

Frequently Asked Questions – Great Walk 2023

1. When does The Great Walk take place?

The event will take place on Sunday 14th May 2023.

2. Where does the trek start?

The registration for both 20 mile and 20km route is at The Kings Arms where the 20 mile route starts. The 20km trek will join the 20 mile route in Avebury and a transfer bus will take you there from the registration point.

3. Where does the trek finish?

All our routes finish at The Kings Arms, All Cannings, SN10 3PA (near Devizes).

4. What are the routes?

This 20 mile circular route begins in the picturesque village of All Cannings. You will set off heading north towards Avebury, taking in the spectacular panoramic views of the countryside. The 20km route joins at Avebury - following in the footsteps of our ancestors, you will pass through this UNESCO World Heritage Site and one of the greatest marvels of prehistoric Britain. As you make your way to the finish line, you'll hike along the Wandsyke to Milk Hill - the highest point in Wiltshire - where you will be rewarded with breath-taking views over the Vale of Pewsey

Please note, we do not release an official map until the day as the routes are subject to changes due the weather and footpath closures.

5. What time should I arrive?

Registration for the **20 mile trek** opens at 7.00am and closes at 8.00am. The **20 km trek** opens at 10am and closes at 11am.

6. Where can I park?

You can park at The Kings Arms in All Cannings. For the 20km trek, you will register at the Kings Arms and a coach will transport you to the start at Avebury.

Please ask any friends or family who are meeting you at the end of the trek to use this car park too.

7. When and where do I catch the shuttle bus from for the 20 km trek?

The shuttlebus for the 20 km trek will depart from The Kings Arms. You will receive an information pack closer to the event with details of the shuttlebus timings.

8. How do I get back to my car after I finish?

If you park at The Kings Arms, you will be able to walk to your car from the finish line.

9. Can I go straight to Avebury if I am doing the 20 km walk?

No, our registration is only at The Kings Arms. To be officially taking part in the event, you

must first come to the registration.

10. Are the routes fully sign-posted?

The route will be fully marked with arrows and there are regular checkpoints. Please note elements of the route may be subject to change.

11. Can I meet my friends on the 20km/20 mile trek?

Yes, you can meet your friends in Avebury which will be the start point for the 20km trek.

12. Will I get a map of the route?

You will be provided with a hard copy map on the day. Please note, we do not release an official map in advance as the route is subject to changes.

13. Can I bring my dog?

No, we are only able to allow service dogs to take part.

14. How fit do I need to be?

Our treks are no walk in the park – but that's why they are so popular! A challenging test of fitness and stamina, the sense of achievement from completing one of these is truly fantastic. Even if you walk regularly, please do not underestimate the challenge involved.

15. Can I walk at my own pace?

This event is about raising vital funds and awareness for Julia's House – it's not a race! We just want you to have a safe and thoroughly enjoyable day.

16. Are there any cut off times for this event?

Yes, the official finish time for the trek is 8.00pm. If you consider yourself a slower walker, please make sure you arrive at registration as early as possible to give yourself maximum time out on the route.

17. How long should 20km take?

The 20km trek should take approximately 3 – 4.5 hours.

18. How long should 20 miles take?

The 20 mile trek should take approximately 6.5 – 9 hours.

19. What is the terrain like?

The route is predominately grassy or stony trails and marked footpaths. There will be some walking along or near roads as you approach towns and small villages.

20. Do I need any specialist equipment?

You are strongly advised to wear waterproof, breathable walking boots with good ankle support and a strong sole (e.g. Vibram). Your walking boots should be well broken in and comfortable. If you need to buy new boots please make sure you buy them well in advance

so you can break them in properly. Try on lots of pairs before you buy to ensure the best possible fit. You may also wish to bring walking poles but they are not essential.

21. What is the minimum age for The Great Walk?

You must be at least 16 years old to take part in the 20km or 20 mile trek.

Anyone under the age of 18 must have a waiver signed by a parent or guardian. Please email events@juliashouse.org if you require a waiver.

22. I need to withdraw due to injury, work, family commitments etc. Can I have a refund?

Refund policy: Unfortunately, entry fees cannot be refunded. Our refund policy is outlined in the terms and conditions on our website and on the entry form you will have signed when entering the trek. Your entry fee is a contribution towards the administration costs of putting on The Great Walk. Please email isobel.langrish@juliashouse.org if you wish to withdraw from the trek.

Transfer Policy: You cannot transfer your place to another participant.

23. Can I change the distance I am registered for?

Yes, please email events@juliashouse.org if you wish to change routes.

24. When will I get my information pack?

An information pack containing everything you need to know will be emailed to you at least four weeks before the trek. Please make sure you check your junk mail.

25. Will there be any refreshment stops on the route?

There will be checkpoints on the 20km and 20 mile routes offering energy snacks and water so you can re-fill your water bottles. We also recommend bringing a packed lunch with you. Locations of the checkpoints will be included in the information pack which you will receive about a month before the trek.

26. Are toilets available on the route?

There are toilets at the start of the walk and at some of the checkpoints. In between these points you will need to find an appropriate area off the trail. Please bring a small amount of toilet paper with you and ensure you remove all litter afterwards. Nappy sacks are great for carrying toilet paper and other refuse.

27. Do I have to fundraise?

If you have opted for the "sponsorship" entry, yes in signing up, you are committing to fundraising at least £150.00 (20km) or £200.00 (20 miles) in order to take part. If you sign up for the "self-fund" entry there is no obligation to fundraise as your registration fee will cover the costs of organising the event and a donation to Julia's House but if you feel you are able to fundraise as well, it will further help us in supporting children and families under our care.

28. What's the best way to raise sponsorship money?

The best place to start is by setting up a [JustGiving fundraising page](#). It's easy to do and to manage. Your friends and family can sponsor you from anywhere at any time and you don't need to spend time collecting money. You can use it as well as a regular sponsorship form, giving friends and family two ways to support you.

Most people find fundraising is far easier than they first imagined. We will support you every step of the way to ensure you reach and even exceed your target. Here are some suggestions:

- Ask your friends, family and colleagues to sponsor you through JustGiving
- Hold cakes sales at work
- Car boot sale, eBay auction or Facebook Marketplace
- Host a dinner party and charge your friends to come
- Hold a quiz night at your local pub or on Zoom
- Ask your work or local school to hold a non-uniform day
- Ask your local supermarket if you can bag-pack or hold a couple of collections throughout the year

Remember to make full use of the fundraising pack with ideas on how to reach your target (sent to you when you signed up) and also remember that you can call on the support of the Events Team at Julia's House at any time.

29. How do I pay in my sponsorship money?

If you are collecting sponsorship money, there are a few ways you can send it to us:

- Come and visit us. We're based at our hospice in Devizes (Mon-Fri, 9am-5pm).
- You can hand it in to your local Julia's House shop.
- You can donate through our website: <https://juliashouse.org/donate/>. Just make sure you add your reason for donation as '20/20 Wiltshire Walk'.
- You can send a cheque, payable to 'Julia's House' in the post to: Julia's House, Ground Floor, Allenview House, Hanham Road, Wimborne, BH21 1AS. Just make sure you include a note with your name and the reason for your sponsorship.

If you have a sponsorship form, please send it back to us so we can claim back the Gift Aid.

30. Can I bring my sponsorship money with me on the day?

Please don't bring sponsorship money with you to the trek. It is a very busy day and we have nowhere safe to keep donations. Instead, please use one of the paying-in options listed above. Thank you.

31. What do I do with money raised through JustGiving?

Any sponsorship collected online via JustGiving is automatically transferred to us. You don't need to do anything.

32. Where can my friends and family meet me afterwards?

Friends and family are welcome to join us at The Kings Arms in All Cannings where they can cheer you across the finish line! We welcome people to come along and celebrate your achievement.

33. Is there anywhere to get food and drink at the start and finish line?

There will be tea, coffee and croissants available to buy at the start but please make sure you have a substantial breakfast before arriving to fuel your walk.

We will be serving up some delicious food at the finish as well as a glass of prosecco or soft drink for all our walkers as a thank you at the end of the trek. There will also be refreshments available to buy should your family and friends wish to join you for a bite to eat.

34. Do you have a training plan?

We have a training plan and lots of great tips to help you prepare for your trek. Please email events@juliashouse.org for a copy of the plan.

35. What happens if I fall ill or get injured on the event?

Every walker will receive an emergency number to contact should they need any help and there will be roaming medics and trek-masters along the route. You'll also find medical and support staff at each of the checkpoints.

36. Do you offer a special rate for corporate group bookings?

We do not offer discount off the ticket price but we can look at reducing the total fundraising target, please email events@juliashouse.org to find out more.

37. Who organises The Julia's House Great Walk?

Our event has been organised by experienced trek and event organisers The Different Travel Company on behalf of Julia's House.