running approx. every 30 minutes from the directions of Ashford and Canterbury; the station is a 2 minute walk from the start venue at Wye Village Hall
- Canterbury: Trains run from Canterbury West Station back to Wye departing every 30 minutes
- Dover: Trains run from Dover Priory Station back to Wye (via Ashford) departing every hour; the last train of the night is 23:56.

Limited free parking is available at Wye Village Hall and on street parking within the village of Wye itself. However, to avoid congestion, we recommend that you car share where possible or get family or friends to drop you off, there will be designated drop off zones just a 2 minutes walk from the start area. You may also wish to leave your car in the Canterbury area and travel by train to the start venue, so that your car is waiting for you at the finish. Please note there is no parking available at the Canterbury rest stop/finish line, as our Hospice parking will be needed for patients and their friends and family.



**Security** - When arriving at the event village, please be vigilant. Do not leave your belongings unattended. The Hospice and Wye Village Hall are not liable for the theft of your belongings. This also applies if you stop at any location on the route.

## Training prior to the Challenge

- It is recommended that you are able to walk at least 75% of the route distance comfortably beforehand.
- A comprehensive training plan is available on the Pilgrims Hospices website here: [www.pilgrimshospices.org/wp-content/uploads/2018/04/Pilgrims-Way-Challenge-Training-Plans-pdf.pdf](http://www.pilgrimshospices.org/wp-content/uploads/2018/04/Pilgrims-Way-Challenge-Training-Plans-pdf.pdf)

## Getting ready

**Essential items to bring:** You'll find a full list of recommended equipment [here](#), but you should carry some emergency money, form of ID, charged mobile phone and a basic first aid kit containing blister plasters such as compeed.

**Walker numbers:** Please make sure you wear your walker number lanyard so it can be seen clearly. Do not put it inside your pack.

**50km Challengers:** you must bring a head torch with you for the rural towards the end of your challenge. You will be checked before you leave the Canterbury half-way stop. To explain, you will be crossing rural fields and foot paths and walking through short sections of woodland during the later stages. As dusk becomes night and you become tired, this will really help keep you on track. These can be quite basic models, but please do test them beforehand. [Click here to view and download the Pilgrims Way Challenge equipment list](#)

## Pilgrims Hospices technical hiking T-shirts

Included within your entry is a Pilgrims Hospices technical t-shirt. These will be available to pick up from registration desks during the sign in period. Please show your support by wearing this during the Pilgrims Way Challenge and one of hundreds hiking for the hospice. Toilets are available to change in. T-shirts are allocated one per participant and you will not be able to collect t-shirts on behalf of another. We endeavour to have the correct size available for you at the event but please be aware that we cannot guarantee this to walkers who are registering on the day (depending on numbers).



## Safety Advice for Walkers

- All walkers must follow the instructions provided by the Pilgrims Way Challenge organisers and marshals.
- All walkers should carry a form of ID on their person at all times during the event, in case needed in a medical emergency.
- [Parental consent forms](#) must be submitted for young walkers who are over 16 years and they must be accompanied by a walker who is over 18 years. They can be downloaded from our website or completed on the day during sign-in.
- All walkers must obey the Country Code and Highway Codes. It's important to remember other road users while navigating sections of the Pilgrims Way Challenge that cross or follow roads. With marshals positioned at various locations, any walkers seen not adhering to the Highway Code may be banned from future events.
- Do **walk considerably**. Do **let cars past**. Walk in **single file while on road sections** of the Pilgrims Way Challenge. Please don't drop litter.
- Please bring your own personal first aid kit that includes blister plasters such as compeed. You should also bring a spare pair of walking socks in case your first pair become wet, wet socks lead to blisters!
- Organisers are not responsible for the health of participants. If you have any concerns prior to the challenge, please consult your GP before taking part.
- You must carry a **charged mobile phone** at all times and provide the number to the organisers on the day. This is in addition to the emergency contact number that you have already provided us with when registering.
- All walkers must understand that this challenge is not a race or trial of speed. It is a personal challenge for each individual and no record of times will be kept on the day. Should you become tired, please stop and take a rest before continuing with the event. The event is intended to be a hike. Therefore, we discourage participants from jogging or running the challenge as this increases the chance of injury and that key event support areas will not be ready to receive you.
- Should you wish to track your times, we encourage you to do so with a fitness app on mobiles phones or regular walkers can use Garmins or other GPX devices.
- Take extra care on sections of the Pilgrims Way that cross or follow the road. The roads **will not** be closed to other traffic.

## Weather

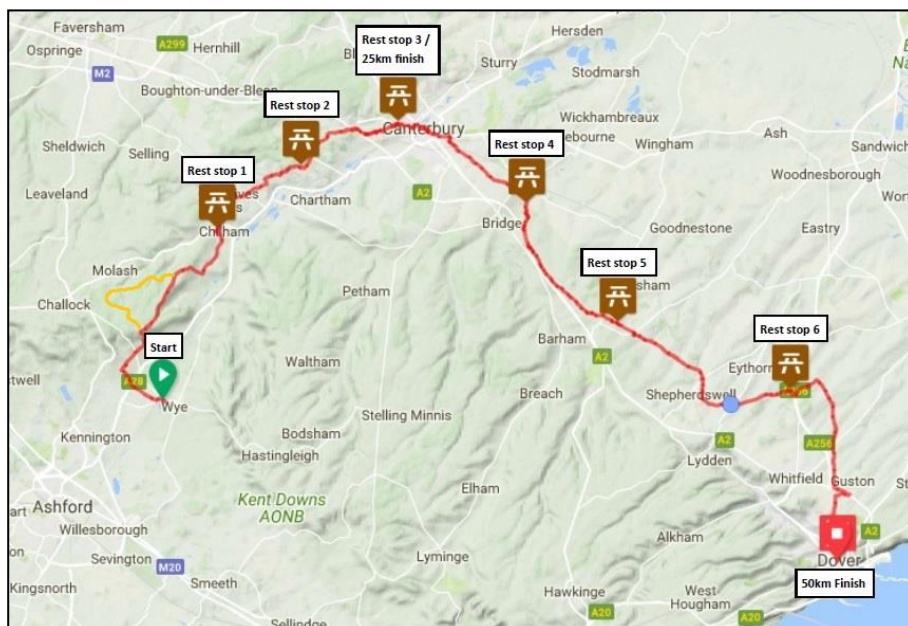
- The event will take place come rain or shine, so please keep an eye on the weather and come prepared by bringing sunscreen and/or waterproof clothing, as appropriate.

## Refreshments

- Participants are responsible for making sure that they remain hydrated throughout the day. Please come to the start with a full water bottle and we recommend you carry at least 1L with you during the challenge. You will be working up a sweat and will need to keep hydrated throughout. There will be water available at all rest stops where you can top up your supplies along the way.
- Water and soft drinks will be available free of charge throughout the day at the start area and each rest stop on route. Tea and coffee will be available at rest stops 1, 2, 3.
- Savoury bread rolls, bananas, biscuits and homemade flapjacks and other baked items will also be available at rest stops. At the Canterbury Hospice there will be hot pasta dishes on offer as well as the other items listed above that you will see throughout the event. This marks the finish for the 25km route and the 21km point of the 50km route.

Rest stops for each route are as follows:

- **Rest stop 1:** St Mary's Church, Chilham, CT4 8BY (at 10.6km into 50km route, 14.4km into 25km route).
- **Rest stop 2:** Chartham Hatch, CT4 7LP (at 15.7km into 50km route, 19.5km into 25km route).
- **Rest stop 3 / 25km Finish:** Pilgrims Hospice, 56 London Road, Canterbury, CT2 8JA (at 21km into 50km route)
- **Rest stop 4:** St Mary's Church, Patixbourne, CT4 5BS (at 27.8km into 50km route)
- **Rest stop 5:** St Margaret of Antioch Church, Womenwold, CT4 6HG (at 34.5km into 50km route)
- **Rest stop 6:** All Saint's Church, Waldershare, CT15 5AT (at 43.4km into 50km route)
- **50km Finish:** Pencester Gardens, Pencester Road, Dover, CT16 1NS



## Supporters on route

Please note that this challenge passes through small villages and visits rest stops with very limited parking and most rest stops are small churches. We welcome friends and family to come and support you during the challenge, however please ask them to park outside of rest stops, so that these are reserved for medical and support vehicles and please ask them to park considerately, especially and not on the roads used for the challenge. There is no parking available on site at either challenge finish.

## Route Information

- All walkers must check in at the de-registration information desk once they have completed the route. We need to account for all participants at the end of the event and will call you if you have not checked back in or haven't called us to let us know that you have finished early or elsewhere.
- If you are unable to complete your route you **MUST** inform the organisers so that you are accounted for – either call the walker hotline **07710 854029** or the Ashford, Canterbury & Dover emergency numbers.
- If there is a **medical emergency, you must call 999** and seek the help of the emergency services. You should also call the walker hotline number so that event medics can be mobilised as often they can arrive on scene faster than an ambulance.
- The routes will be clearly signed with acorn national trail signage arrows, supplemented by orange florescent signs with black arrows marked with the Pilgrims Hospices logo (See Fig 1) and orange ribbon.
  - Maps of each section of the route will be provided in your walker number lanyard during registration.
  - Maps of the walk can be viewed and downloaded directly from our website but are always subject to change depending on Kent County Council information and route conditions.



Figure 1





## Junctions of note

Please take note of the following sections of the route to avoid becoming lost or injured.

1. **Location: Bridge Street railway crossing, Wye**  
**Routes affected: 25km and 50km**



Just 300m into the route, walkers cross the railway line at Wye and take an immediate left by crossing the road. Please be extra vigilant while crossing as traffic comes from multiple directions. Do not presume that because the walker in front crosses that it is safe for you to follow.

2. **Location: Crossing of A28 near Perry Court Farm, Wye.**  
**Routes affected: 25km and 50km**



1.7km into the route, walkers must cross the A28. This is a fast road but has good visibility in both directions. Make sure that you are personally satisfied it is safe before crossing.

**3. Location: Crossing of A252 after Chilham village**  
**Routes affected: 25km and 50km**



Shortly after leaving rest stop 1 at St Mary's Church, Chilham walkers join Church Hill road and must cross the A252 towards Old Wives Lees. Be aware that this is a fast road and there is no pavement on the opposite side so pay extra attention before attempting to cross. The road has good visibility in both directions. Walkers must walk single file once they have crossed the A252 until they have climbed Long Hill due to sharing the road with other road users. Walkers should observe the Highway Code and walk on the right hand side of the road so they can see any oncoming traffic.

**4. Location: Crossing of Rheims Way, Canterbury**  
**Routes affected: 25km and 50km**



As walkers enter Canterbury, they must cross the A2050 Rheims Way to reach Pilgrims Hospices on London Road. There is good visibility but it is a wide road so walkers must ensure they give themselves enough time to safely cross between traffic.



**5. Location: Patrixbourne**  
**Routes affected: 50km**



At 27.3km into the 50km route, walkers reach Patrixbourne where the route joins the road for a short section. Take care when crossing the road and walk single file on the right of the road passed a small roundabout and through the village to reach rest stop 4 at St Mary's Church.

**6. Location: Park Avenue onto Maison Dieu Road, Dover**  
**Routes affected: 50km**



As walkers enter Dover town centre, they should stay left as they descend Park Avenue from Connaught Park and then join the left-hand pavement on Maison Dieu Road towards the Pencester Gardens finish line. Signage will direct you.

## Walking in Memory of someone?

There will be a memory board situated at the Canterbury hospice (Rest stop 3) where you can post a message or a photo or other fitting tribute to someone that you would like to remember or who you are specifically walking in memory of. These messages may be used (anonymously) on our webpage after the event.

## The Finish

Everyone will receive a well-deserved medal, refreshments and the opportunity to relax and enjoy food and drink among good company. We encourage family and friends to come and cheer you across the finish line!

## When you're at home

If you've taken pictures or video footage to remember the day, why not add them to the **Pilgrims Hospices** [Facebook](#) page or tweet us at @pilgrimshospice. Please do take a few minutes to complete the **online survey** afterwards that we will email to you. We really value your feedback and will use your comments to improve the event for future years!

## Sponsorship:

There is no minimum sponsorship required for this event but we'd encourage everyone to raise as much as they can. By raising sponsorship, every step of your challenge will be making a real difference to the lives of thousands of terminally ill people across east Kent.

**It costs more than £35,000 a day to run our three hospices and if you can raise an additional £20, this could pay for an hour of nursing care. £50 could pay for essential nursing supplies; £100 could pay for therapy sessions for a child coping with the loss of a loved one; £250 could pay for a patient's day hospice sessions to experience new activities and friendships; £500 could pay for a hospice bed for a day and £1000 could pay for a patient to be cared for in their own home. Thank you.**

When you have finished collecting your sponsorship together, please send it, along with your [sponsorship form](#) to: Supporter Relations, Pilgrims Hospice, 56 London Road, Canterbury, Kent CT2 8JA or drop it into one of our hospices - if it's easier for you (if you are sending money via cheque, please make them payable to Pilgrims Hospices in East Kent). Please encourage your friends and family to tick the **Gift Aid** checkbox when they sponsor you. This makes their donation worth 25% more to us at no extra cost to them. Please try to have your money to us by **20 July 2018**.

The Pilgrims Way Challenge is proudly supported by the **Keith and Susan Rawlings Charitable Trust**. Their support ensures that even more of the money raised through the event can go directly to helping our patients and their families.

Lastly, we hope you have a great day and thank you so much for supporting Pilgrims Hospices by being part of this special challenge.

## Dates for your 2018 diary...



# Divas on Wheels

## Ladies cycle ride!

**Sunday 24 June**

[www.divasonwheels.org](http://www.divasonwheels.org)  
**01227 812621**



 www.pilgrimshospices.org fundraising@pilgrimshospices.org Pilgrims Hospices in east Kent is a company limited by guarantee. Registered office: 56 London Road, Canterbury, Kent CT2 8JA. Registered Charity No. 293968 and as a company in England No. 2000560

**Divas on Wheels – 24 June** – a women focussed ride for all the Divas out there, with a choice of a 25 or 50 mile route. New location: The Independent Pedaller, Highland Court Farm, Canterbury CT4 5HW. Riders and Bike Heroes welcome!

To find out more visit [www.divasonwheels.org](http://www.divasonwheels.org) or call 01227 812621.