

Pilgrims Way Challenge

Saturday 10th June 2023



Your support
helps us be there
for the next
family that
needs us

Pre-event information



Thank you for entering the award-winning, 5th annual Pilgrims Way Challenge on Saturday 10 June 2023. 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 we hope you will understand that all safety measures have been put in place to ensure the safety of everyone involved.

Important numbers for event day

Participant hotline (event day only): 07710 854029

Medical emergencies: 07535 631568

Advance event enquiries: 01227 812609 or fundraising@pilgrimshospices.org

Recommended apps

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



Pilgrims Hospices
Events

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 note:** You do not need a MapMyTracks account, or to sign into the Pilgrims Event App in order to see your location on route maps. **However, you do need to give the Pilgrims Event App permission to use your location within your phone settings.**

 what3words

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 or recovery vehicles your location if you need their assistance.



Did you know?

Since 2018, the Pilgrims Way Challenge has raised over £425,000 for Pilgrims Hospices, funding 14,000 hours of specialist nursing care

Getting ready



Training for the Pilgrims Way Challenge

It is recommended that you are able to walk at least 75% of the route distance comfortably beforehand. This will ensure you have an enjoyable experience at the Pilgrims Way Challenge without feeling overwhelmed by your chosen distance. A comprehensive training plan is available on the Pilgrims Hospices website [here](#).

Essential items to bring

You'll find a full list of recommended equipment and clothing in our **Pilgrims Way Challenge Kit List**, 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 later stages of the event. You may be walking well into the evening and you need to be seen!

We recommend that you bring with you a full **water bottle** (or two) and any **preferred snacks**. A full list of the catering available at each rest stop can be found in the 'Refreshments' section later in this document.

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 participant who registered before 24th May 2023. Included within the pack is a **unique participant lanyard, technical t-shirt** (in requested size), **sponsorship form, arrival information** and any neck scarves if they were purchased with entry. This means that you can arrive at the start venue ready to go. **Please note** that your participant lanyard contains a space to write any important medical information, the participant hotline and medical number, as well as maps of your chosen route.

If you registered on or after the 24th May, you will collect your event t-shirt and participant lanyard during check-in at the event.

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.

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 amongst other hikers and where the trail follows the road.



Safety advice



All participants in the Pilgrims Way Challenge agree to following all safety advice issued by the organisers.

- Participants must follow the instructions provided by the Pilgrims Way Challenge organisers and marshals at all times.
- 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.
- Walk considerately. Do let cars pass. **Walk in single file while on road sections** of the Pilgrims Way Challenge. Please don't drop litter.
- 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.
- 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.
- All participants **MUST** be over the age of 16 to participate in the Pilgrims Way Challenge.
- **Parental consent forms** must be submitted for young participants who are over 16 years and they must be accompanied by a participating adult. They can be downloaded from our website and sent to fundraising@pilgrimshospices.org no later than 8th June 2023.
- 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!
- If you present with any symptoms of COVID-19 prior to the event, you should not attend.
- All participants should carry a form of ID on their person at all times during the event, in case needed in a medical emergency.
- You must carry a **charged mobile phone** at all times and provide the number to the organisers in advance of the event. This is in addition to the emergency contact number that you have already provided us with when registering.
- **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 and take a rest before continuing with the event.
- Should you wish to track your times, we encourage you to do so with the free Pilgrims Hospices Event App or other fitness app on mobiles phones, or regular hikers may have Garmin 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.



Travelling to 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.

Public transport

There are good public transport links to get to and/or from the event. You may find the following transport information useful.

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. Trains from Dover Priory Station back to Canterbury departing every hour. Dover Priory station is located 1 mile from Dover Castle.

25km and 55km start

Location: **Wye Village Hall, Bridge Street, Wye, TN25 5EA.**

There will be no on-site parking available at the start venue as the entire site will be used for the safe egress of hikers. 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 above. Please park legally and respectfully.

35km start and 25km finish

Location: **Ann Robertson Centre, 55 London Road, Canterbury, CT2 8JA**

There will be no on-site parking available at this venue as this is reserved for patient visitors and hospice staff only. Canterbury city centre has plenty of parking available and it is a 15-20 minute walk into the city centre from the venue, though be advised that Canterbury Pride is also taking place on this day. Local street parking can also be found nearby. Please park legally and respectfully.

35km and 55km finish

Location: **Dover Castle, Castle Hill Road, Dover, CT16 1HU**

Drivers arriving to collect participants should park in the **Upper Road Car Park (CT16 1HW)** on the exterior of Dover Castle. **Do not drive into the castle itself as those car parks are for paying castle visitors only.** Once parked, it is a short, 5-minute walk into the castle to meet participants.

It is requested that participants liaise with their pick-up driver when they are approaching the finish so that their arrivals coincide as best as possible.

Participants must not attempt to leave their cars at Dover Castle for the entire day, nor leave vehicles in the Upper Road Car Park overnight. This practice jeopardises future events and support provided to Pilgrims Hospices.



Upon arrival



Event HQ and start waves

In order to avoid congestion at the venue and early parts of the trail, you will be allocated a specific 30-minute **start wave** based on your intended route distance, expected pace and team. Your starting wave will be communicated to you within your participant pack and via email in the days prior to the Pilgrims Way Challenge. Please plan your arrival within your allocated starting wave as this allows us to run a safe and enjoyable event.

The 25km and 55km start area in Wye will open at 7:30am for registration. The 35km start area in Canterbury will open at 10:00am for registration. **Please do not arrive before these times or before your allocated start wave.** Please wear your unique participant lanyard visibly when arriving at the event. Your lanyard enables you to access the event venues and catering services.

55km route hikers (Wye)

Start wave A: check in between **07:30 - 08:00hrs**

Start wave B: check in between **08:00 - 08:30hrs**

25m route hikers (Wye)

Start wave C: check in between **08:30 - 09:00hrs**

Start wave D: check in between **09:00 - 09:30hrs**

35km route hikers (Canterbury)

Start wave G: check in between **10:00 - 10:30hrs**

Start wave H: check in between **10:30 - 11:00hrs**

Check-in and check-out process

Only registered participants will be permitted into the site during the morning starting period (no spectators or non-participants please). You should follow the clearly marked and stewarded one-way system and queue using the designated area until a registration desk is available.

Once checked in, proceed directly to the start line area to begin the hike. 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 on this road as this will cause congestion and delay other hikers being started. Those starting in groups will be required to queue up in group order.

All 55km participants must log their arrival at the Canterbury rest stop so that organisers can track your progress through the event. Please note that, if you are planning on completing the 55km route, you will need to **reach the Canterbury halfway point by 1330hrs and leave by 1400hrs** at the latest in order to continue. If you arrive at Canterbury after this time, you will be advised to finish as a 25km walker. This is to avoid participants walking in the dark and our event team working into the night.

Hike completion and latest finish time: All 25km participants must check-out and collect their medal at the Canterbury finish area by **1700hrs**. All 35km and 55km participants must do the same at the Dover finish 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. Due to limited access, we ask that spectators do not attend the rest stops along the route. However, they are welcome to meet you at the finish venue, providing they follow the parking instructions set out on the previous page.

Did you know?

In 2021, supporters collectively hiked 21,400km; the equivalent of walking from London to Rome more than 7 times!

Routes



The links to all routes can be found on the Pilgrims Way Challenge event page: www.pilgrimswaychallenge.org

WYE to CANTERBURY – 25km (View map): From the picturesque village of Wye near Ashford, pass through rolling farmland before climbing up onto the Soakham Downs to enter the 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.

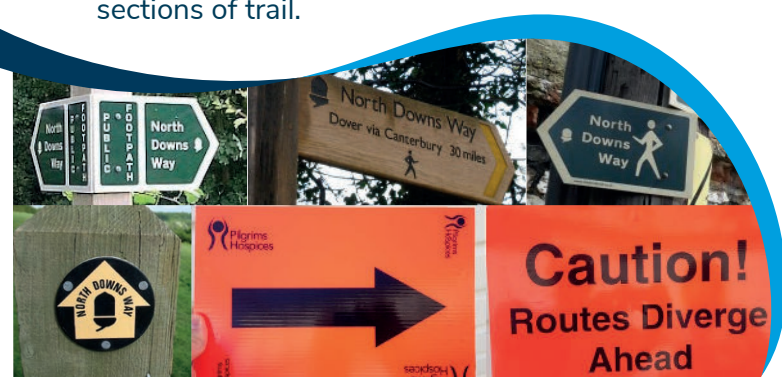
CANTERBURY to DOVER – 35km (View map): The route leads through the historic heart of Canterbury and out into vast fields, passing the villages of Hode, Patricbourne and Womenswold, with a view of the magnificent Georgian mansion at Higham Park before a steady ascent towards Shepherdswell. Soon after, 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 to DOVER – 55km (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.

Please note: All 55km participants must log their arrival at the Canterbury rest stop so that organisers can track your progress through the event. 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.

Route information - 3 ways to find your way

- 1) 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.
 - 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 fluorescent signs with black arrows marked with the Pilgrims Hospices logo. Orange ribbon is also used as reassurance on some longer sections of trail.**
- All hikers must sign out at the de-registration desks 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 out or haven't called 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 – please call or message the participant hotline 07710 854029 stating your name and participant number.**
 - 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 (07535 631568)** so that event medics can be mobilised, as often they can arrive on scene faster than an ambulance.



Rest stops

Rest stops for each route are as follows:

55km route visits rest stops **1, 2, 3, 4, 5, 6.**

25km route visits rest stops **1, 2, 3.**

35km route visits rest stops **4, 5, 6.**



- **25km and 55km start venue:** Wye Village Hall, TN25 5EA. **Refreshments available:** water, flapjacks.

- **Reassurance stop:** Mountain Street near Chilham. **Refreshments available:** water, sweets.

- **Rest stop 1:** St Mary's Church, Chilham, CT4 8BY (at 10.6km into 55km route, 14.4km into 25km route). **Refreshments available:** water, tea, coffee, squash, selection of rolls (ham, cheese, egg mayo), bananas, flapjacks and limited jam sandwiches for runners.

- **Rest stop 2:** Chartham Hatch, CT4 7LP (at 15.7km into 55km route, 19.5km into 25km route). **Refreshments available:** water, tea, coffee, squash, 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:** Ann Robertson Centre, 55 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 water, tea, coffee, squash and bananas.

- **Rest stop 4:** St Mary's Church, Patixbourne, CT4 5BS (at 7km into 35km route, 27.8km into 55km route). **Refreshments available:** water, bananas, crisps, cake and flapjacks.

- **Rest stop 5:** St Margaret of Antioch Church, Womenswold, CT4 6HG (at 13.7km into 35km route 34.5km into 55km route). **Refreshments available:** water, tea, coffee, squash, selection of rolls (ham, cheese, egg mayo), selection of pre-wrapped cakes (including banana loaf, vegan oat bars and malt loaf), sweets and limited jam sandwiches for runners.

- **Rest stop 6:** All Saint's Church, Waldershare, CT15 5AT (at 22.6km into 35km route, 43.4km into 50km route). **Refreshments available:** water, tea, coffee, squash, flapjacks, sweets and crisps.

- **Reassurance stop:** near Guston. **Refreshments available:** water, crisps and sweets.

- **35km and 55km Finish:** Dover Castle, Castle Hill Road, Dover, CT16 1HU. **Refreshments available:** water, tea, coffee, fizzy drinks, sausage rolls (vegan option available) and selection of hot soups with bread roll.

Rest stop information

- Participants are advised to **bring any 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 above to aid with planning.

- Participants are responsible for making sure that they remain hydrated throughout the day. It is recommended to **bring a full water bottle** (or two). Water stations will be available to refill at rest stops.

- Portable toilets will be available at each rest stop. Please join the queuing area and use the next available toilet, ensuring to use the hand sanitiser provided before entering, and after leaving, the toilets.

- There are two additional reassurance stops (detailed above). **Please be aware that there are no toilet facilities at these locations.**

- Participants are encouraged to spend as little time as necessary at each rest stop and ideally 15 minutes maximum.

Junctions of note

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

Routes affected: 25km and 55km
Location: Bridge Street railway crossing, Wye

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.



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

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.



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

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.



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

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.



Junctions of note continued

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

Routes affected: 35km and 55km
Location: Patrixbourne

At 6.5km into the 35km route (27.3km into 55km), 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.



Routes affected: 35km and 55km
Location: Eythorne Road, Sheperdswell

As participants enter the village of Sheperdswell (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.



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

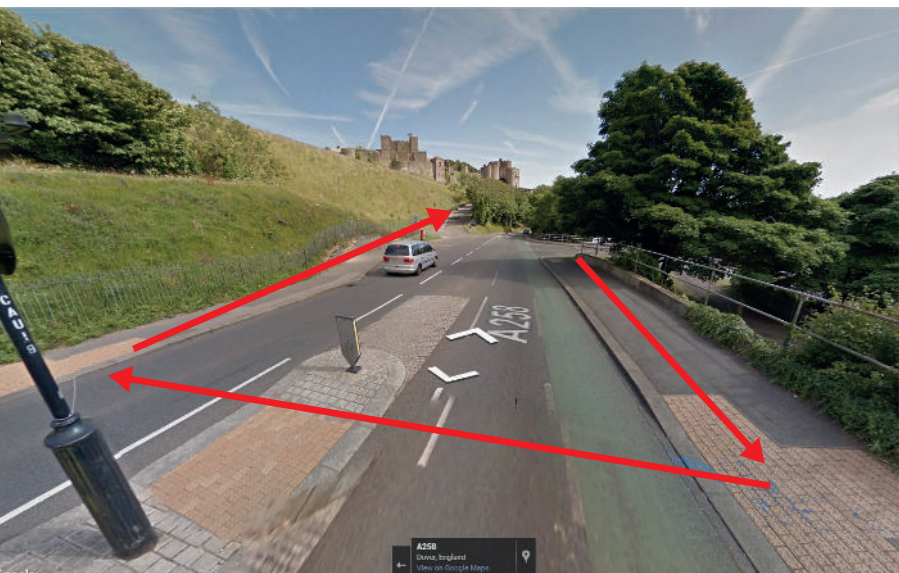
You may encounter some fields with livestock, including cows. If so, follow this simple advice:

- 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.



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

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.



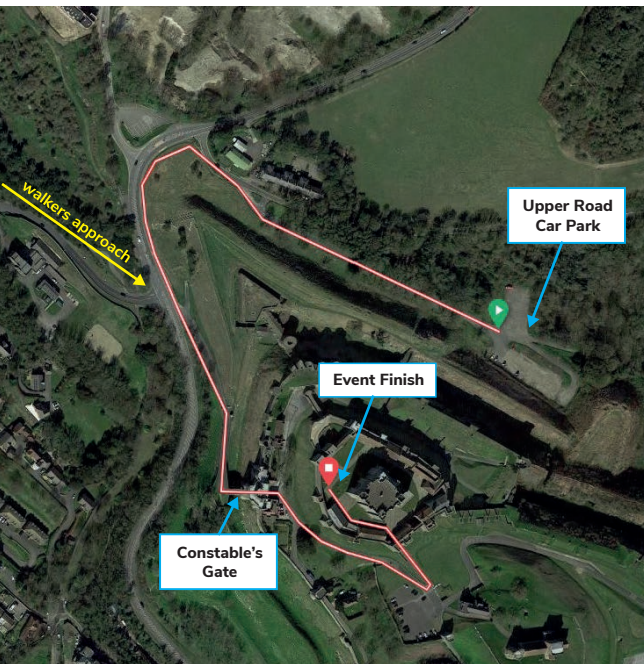
After the event



The finish line

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.

It is recommended that you arrange to be picked up after such a tiring challenge. However, if you are making your own way home, 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)



Dover Castle specific finish information (35km & 55km participants)

Please note: due to the misuse of parking facilities in previous years, **no cars are permitted to park inside the castle grounds.**

Drivers arriving to collect participants should park in the **Upper Road Car Park (CT16 1HW)** on the exterior of Dover Castle. **Do not drive into the castle itself as those car parks are for paying castle visitors only.** Once parked, it is a short, 5-minute walk into the castle to meet participants via the Constable's gate as shown.

It is requested that participants liaise with their pick-up driver when they are approaching the finish so that their arrivals coincide as best as possible.

When you are home

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 really value your feedback and will use your comments to improve the event, and others, for future years.

Keep the sun off your neck with the official Pilgrims Hospices neck scarf. Available at www.pilgrimswaychallenge.org



Hiking for hospice care



Raising sponsorship

We need every Pilgrims Way challenger to show their support by pledging to raise as much sponsorship as they can through their challenge. After all, it's no mean feat to walk all that way!

In four years, the Pilgrims Way Challenge has raised £425,000 for Pilgrims Hospices. The charity relies on these donations to provide more than **4,600 hours of specialist nursing care** to patients living with incurable illness each year. By raising sponsorship, every mile you march will be making a real difference. **If every person could raise just £125 in sponsorship, together we could raise £100,000 for hospice care.**

Here are some top tips to help you maximise your fundraising efforts:

- 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!
- Personalise your page with a story, target, photos and training updates to reflect your personality, what you are doing and why you're supporting Pilgrims Hospices.
- Shout about it – You're doing a wonderful thing! You're taking on a huge personal challenge and helping to support the care of thousands of local people while you do it! Be proud. Be enthusiastic – it's contagious!
- Help your sponsors see how their contribution makes a difference by relating their donation amount to something tangible. Here are a few examples of things your fundraising can will go towards. **£12** could pay for a patient's meals for a day, **£25** could pay for an hour of nursing care, **£35** could pay for therapy sessions for patients and carers, while **£50** could pay for essential nursing supplies.
- 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.
- Did you know that about 20% of sponsorship is given after an event? Remember to do one last ask around just after you've completed your challenge. You might be surprised by a few late donations!
- Some people may prefer to sponsor you via a traditional **paper sponsorship form**, which you can download and print from the Pilgrims Hospices website. Please send a cheque for 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 try to have your sponsorship money to us by 23rd August 2023.

We hope you have a great day and thank you so much for supporting Pilgrims Hospices!