

## Information for 11 Mile Route - Homeward Bound – Starting from Shelve Woods. 2020

**Start Times** - You must register at Bishop's Castle Town Hall before walking, registration will be upstairs on the first floor from **10.00am**. **It's important that you are available for transport to start at 10.45am**. You will be given an Entrants Card that has clip boxes for check points. Please ensure you show your card at all check points. It will also allow you access to water and snacks. The time allocated for this walk is 6 hours.

### **Check points and transport times.**

Bus or cars - To start will be at **10.45am so please make sure you are on time.**

Check Point 2 – Shelve Woods

Check Point 3 at 7 Miles – Linley – 2pm to 5pm (water and snacks) - Town Hall shuts at 7pm.

**Food & Drink** – You will be provided with a packed picnic lunch with a choice of sandwich, savoury & sweet snacks and fruit. This will be available from the Town Hall to carry on your walk. You will also need plenty of water. Top up water and snacks will be available at the refreshment stop. **Hot drinks will NOT be available but well labelled flasks can be left at the Town Hall to be taken to the stop at check point 3.**

- **Please respect farm property and follow the Country Code—CLOSE ALL GATES, EVEN IF PEOPLE ARE WALKING BEHIND YOU,** leave litter at checkpoints. No smoking at checkpoints, in forestry or near bracken or moorland.
- **Walk in single file through arable fields** that haven't yet been harvested to minimise damage to crops.
- **Walk quietly in single file across farmland with cattle or horses** to minimise disturbance to the animals. Cows with calves can be dangerous. If necessary give them a wide berth and do nothing to agitate the animals.
- **No dogs or bicycles allowed anywhere on route**
- **Check List - You are advised to bring the following;**
  - Mug or beaker, unbreakable, for drinks at checkpoints.
  - Good walking footwear — it could be wet/muddy in places
  - Suitable clothing to suit weather conditions, check the forecast and be prepared! Plenty of layers, warm hat, walking trousers or shorts, waterproof coat & over trousers.
  - Compass and OS Explorer Map 216 Welshpool & Montgomery - 1:25000 scale.
  - Mobile phone (charged) - Personal Medication - First aid kit - Plasters, sun hat and sun bloc.
  - Extra snacks and water / drinks – The refreshment points are for topping up supplies.

It is possible that you will not be allowed to participate in the walk if your equipment/clothing is unsuitable.

The Organisers have arranged only for public liability insurance cover and cannot accept responsibility for injuries sustained during the event. **You must report to a checkpoint marshal if you have a problem or wish to retire.**

Transport from checkpoints is given on a voluntary basis and will return to Bishop's Castle only.

**Emergency telephone numbers on the day: The Town hall 01588 630023, Jane 07966 720006 / 01588 638467, Anne Roberts 07891 717728**

**You must finish at the Town Hall & return your Entrants Card for safety reasons. The Town Hall will close at 7pm.**

Tea & cakes will be on offer. There will also be local beer for sale.

*Thank you for your support and we hope you have a great day!*

Please remember and respect that this event is organised entirely by volunteers raising money for a good cause. Detailed route descriptions and maps must not be freely distributed and remain ©copyright of Bishop's Castle Challenge Walk and Parish Paths Partnership 2014.