



# PILGRIMS WAY CHALLENGE

## TRAINING WALKS

### TRAINING WALKS 2019

Full training walk information can be viewed via the free Pilgrims Hospices Events App available from the [App Store](#) and [Google Play](#). Our walks are led by experienced Pilgrims staff.

#### Saturday 25<sup>th</sup> May – 12km / 8 miles

Time: Meet at 09:30am (arrive 15 minutes before)

Location: Pilgrims Hospice, 56 London Road, Canterbury, CT2 8JA

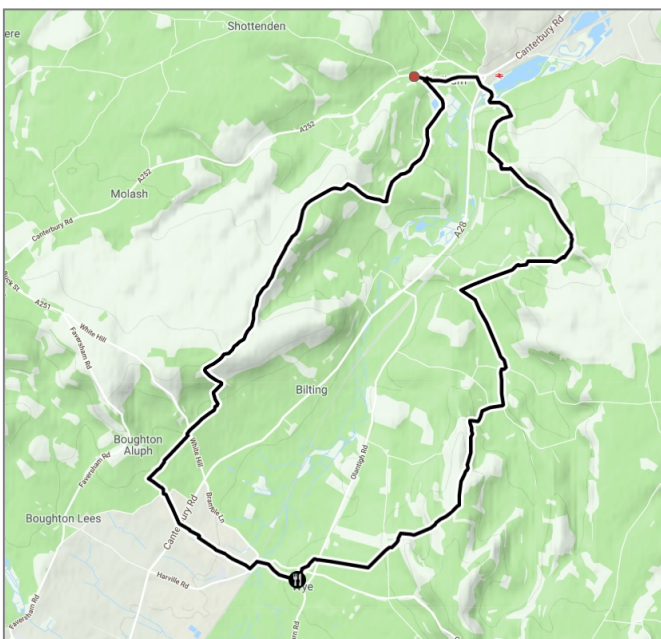
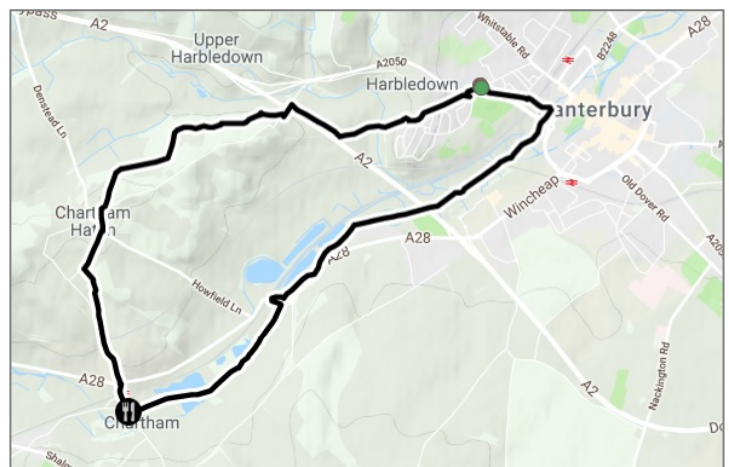
A 12km loop following the North Downs Way westward from Canterbury to Chartham Hatch before descending to Chartham and returning along the river Stour.

Map:

<https://www.mapmytracks.com/events/pilgrims-training-walk---12km--8miles>

Walk Leader: Kate Duddell

Contact: [kate.duddell@pilgrimshospices.org](mailto:kate.duddell@pilgrimshospices.org)



#### Saturday 15<sup>th</sup> June – 23km / 14.5 miles

Time: Meet at 9:30am (arrive 15 minutes before)

Location: Taylors Hill Car Park, Chilham, CT4 8BZ

A 23km loop that begins in the charming village of Chilham and follows beautiful rolling countryside to Wye before returning via the North Downs Way; the early stages of the Pilgrims Way Challenge itself.

Map: <https://www.mapmytracks.com/events/pilgrims-training-walk---23.3km--14.5-miles>

Walk Leader: Robert Grew

Contact: [robert.grew@pilgrimshospices.org](mailto:robert.grew@pilgrimshospices.org) / 07710 854029

It is advised that you wear sensible clothing for the weather, dressing in layers and wearing a good pair of worn in footwear. You should also carry a day pack containing water and snacks along with a charged mobile phone. If you would like further

information on equipment, [view our kit list here](#), or for any other questions about these walks please contact the ride leader. Alternatively, call the fundraising team on 01227 812609.

These training walks can be included within your training plan for the Pilgrims Way Challenge as shown here: [Pilgrims Way Challenge Training Plans](#).