

Information for 13 Mile Route – The Hilly Hike - Starting from Bishop’s Castle 2019

Start Times – Walkers - you must register at Bishop’s Castle Town Hall before walking, registration will be upstairs on the first floor from 8.00am. **It is important that you start your walk by 8.30 a.m. Runners – register from 9.00am start by 9.30 a.m. Latecomers will NOT be allowed to start.** You will be given an Entrants Card that has boxes for self clips and check points. Please ensure you show your card at all check points. It will also allow you access to refreshments and food. The time allocated for this walk is 6.5 hours.

Check point opening and bus times.

Check Point 1 – 6 miles - Roundton Nature Reserve Car Park - 9.30am to midday (water and snacks)

Check Point 2 – 13 miles - Shelve Woods - 11.30am to 3pm (lunch stop).

Bus / Cars – Will be running back to Bishop’s Castle from Check Point 2 (**up to 3pm**)

Participants who believe they will not reach Shelve before 3.00m p.m. MUST contact the organisers. There is a last bus from Shelve to Bishop’s Castle at 5.06 p.m.

Food & Drink – You will need to carry snacks and plenty of water. You will be able to top up water and snacks at the check points. At check point 2 there will be a picnic lunch with a choice of a sandwich, savoury & sweet snacks and fruit. **Hot drinks will NOT be available but well labelled flasks can be left at the Town Hall to be taken to the lunch stop at check point 2.** Don’t forget your mug.

- **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 and lunch stop.
 - 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.