



**PARTICIPANT HOTLINE NUMBER: 07710 854029 (19<sup>th</sup> June)**  
**Medical emergencies: 07077 654124**  
(will be listed on your participant number)

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

Thank you for entering the award-winning, 3<sup>rd</sup> annual **Pilgrims Way Challenge** on **Saturday 19 June 2021**. We are pleased to be able to deliver this COVID-secure version of the event for you to enjoy after the unprecedented and challenging period that has affected everyday life since March 2020. The essential information is listed below to ensure that you have a safe and enjoyable hike and raise money for a worthwhile cause. Participant safety is our highest priority and, while we know that some of the event revisions may be frustrating, we hope you will understand that these measures have been instated to enable the event to still take place under current circumstances and ensure the safety of everyone involved. Pilgrims Hospices will continue to monitor government guidance over the coming days and any significant changes will be communicated to you at the earliest opportunity.

Since the Pilgrims Way Challenge first began in 2018, our wonderful community have raised more than £172,000 to support the care of thousands of people living with incurable illness in east Kent. Now, we need your help more than ever to make this year's Challenge a great success and reach the £200,000 milestone in our third year!

### Covid-secure revisions

**We have made a range of revisions to the 2021 Pilgrims Way Challenge to ensure that the event is COVID-Secure. These include:**

- Maximum capacity for the event of 800 participants with capacity limits at event locations at any one time.
- All participants must wear a face covering while at the event rest stops and the start and finish venues, unless eating or drinking or medically unable to do so. If unable to wear a face mask please bring with you the relevant lanyard. Please respect others by wearing your face covering.
- Streamlined event day check-in process including designated 15-minute starting waves, touch-free electronic check-in process with Perspex screens to protect event staff and individual start line release. This check-in system forms the test and trace information for the event.
- Completely open-air event, including streamlined, one-way rest stops. Each rest stop will have a capacity at any one time and event staff will be counting participants in and out of venues, to assure that the capacity is not reached. Please avoid dwell time of more than 15 minutes at rest stops, unless there is a medical need.
- Socially distanced toilet facilities at event venues with mandatory hand sanitiser and face covering usage.
- Due to limitations brought into effect by the pandemic, the 2021 Pilgrims Way Challenge will not have the same variety of catering as usual. This is to protect the health of participants and event staff during this unprecedented time. More information available in the catering section below.
- Event staff will wear appropriate PPE for the role they are carrying out and this will be changed regularly.
- Spectators and non-participants are not permitted to attend any event venue this year. Participants can only be dropped or picked up locally (more information in the section Travelling to and from the event).

The Pilgrims Way Challenge is a COVID-secure event. Please:

- **Do not attend the event if you are experiencing any symptoms of COVID-19, including a high temperature or new persistent cough.**
- **Do not attend the event if you have had a positive COVID-19 test result in the past 10 days.**
- **Do not attend the event if, within the past two weeks, you know you have been in contact with a person displaying any known symptoms of COVID-19.**

### Routes

**Please note: All routes have been reviewed due to Covid-19 pandemic.** If you are signed up to the 55km route, but decide on the day that you wish to finish in Canterbury as a 25km finisher, simply inform the staff on the de-registration desk at the Canterbury rest stop and they will issue you with a medal.

**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, Patricbourne 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 hilltop finish line inside the impressive inner bailey of Dover Castle.

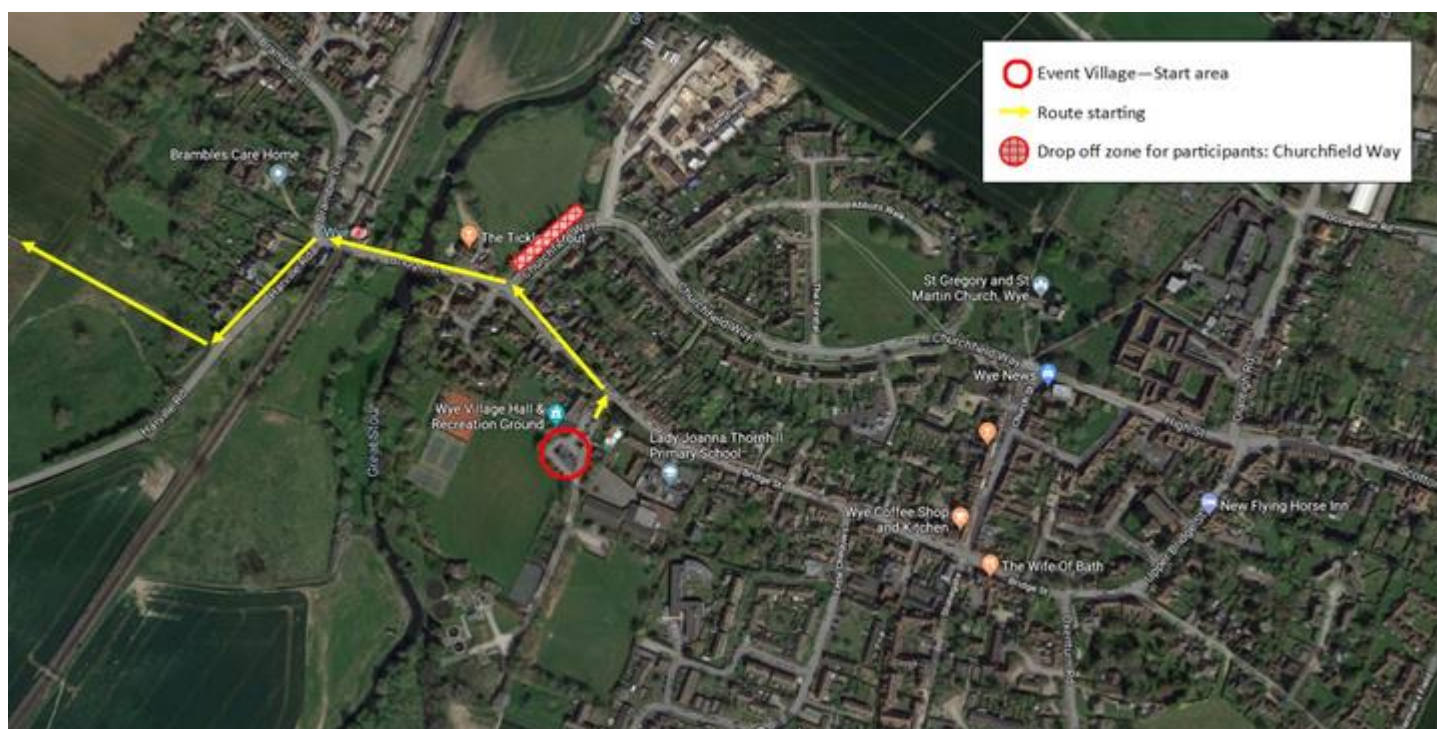
**WYE - CANTERBURY – DOVER** – 55km (34 miles) [View map](#): Take on the ultimate test of endurance and enjoy both sections of the Pilgrims Way described above in one day! After leaving Wye village in the morning and experiencing all the natural beauty east Kent has to offer through the day, arriving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

## Travelling to and from the event

We highly recommend that you are dropped off close to the start and picked up by family or friends who can take you home after such a tiring challenge.

**25km and 55km start:** [Wye Village Hall, Bridge Street, Wye, TN25 5EA](#).

This year there will be no parking available on site at the start venue as the entire site will be used to allow for social distancing. However, a dedicated drop off zone will be available in Churchfield Way (TN25 5EQ), which will be signed and marshalled. Local street parking can also be found within the village as seen below. Please park legally and respectfully.



**35km start and 25km finish:** [Pilgrims Hospices, 56 London Road, Canterbury, CT2 8JA](#)

There is no parking available on site as this is reserved for patient visitors and hospice staff only. Canterbury city centre has plenty of parking available and is a 15-20 minute walk into the city centre.

**35km and 55km finish:** [Dover Castle, Castle Hill Road, Dover, CT16 1HU](#)

Drivers arriving to collect participants can park in the normal visitor car park for Dover Castle which is free and accessed via Canons Gate Road (CT16 1HU). It is requested that participants liaise with their pick-up driver so that their arrivals coincide as best as possible. This will minimise the impact of the event on the castle's usual visitor traffic. This year there will not be a shuttle bus to Dover Station, this is due to the risk associated with being in an enclosed space.

**Public transport:** There are good public transport links to get to and/or from the event. You may find the following transport information useful. **It is essential that anyone travelling on public transport wears a face covering at the current time.**

- **Wye:** Serviced by trains running approx. every 30 minutes from the directions of Ashford and Canterbury. Wye 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. Canterbury West station is a 10-minute walk from Pilgrims Hospice Canterbury.

- **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. Dover Priory station is located 1 mile from Dover Castle.

## 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. **Head torches are essential for those on the 35km and 55km routes**, as well as a red light to wear on your back during the latter stages of the event. You may be walking into the evening and need to be seen!

**Participant numbers:** Please make sure you wear your unique participant number lanyard so it can be seen clearly. Your lanyard enables you to access event venues and catering services.

## Starting waves

We have made several important revisions to the check-in process on event day to maintain social distancing and ensure everyone can participate safely. It is vital that you adhere to these instructions.

To minimise the number of people on site at any one time, you will be allocated a specific 15-minute **starting wave** based on your intended route distance, team and expected pace. Your starting wave will be communicated to you within your participant pack and via email in the days prior to the Pilgrims Way Challenge. It is vital that you plan your arrival within your allocated starting wave to ensure the smooth and safe running of the event.

For those in groups, due to current government guidance and restrictions, only a maximum of 6 people can be allowed in a group outdoors. If you have more than 6 in people in your group, you will have to start in two separate groups.

**The event area will open at 7:30am for registration. Please do not arrive before this time or before your allocated start-time window. You will be asked to show your unique participant number lanyard on arrival at the event entrance before being allowed onto the site.**

### Wye Starting Waves:

**Start wave A:** check in between **07:30 – 07:45hrs (no earlier please!)**  
**Start wave B:** check in between **07:45 – 08:00hrs (no earlier please!)**  
**Start wave C:** check in between **08:00 – 08:15hrs (no earlier please!)**  
**Start wave D:** check in between **08:15 – 08:30hrs (no earlier please!)**  
**Start wave E:** check in between **08:30 – 08:45hrs (no earlier please!)**  
**Start wave F:** check in between **08:45 – 09:00hrs (no earlier please!)**  
**Start wave G:** check in between **09:00 – 09:15hrs (no earlier please!)**  
**Start wave H:** check in between **09:15 – 09:30hrs (no earlier please!)**

### Canterbury Starting waves:

**Start wave I:** check in between **11:00 – 11:15hrs (no earlier please!)**  
**Start wave J:** check in between **11:15 – 11:30hrs (no earlier please!)**  
**Start wave K:** check in between **11:30 – 11:45hrs (no earlier please!)**  
**Start wave L:** check in between **11:45 – 12:00hrs (no earlier please!)**

## Check-in and check-out process

**Upon arrival:** You must wear a face covering whilst at the start venue (and at all rest stops). Please wear your unique participant lanyard visibly when arriving as only registered participants will be permitted into the site (no spectators or non-participants please). You should follow the clearly marked one-way system to our new, electronic check-in desks. Please queue in a socially distanced manner using the designated area until a registration desk is available. Once checked in, proceed directly to join the designated start line queuing area, where you will be released as individuals or groups no larger than six at regular 30-second intervals. While you wait for your turn, please respect the space of others and refrain from close contact with other participants, even members of your own group. Once you have been released, **please cross Bridge Street carefully and walk towards the station**, please allow space for others arriving. Please do not be tempted to simply wait for other participants throughout the event, this will cause congestion and at the start will delay others being started. There will be marshals placed throughout this start area. Those starting in groups (maximum of 6 people) will be required to queue up in the start pen in group order. All participants **must maintain social distancing at all times whilst walking and at rest stops with people outside of their group (max of 6).**

**Upon challenge completion and latest finish times:** All 25km participants must check-out and collect their medal at the Canterbury de-registration area by **1700hrs**. All 35km and 55km participants must do the same at the Dover de-registration area by **2100hrs**. If you do not think you can complete your chosen distance within the specified time, you should inform event organisers immediately on the participant hotline **07710 854029**. Again, no spectators or non-participants will be permitted in these areas so please arrange to meet pick up drivers outside of the venues.



**There will be no on the day registrations allowed for this year's event.**

## **Security of belongings**

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

## **Participant packs**

A participant pack has been posted to every registered participant from the 1<sup>st</sup> June 2021. Included within the pack is **Start Wave information, Unique participant lanyard, technical T-shirt** (in requested size), **sponsorship form**, and any neck scarves if they were purchased with entry.

## **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](#).

## **Safety Advice for Participants**

- Walking etiquette during Covid-19 - All participants will be given a designated 15-minute starting wave. This will be based on chosen route, team and estimated pace. All participants will be released as individuals, or small groups (max 6 people) in 30-second start intervals. These revisions have been made to allow the fastest challengers to go first and reduce overtaking on route. **Do not overtake any participants in narrow sections where social distancing of 1+ metres cannot be achieved.** This is a distance challenge and not a race.
- **Participants must bring with them a face covering and hand sanitising gel to be carried with them at all times. This hand sanitiser must be used when passing through or crossing stiles, gates and leaving rest stops. Please consider your fellow participants by doing this each time.**
- All participants 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 participants 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.
- All participants must follow the instructions provided by the Pilgrims Way Challenge organisers and marshals.
- All participants should carry a form of ID on their person at all times during the event, in case needed in a medical emergency.
- All participants should fill in the medical details section on the reverse of their lanyard if they have any health conditions event medics should be aware of in an emergency.
- **Do not attend the event if you are experiencing any of the symptoms of COVID-19, including a high temperature or new persistent cough.**
- **Do not attend the event if you have had a positive COVID-19 test result in the past 10 days.**
- **Do not attend the event if, within the past two weeks, you know you have been in contact with a person displaying any known symptoms of COVID-19.**
- If you present with any symptoms of COVID-19 while at the event, you should leave the event immediately. Rest stops have specific isolation areas where a person presenting symptoms of COVID-19 can wait until they have arranged transportation home.
- Organisers are not responsible for the general health of participants. If you have any concerns about health or fitness to complete this challenge please consult your GP before taking part.
- [Parental consent forms](#) must be submitted for young participants who are over 16 years and they must be accompanied by a participant who is over 18 years. They can be downloaded from our website and submitted to [Fundraising@pilgrimshospices.org](mailto:Fundraising@pilgrimshospices.org) no later than 18<sup>th</sup> June 2021.
- All participants **MUST** be over the age of 16 to participate in the Pilgrims Way Challenge.
- 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!
- You must carry a **charged mobile phone** at all times which is the number provided to the organisers when registering in advance. This is in addition to the emergency contact number that you were required to provide.
- All participants 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 in a safe and socially distanced place and take a rest before continuing with the event.
- Should you wish to track your times, we encourage you to do so with a fitness app on mobiles phones or regular participants 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.

## No Dogs at the Pilgrims Way Challenge

While dogs make for great training companions, they are not permitted to accompany participants on the Pilgrims Way Challenge. We cannot cater for them along the route and it can be difficult to manage on the trail, especially during the current pandemic and to allow for social distancing.

## Weather

The event will take place regardless of weather conditions, so please prepare by bringing sunscreen or waterproof clothing, as appropriate. The event will only be cancelled in extreme adverse weather conditions and the weather forecast will be monitored in the lead up to the event.

## Refreshments and Rest Stops

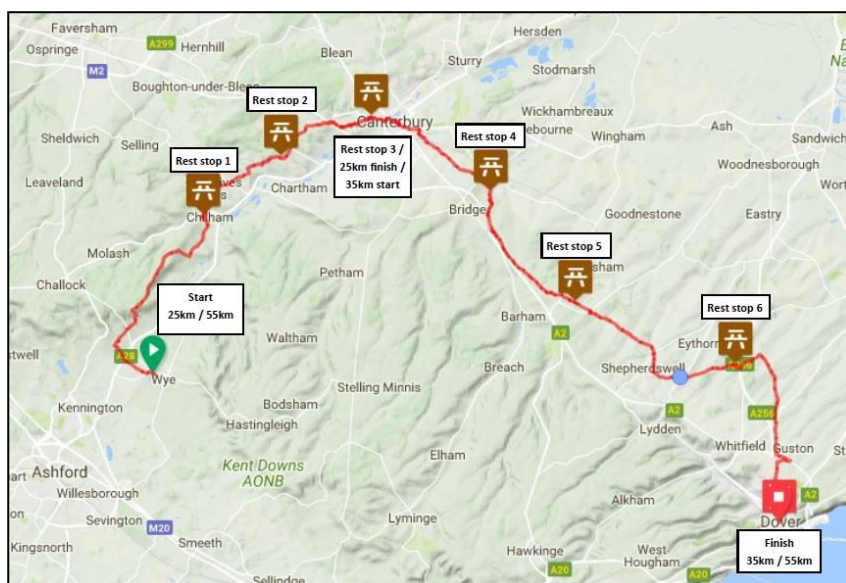
**Please note: Due to limitations brought into effect by the Covid-19 pandemic, the 2021 Pilgrims Way Challenge will not have the same variety of catering as usual. This is to protect the health of participants and event staff during this unprecedented time.**

- Participants must bring a **packed lunch and preferred snacks** to supplement the catering at rest stops along the route. A detailed breakdown of what is available at each rest stop is shown below to aid with planning.
- Please note: there is an additional reassurance stop as you approach Chilham at 12.5km into the 25km route or 9km into the 55km route - only water bottles will be available here. There are no toilets at this stop and it is a further 2.1km into the village where the rest stop is.
- Participants are responsible for making sure that they remain hydrated throughout the day. It is recommended to **bring a full water bottle** (or two if you can carry it) there will not be any water available at the start. Only bottled water will be available to refill at rest stops. Additional recycling points have been added for the extra plastic required this year.
- Each rest stop has been carefully redesigned to take place entirely outside and will operate a **strict one-way system**. Participants should not enter the buildings after the start at any of the venues for any reason.
- Participants are encouraged to spend as little time as necessary at each rest stop (ideally a maximum of 15 minutes unless you need to see a medic) to allow for social distancing.
- **It is mandatory for a face covering to be worn while at the event rest stops and start and finish venues.** This is especially important for the usage of portable toilet facilities.
- Portable toilets will be available at each rest stop. Please join the designated queuing area and an event steward will direct you to the next available toilet, please do expect some queues to enable social distancing. It is **mandatory to wear a face covering and use the hand sanitiser provided** before entering, and after leaving, the toilets. Please follow the event stewards instructions at all times.

## Rest stop information

Rest stops are at the following locations:

- **25km and 55km start venue:** Wye Village Hall, Bridge Street, Wye, Kent TN25 5EA. **Refreshments available:** Bottled water, flapjacks.
- **Rest stop 1:** St Mary's Church, Chilham, CT4 8BY (at 10.6km into 55km route, 14.4km into 25km route). **Refreshments available:** bottled water, bananas and flapjacks. *25km and 55km participants should bring their own packed lunch for this stop.*
- **Rest stop 2:** Chartham Hatch, CT4 7LP (at 15.7km into 55km route, 19.5km into 25km route). **Refreshments available:** Bottled water, selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free).
- **Rest stop 3 / 25km finish / 35km start venue:** Pilgrims Hospice, 56 London Road, Canterbury, CT2 8JA (at 21km into 55km route). **Refreshments available:** 25km and 55km participants are able to redeem a hot meal from our on site caterer. Also available is bottled water, bananas, tea, coffee and hot chocolate.
- **Rest stop 4:** St Mary's Church, Patricxbourne, CT4 5BS (at 7km into 35km route, 27.8km into 55km route). **Refreshments available:** Bottled water, bananas and flapjacks. *35km participants should bring their own packed lunch for this stop.*



- **Rest stop 5:** St Margaret of Antioch Church, Womenswold, CT4 6HG (at 13.7km into 35km route 34.5km into 55km route). **Refreshments available:** Bottled water, savoury rolls, portions of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf and gluten free).
- **Rest stop 6:** All Saint's Church, Waldershare, CT15 5AT (at 22.6km into 35km route, 43.4km into 50km route). **Refreshments available:** Bottled water, savoury rolls, flapjacks, crisps, tea, coffee and hot chocolate.
- **35km and 55km Finish:** Dover Castle, Castle Hill Road, Dover, CT16 1HU. **Refreshments available:** Hot cup of soup with roll, bottled water, tea, coffee and hot chocolate.

### Route Information (3 ways to find your way)

1. It is **highly recommended** that you download the free **Pilgrims Hospices Event App** for [iOS](#) and [Android](#) devices. This app allows you to see detailed route maps for the Pilgrims Way Challenge which include your current position.
2. Your lanyard contains maps of each section of the route.
3. 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.



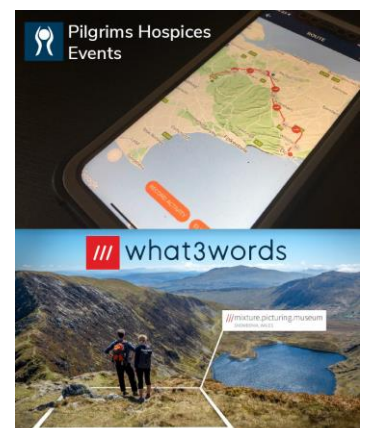
- **All participants must check in at the de-registration desk once they have completed the route.** We need to account for all participants at the end of the event and will call you if you have not checked back in or haven't called us to let us know that you have finished early or elsewhere.
- If you are unable to complete your route you **MUST** inform the organisers so that you are accounted for via the participant 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 **Event Medical Emergency Number (07077 654124)** so that event medics can be mobilised, as often they can arrive on scene faster than an ambulance.

### Recommended apps

To ensure you have a safe and enjoyable hike, it is recommended that you download the following free apps to your smartphone:

The **Pilgrims Hospices Event App** (available for [iOS](#) and [Android](#) devices). It's free to download from the [App Store](#) and [Google Play](#) and allows you to view a detailed map of your chosen route, including your current location, to keep you on track all the way to the finish. Please click 'I'm going' for your chosen event distance.

The **What3words app** ([iOS](#) and [Android](#)) is an easy way to identify precise locations. Every 3m square has been given a unique combination of three words: a what3words address. Essential for telling our event medics your location if you need their assistance.





## 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, participants 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 participants ahead of you cross that it is safe for you to follow.

If the level crossing is down, you can go over the pedestrian bridge between the platforms.

2. **Location: Crossing of A28 near Perry Court Farm, Wye**  
**Routes affected: 25km and 55km**



1.7km into the route, participants 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 present to remind you to cross safely 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 participants 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. Participants 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. Participants 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 present to remind

you to cross safely at this point.



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



As participants 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 participants 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 55km route, participants 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 past a small roundabout and through the village to reach rest stop 4 at St Mary's Church.

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



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



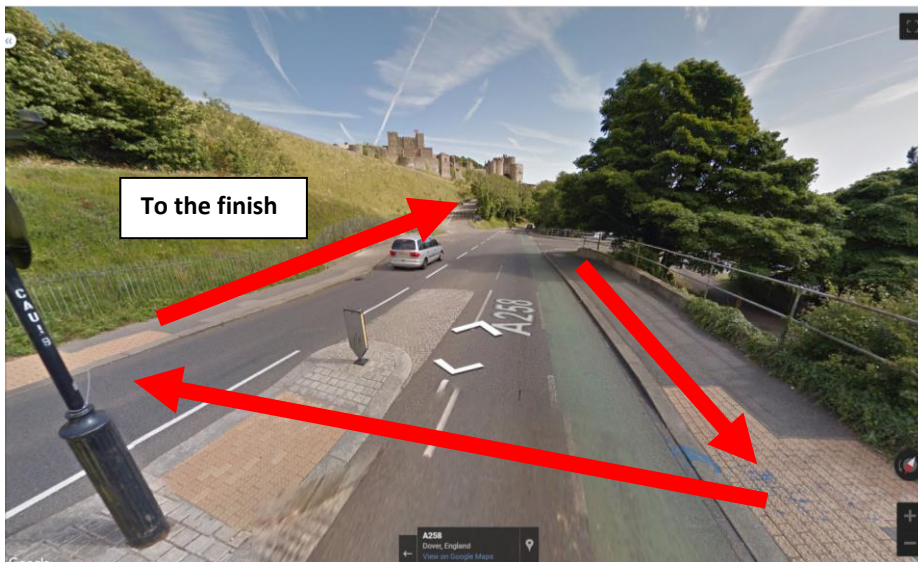
**7. Location: Farm between Waldershare and Ashley**  
**Routes affected: 35km and 55km**



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 moving 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. Participants 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 upon completing the Pilgrims Way Challenge. Please ensure that you visit the de-registration desks to claim yours. Refreshments will also be available before your onward journey home.

## Dover castle specific finish information (35km & 55km participants)

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





**Please note:** There will be no shuttle bus service between Dover Castle and Dover Priory train station at this year's event due to COVID-19 restrictions. It is recommended that you arrange to be picked up after such a tiring challenge. However, if you are making your own way home from the event, the train station is approx. 1 mile from Dover Castle and local taxi companies are available. (Dover Taxis 01304 201915, Dover Royal Taxis 01304 210000)

**Please wash your hands at the earliest opportunity upon leaving the event.**









## Photography

Please note: due to COVID-19 we will have very limited photography this year out on route and at rest stops. However, you can capture the event for the hospice! If you've taken pictures or video footage to remember the day, why not add them to the [Pilgrims Hospices Walking and Hiking Facebook Group](#), on [Instagram](#) or tweet us at @pilgrimshospice.

Please do take a few minutes to complete the **online survey** afterwards that we will email to you. We know that this year the event won't be the same as it has in previous years and we thank you for your support and understanding. We really value your feedback and will use your comments to improve the event, and others, for future years.

## Hiking (or running) for hospice care!

We'd love you to raise whatever sponsorship you can for your challenge. After all, it's no mean feat to walk all that way! 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.

<p><i>Did you know...</i></p> <p><b>£10 could pay for a pamper session for a patient.</b></p> <p><small>Including massages, hair &amp; nail appointments.</small></p>  	<p><i>Did you know...</i></p> <p><b>£25 could pay for one hour of specialist nursing care in one of our inpatient units.</b></p>  	<p><i>Did you know...</i></p> <p><b>£90 could pay for all of the medicine at one of our inpatient units for 24 hours.</b></p>  	<p><i>Did you know...</i></p> <p><b>£270 could pay for a programme of six one-to-one bereavement counselling sessions.</b></p> <p><small>For someone struggling to cope with the loss of a loved one.</small></p>  
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You can [start an online sponsorship page here](#) which is a great way to share your fundraising efforts by social media and email. Your supporters can donate easily and the money comes directly to Pilgrims Hospices, meaning it's hassle-free for you too!

--> Alternatively, if using a traditional [sponsorship form](#), please send your final sponsorship total, along with your sponsorship form to: **Supporter Relations, Pilgrims Hospice, 56 London Road, Canterbury, Kent CT2 8JA** or [donate your collected sponsorship online](#) via the Pilgrims Hospices website 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 sponsorship money to us by **31 July 2021**.

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.

