



WALKER HOTLINE NUMBER: 07710 854029 (21 & 22 June)
Medical emergencies 07077 653501
(will be listed on your walker number)

Advance event queries to: 01227 812609 or robert.grew@pilgrimshospices.org

Thank you for entering the 2019 **Pilgrims Way Challenge** taking place on **Saturday 22 June 2019**. The essential event information is listed below to ensure that you have a safe and enjoyable hike and raise money for local hospice care.

Routes

You can change your mind on your distance choice on the day (between 25km or 55km) or even out on the route. It is a simply case of informing the staff at the de-registration 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 55km 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

WYE - CANTERBURY – 25km (15.5 miles) [View map](#): From the picturesque village of Wye near Ashford, pass through rolling farmland 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. 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 Canterbury.

CANTERBURY - DOVER – 35km (21.7 miles) [View map](#): The route leads through the historic heart of Canterbury and out into vast fields, passing the farming villages of Hode, Patribourne and Womenswold, with a view of the magnificent Georgian mansion at Higham Park before a steady ascent towards Shepherdswell. 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 inside the impressive inner bailey of Dover Castle.

WYE - CANTERBURY – DOVER – 55km (34 miles) [View map](#): Take on the ultimate test of endurance and enjoy both sections of the Pilgrims Way described above in one day! After leaving Wye village in the morning and experiencing all the natural beauty east Kent has to offer through the day, arriving at Dover Castle, your final destination, will be a welcome sight.

Start Points and Registration Times

25km & 55km

The **25km** and **55km** Pilgrims Way Challenge will take place from the grounds of the [Wye Village Hall, Bridge Street, Wye, TN25 5EA](#). Free parking is available at the venue as well as street parking nearby as [shown here](#). We would urge you to arrive within the relevant registration period for your distance to help with our event administration. **The event area will open at 7:30am for registration. Please do not arrive before this time.**

Times: **25km walkers** can check in between **8.30am – 9.30am**
55km walkers can check in between **7.30am – 8.30am**

35km

The **35km** Pilgrims Way Challenge will take place from [Pilgrims Hospice, 56 London Road, Canterbury, CT2 8JA](#). There is very limited street parking available nearby. We would encourage you to utilise the good public transport links in Canterbury.

Times: **35km walkers** can check in between **11.00am – 12.00pm**

Departure times: You are free to start as soon as you have checked in and been briefed. 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 the day registrations: This event is nearly sold out and on the day registrations cannot be guaranteed. If you would like to register on the day then please visit the 'On the day registration' area when you arrive. Please take into consideration that on the day registration will cost £45, **registration will close at 8:15 for the 55km route, 09:15 for the 25km route and 11.45 for the 35km 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.

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

Walk completion – all walkers must have completed the walk and checked in at the de-registration area by: 25km route = **1700hrs**, 35km and 55km route = **2100hrs**.

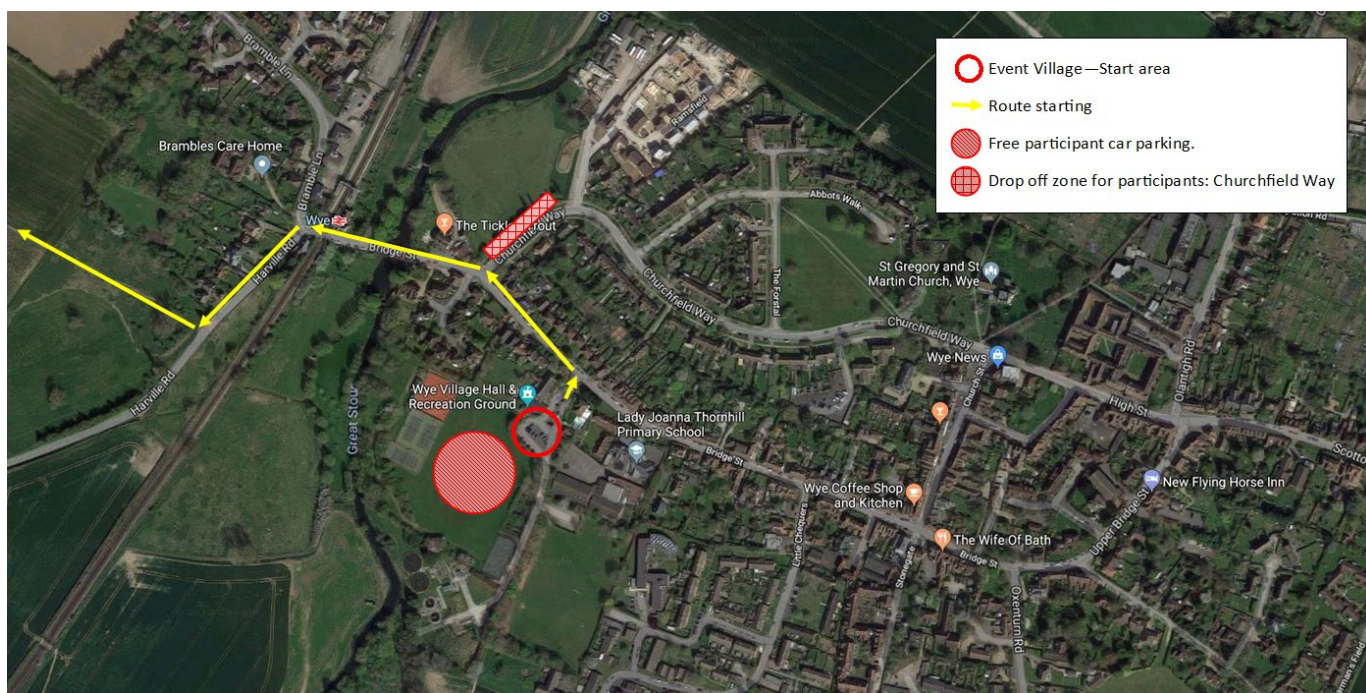
Please note: 55km walkers will need to reach the halfway point at Pilgrims Hospice Canterbury no later than 1500hrs in order to continue the second half of the challenge. Walkers who arrive at Canterbury after this time will be withdrawn from the challenge and finish as a 25km walker. This is for event safety and control.

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, if you're relying on public transport to get to and/or from the event, 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. Trains from Dover Priory Station back to Canterbury departing every hour, the last train of the night is 23:49.

Free parking is available at Wye Village Hall and on street parking within the village of Wye itself. However, parking is limited and, to avoid congestion, we recommend that you carshare where possible. You may wish to leave your car at Canterbury and travel by train to the start venue so that your car is waiting for you at the 25km finish.



Security

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

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. Those walking the 35km and 55km routes **MUST** bring a head torch for the rural sections towards the end of your challenge.

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

Pilgrims Hospices technical hiking T-shirts

Included within your entry is a Pilgrims Hospices technical hiking 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. 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 others. We will 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.

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/2019/05/Pilgrims-Way-Challenge-2019-Training-Plans2.pdf
- Fully led training walks run at weekends on 25 May and 15 June. For full details on the next training walk visit www.pilgrimshospices.org/wp-content/uploads/2019/05/TRAINING-WALKS-2019.pdf or view via the Pilgrims Hospices Event App ([iOS](#) and [Android](#)).

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 considerately. 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. You should also bring a spare pair of walking socks in case your first pair become wet; wet socks lead to blisters!
- Dogs are not allowed to take part in the Pilgrims Way Challenge as we can't cater for them along the route and it can be difficult to manage on the trail, especially during the evening stages.
- Organisers are not responsible for the health of participants. If you have any concerns 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 regardless of adverse weather conditions, so please prepare by bringing sunscreen or waterproof clothing, as appropriate.

Walking in Memory of someone?

There will be a memory board situated at the Canterbury hospice (rest stop 3 / 25km finish / 35km start) where you can post a message or a photo or other fitting tribute to someone that you would like to remember. These messages may be used (anonymously) on our webpage after the event.

Sponsorship:

There is no minimum sponsorship required for this event but we'd encourage everyone to raise as possible. 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.

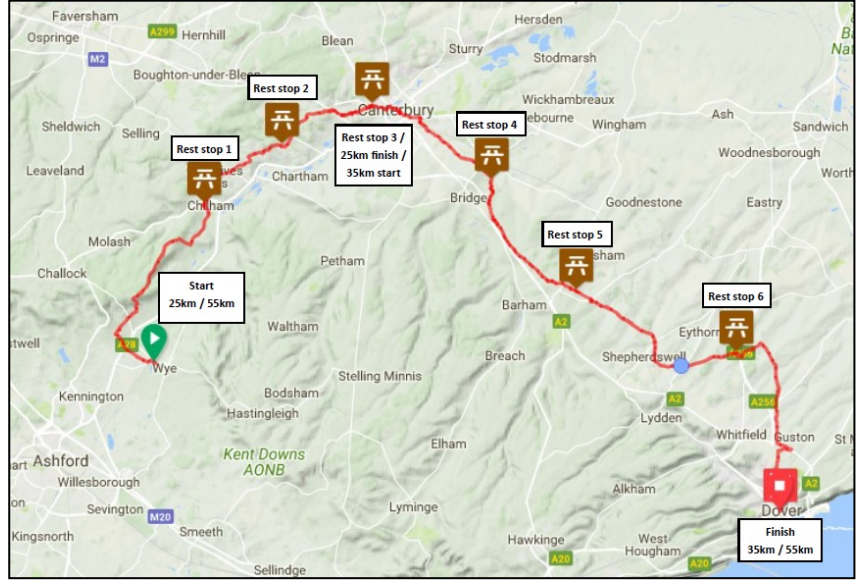
When you have finished collecting your sponsorship together, please send it, along with your [sponsorship form](#) to: Supporter Relations, Pilgrims Hospice, 56 London Road, Canterbury, Kent CT2 8JA or drop it into one of our hospices if it's easier for you (if sending a cheque, please make them payable 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 **3 August 2019**.

Refreshments

- Participants are responsible for making sure that they remain hydrated throughout the day.
- 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 most rest stops.
- Savoury bread rolls, bananas, biscuits, homemade flapjacks and other baked items will also be available at each rest stop after the start. At the Canterbury Hospice there will be a selection of hot food on offer as well. This marks the finish for the 25km route and the 21km point of the 55km route.
- Hot food will also be available at Dover Castle which is the finish of the 35km and 55km routes.

Rest stops for each route are as follows:

- **Start:** Wye Village Hall, Bridge Street, Wye, Kent TN25 5EA
- **Rest stop 1:** St Mary's Church, Chilham, CT4 8BY (at 10.6km into 55km route, 14.4km into 25km route).
- **Rest stop 2:** Chartham Hatch, CT4 7LP (at 15.7km into 55km route, 19.5km into 25km route).
- **Rest stop 3 / 25km Finish / 35km start:** Pilgrims Hospice, 56 London Road, Canterbury, CT2 8JA (at 21km into 55km route)
- **Rest stop 4:** St Mary's Church, Patixbourne, CT4 5BS (at 7km into 35km route, 27.8km into 55km route)
- **Rest stop 5:** St Margaret of Antioch Church, Womenswold, CT4 6HG (at 13.7km into 35km route 34.5km into 55km route)
- **Rest stop 6:** All Saint's Church, Waldershare, CT15 5AT (at 22.6km into 35km route, 43.4km into 50km route)
- **35km and 55km Finish:** Dover Castle, Castle Hill Road, Dover, CT16 1HU.



Route Information

- **All walkers must check in at the de-registration desk once they have completed their 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 via the walker hotline **07710 854029**.
- If there is a **medical emergency, you must call 999** and seek the help of the emergency services who are aware that the event is taking place. You should also call the **Medical Emergency Number 07077 653501** 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)
- 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.
- **We strongly recommend downloading the free Pilgrims Hospices Event App** for [iOS](#) and [Android](#) devices as you can view detailed route maps that show your current position so you can see if you deviate from the correct route.



Figure 1



Introducing the Pilgrims Hospices Event App

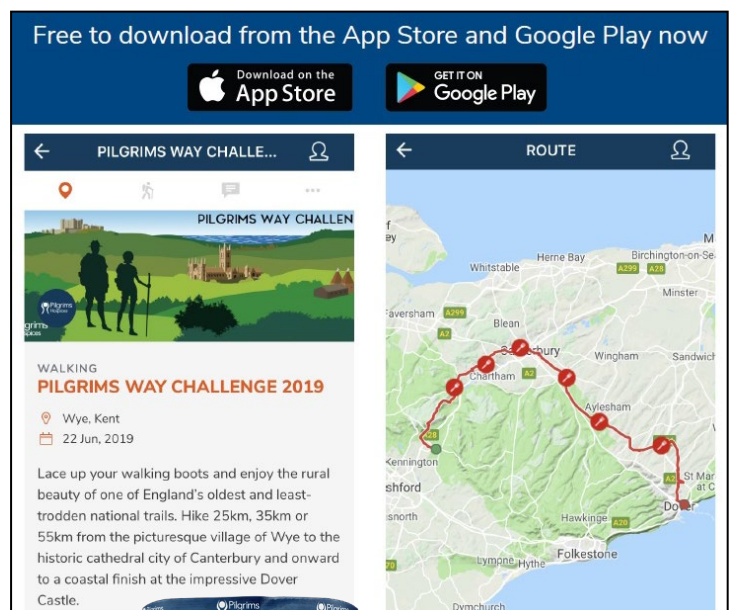
We're proud to introduce the brand new Pilgrims Hospices Event App, available for [iOS](#) and [Android](#) devices). It's free to download from the [App Store](#) and [Google Play](#) and is the perfect companion to enhance your Pilgrims event experience.

Keep your training on track by recording your training activities and liking and commenting on your teammates. Receive up to date event information, view detailed route maps so you can see if you go off route, and link your JustGiving page to see how your fundraising is going, all in one place.

Pilgrims Hospices neck scarves

We're excited to bring you the official Pilgrims Hospices neck scarf. Show your support out there with these stylish, quality and versatile garment; ideal for keeping you warm on cold or windy days, and providing shade from the sun on hot days.

Grab your neck scarf at registration for just £5



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 55km



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 55km



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. Event marshals will be on in place to support at this point.

3. **Location: Crossing of A252 after Chilham village**
Routes affected: 25km and 55km



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. Event marshals will be in place to support.

4. Location: Crossing of Rheims Way, Canterbury
Routes affected: 25km and 55km



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: 35km and 55km



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.



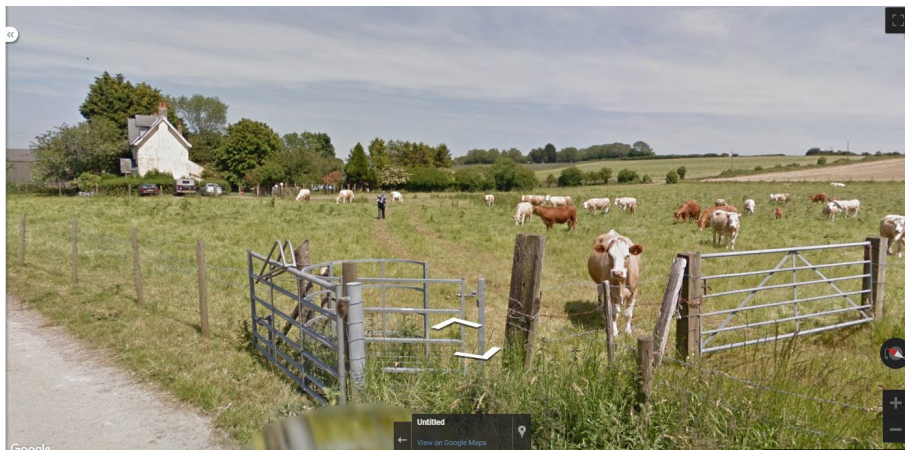
Please note that toilet facilities are a 100m away from the church at the Patrixbourne Recreation Ground on Old Palace Road.

6. Location: Eythorne Road, Shepherdswell
Routes affected: 35km and 55km



As walkers enter the village of Shepherdswell (18km into the 35km route, 39km into the 55km route), the route crosses a railway line on Eythorne Road. Walkers should then immediately cross to the gate on the opposite side of the road which is signed for the North Downs Way.

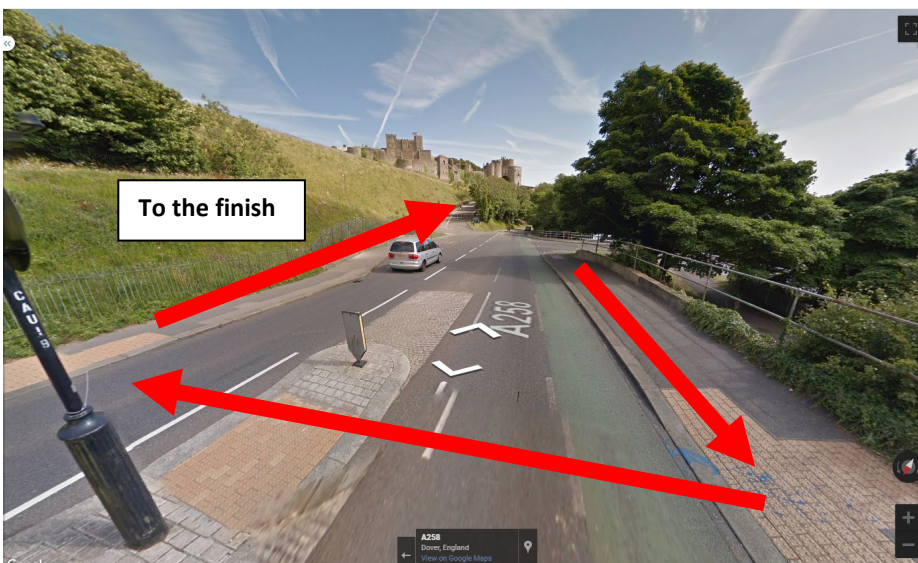
7. Location: Farm between Waldershare and Ashley
Routes affected: 35km and 55km



You may encounter some fields with livestock, including cows. If so, follow this simple advice:

- Move quickly and quietly, and if possible walk around the herd.
- Try to avoid getting between cows and their calves.
- Don't panic or run – most cattle will stop before they reach you; if they follow, just walk on quietly.
- Remember to close gates behind you when walking through fields containing livestock.

8. Location: Castle Hill Road, Dover Castle, Dover
Routes affected: 35km and 55km



At the top of Connaught Road the finish is within sight - the historic Dover Castle. Walkers should cross the busy road at the designated pedestrian island and not before. Then, proceed to enter Dover Castle via the Constable Gate as indicated above.

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!

Dover castle specific finish information (35km & 55km walkers)

Parking is available at the main visitor car park for Dover Castle, accessed via Canon Gate Road.

Note: Dover Castle will close to normal visitors at 6pm, however, the castle car parks will still be open after this time for people coming to collect walkers at the finish. Those arriving by car should state to security staff that they are here for the Pilgrims Way Challenge event and follow signage to the car park.

Note: Walkers finishing at Dover Castle will enter via the walker entrance (Constable Gate) from Castle Hill Road, as marked on the map below.



Pilgrims shuttle bus service between Dover Castle and Dover Priory train station

Our friends at Stagecoach buses will be operating a special shuttle bus service between Dover Castle and Dover Priory train station for those using public transport for their onward journey home.

Shuttle bus services will depart from the Coach Park at the corner of Castle Hill Road and Dover Road at the following times:

16:25

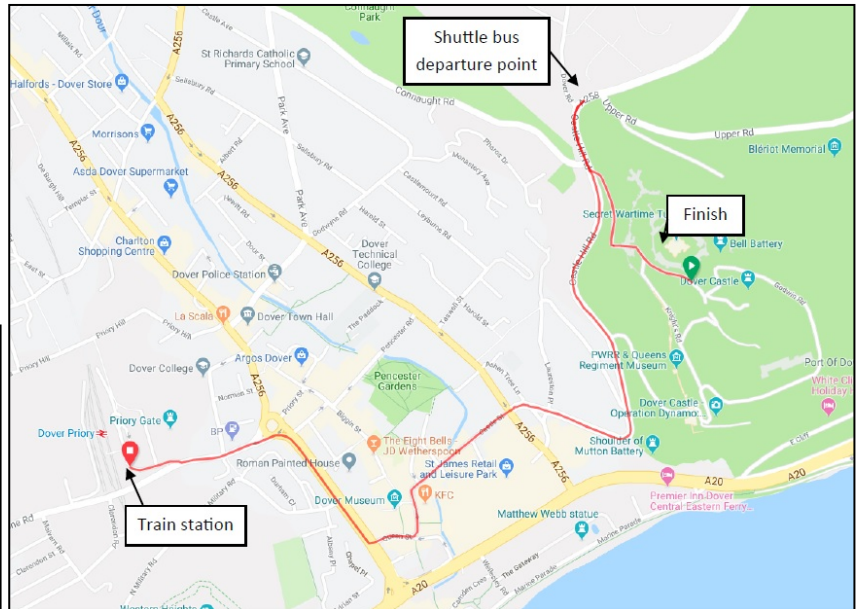
17:25

18:25

19:25

20:25

Estimated journey time is 5-10 minutes.



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 next year!

Lastly, we hope you have a great day and thank you so much for supporting Pilgrims Hospices.

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.