

# SHAKESPEARE'S WAY CHALLENGE WALK PRE-EVENT INFORMATION GUIDE

**SUNDAY 12TH MAY 2024**

**25 OR 13 MILES ALONG SHAKESPEARE'S WAY**



**FOLLOW IN  
SHAKESPEARE'S FOOTSTEPS**

**RAISING FUNDS FOR THE SHAKESPEARE HOSPICE**

# WELCOME



## THANK YOU TO OUR EVENT SPONSORS

**We look forward to welcoming you to our special 25th Anniversary Shakespeare's Way Challenge Walk on Sunday 12th May.**

Included in this pack is all the information you will need from timings, what to bring on the day and more. If you do have any further questions, please do email the team at [fundraising@theshakespearehospice.org.uk](mailto:fundraising@theshakespearehospice.org.uk)

**We'd like to say a huge thank you to our event sponsors**

**Main event sponsor - Parkway Consulting**

This will be the second year that Parkway Consulting have supported the Hospice and sponsored one of our events.

'Parkway Consulting are Financial Planning Consultants who understand that financial advice is very personal, it's individual and there's a lot to explain. We are a small family firm and our approach is simple, relaxed & friendly – feeling comfortable with us is so important, without that there is no trust. We quickly understand what is important to you - and that becomes important to us as we really do have your best interests at heart.

Parkway Consulting are delighted to support The Shakespeare Hospice throughout their 25th Anniversary year by sponsoring Shakespeare's Way Walking Challenge.'

**Johnsons Coaches** - For the third year, Johnsons have kindly supplied a free coach to transport our participants to the start.

**Crowne Plaza Stratford upon Avon** - A generous supporter of the Hospice offering reduced room costs and the use of their car parking facilities free for our participants.

We wish everyone the very best of luck, and we hope you enjoy this challenge.

**PARKWAY**  
CONSULTING



**JOHNSONS**  
QUALITY COACH AND BUS TRAVEL

  
**CROWNE PLAZA**  
AN IHG® HOTEL  
STRATFORD-UPON-AVON



# ITINERARY

## REGISTRATION

## MEDICAL FORM

## WAYMARKED ROUTE

## MAPS

### Getting to the start

Johnsons Coaches have kindly provided a FREE coach to take you to the start, the collection point is from the Crowne Plaza Hotel, Bridge Foot, CV37 6YR.

#### **25 Mile Participants - Crowne Plaza Hotel to Little Rollright.**

The coach will arrive at approx. 06:45am and depart no later than 07:00am

#### **13 Mile Participants - Crowne Plaza Hotel to Honington Village**

The coach will arrive at approx. 11:00am and depart no later than 11:15am

Please drive carefully within the car park and be aware of other coaches, vehicles and pedestrians.

For those going straight to the start points the addresses are:

**25 mile walkers** - Little Rollright Village, top of un-named road leading to village. (What 3 Words - magazines.relished.stitch) Please arrive by 07:45am

**13 mile walkers** - Honington Village, top of Fell Mill Lane, Warwickshire. (What 3 Words - wiped.entitles.torso) Please arrive by 12:00 midday

*If you are delayed or unable to attend the event on the day, please call Bridget on 07788 664262*

### Registration and Medical Form:

Registration will take place at the Crowne Plaza Hotel as you get on the coach. Please fill out the medical form provided in this guide and carry with you at all times. **A support vehicle is available throughout the day, the support contact number can be found on the medical form.**

The route is waymarked and our walk guides will keep everyone on track supporting you all the way. We have provided a map with approximate times at the end of this guide for you to print off and this can also be downloaded from the event web page. We can also email a gpx file of the route upon request.

- Please do report any issues or requests (toilet stops etc) to the guides.
- Please ensure that you check-in at our checkpoints / fuel stops along the route.





# ITINERARY

## BREAKS & LUNCH

## TIMETABLE

## SAFETY

## 4 LEGGED FRIENDS

### Where and when do we stop for breaks and lunch:

Participants will bring their own lunch and snacks and a sit mat is recommended for comfort. The walk leaders will assess suitable places for rest stops and lunch.

We have refuelling stations / checkpoints along the route. Some of these will provide basic items such as water and fruit to grab and go. The rest and refresh stations will allow for a 5-10 minute rest stop.

**Please note:** There is no provision for toilets along the route (there are some pubs along the way). The walk takes place mostly in the countryside, the walk leaders are used to this and will ensure privacy is of utmost importance.

### Timetable, approximate mileage based on 2.5 mph, and safety:

Whilst we have set out approximate timings, please be aware that everyone walks at different paces, terrain and rest stops etc may affect the timetable.

**THE ROUTE IS CURRENTLY VERY WET AND MUDDY IN PLACES AND APPROPRIATE FOOTWEAR MUST BE WORN. PLIMSOLLS, TRAINERS OR CASUAL SHOES ARE NOT SUITABLE AND WE MAY REFUSE PARTICIPATION IN THE EVENT IF ATTENTION TO FOOTWEAR IS NOT ADHERED TO.**

There are a few major roads to cross along the route with a high risk of traffic. Your safety is paramount to us, please cross with the utmost care and attention, do not assume it is safe to follow the person in front of you. Team leaders will advise but ultimately you are responsible for crossing safely.

Walk in single file along roadside pavements and use verges where appropriate.

### Are dogs welcome?

Four-legged friends are allowed on the walk but must be kept under control (on a lead) at all times. Please remember your poo bags and bring water and any food required for your dog.

The Shakespeare Hospice will accept no responsibility for any dogs and have the right to ask you to leave the walk for misbehaviour (this includes owners!)



25 YEARS





## JUST A REMINDER

### STAYING HEALTHY

#### LIQUIDS

**Liquids**  
Keeping well hydrated is extremely important, becoming dehydrated can affect your performance especially on long walks. Drink plenty of water or sports drinks during training and the event itself and drink little and often. Don't wait until you feel thirsty.

**Food**  
In order for your body to perform at its best, it is important to fuel your body with the right foods. A healthy and balanced diet will help you prepare for the challenge and taking on board carbohydrates (especially those that release energy slowly) before training and the event are an important source of energy.

This will help to provide the stamina and strength needed to successfully complete training walks as well as the event itself.

It is important to keep your energy up during the event, you should aim to bring a supply of food that will keep you energised. For example, dried fruit, bananas, cereal or energy bars and most importantly, don't forget your lunch!

If your body runs out of fuel, you may begin to have symptoms of low blood sugar such as disorientation, headache, weakness or loss of body control. If you begin to notice any of these symptoms, it is important to stop exercising, sit down, and start eating and drinking immediately.

**Foot and blister care**  
Blisters can very often be a problem when walking long distances, we advise you to wear the same footwear (preferable a sturdy pair of walking shoes or boots) on your training sessions as you will be wearing for the challenge event. Building up your training slowly will hopefully harden your feet up.

If you start to feel a blister forming, Vaseline can be a great lubricant. Rub it between your toes or anywhere on your feet that you are prone to rubbing to reduce any friction. Alternatively, blister plasters are a great solution and you can put them on and leave them on for a few days.

#### FOOD

#### FOOT AND BLISTER CARE



# JUST A REMINDER



It's important to be prepared for all weather conditions, the list below is a basic guide to some essential clothing and kit to help you feel comfortable and enjoy your challenge walk.

## Clothing

The correct clothing will help make your walk more comfortable, poor planning or bad weather without the right equipment could ruin a challenge. Things like waterproofs will help protect you against the elements and avoid materials like denim which can be uncomfortable and take a long time to dry if they get wet.

- Waterproof Outer (keep in your rucksack until needed, don't leave home without it)
- Insulating Midlayer (Fleeces, softshell jackets, down jackets)
- Breathable Baselayer (Look for technical materials, avoid cotton t-shirts)
- Leg wear (Quick drying trousers with a good range of movement, avoid denim)
- Waterproof over trousers (A great option for over your walking trousers in a downpour)
- Hats & Gloves
- Rucksack/Daypack (Well fitted, adjusted correctly and comfortable)
- Sunglasses

## Footwear

A good pair of lightweight walking shoes or boots with grip (boots offer better ankle support)

Breathable walking socks (bring a spare pair)

## Equipment for your rucksack (and items you may want to bring)

- Some of the clothing and footwear above
- Suncream
- Small personal First Aid Kit containing plasters, blister relief, insect repellent etc
- Emergency whistle (attached to the outside of your pack)
- Water for hydration
- High energy snacks
- Sit mat
- Emergency contact details
- Walking poles
- Gaiters

CLOTHING  
& KIT

WATERPROOFS

FOOTWEAR

RUCKSACK

EQUIPMENT





Please complete this form before participating in the event and carry it with you at all times in an accessible pocket in your rucksack or coat.

|  |  |
|--|--|
| Full name  |  |
| Address  |  |
| Date of birth  |  |
| Emergency contact:<br>Full name, address and<br>telephone number |  |
| Medical problems<br>(e.g. heart disease,<br>Asthma, Diabetes)    |  |
| Current Medication   |  |
| Medication Allergies   |  |
| Names of anyone walking with<br>you on the event day             |  |
| Any other details we should<br>know:                             |  |

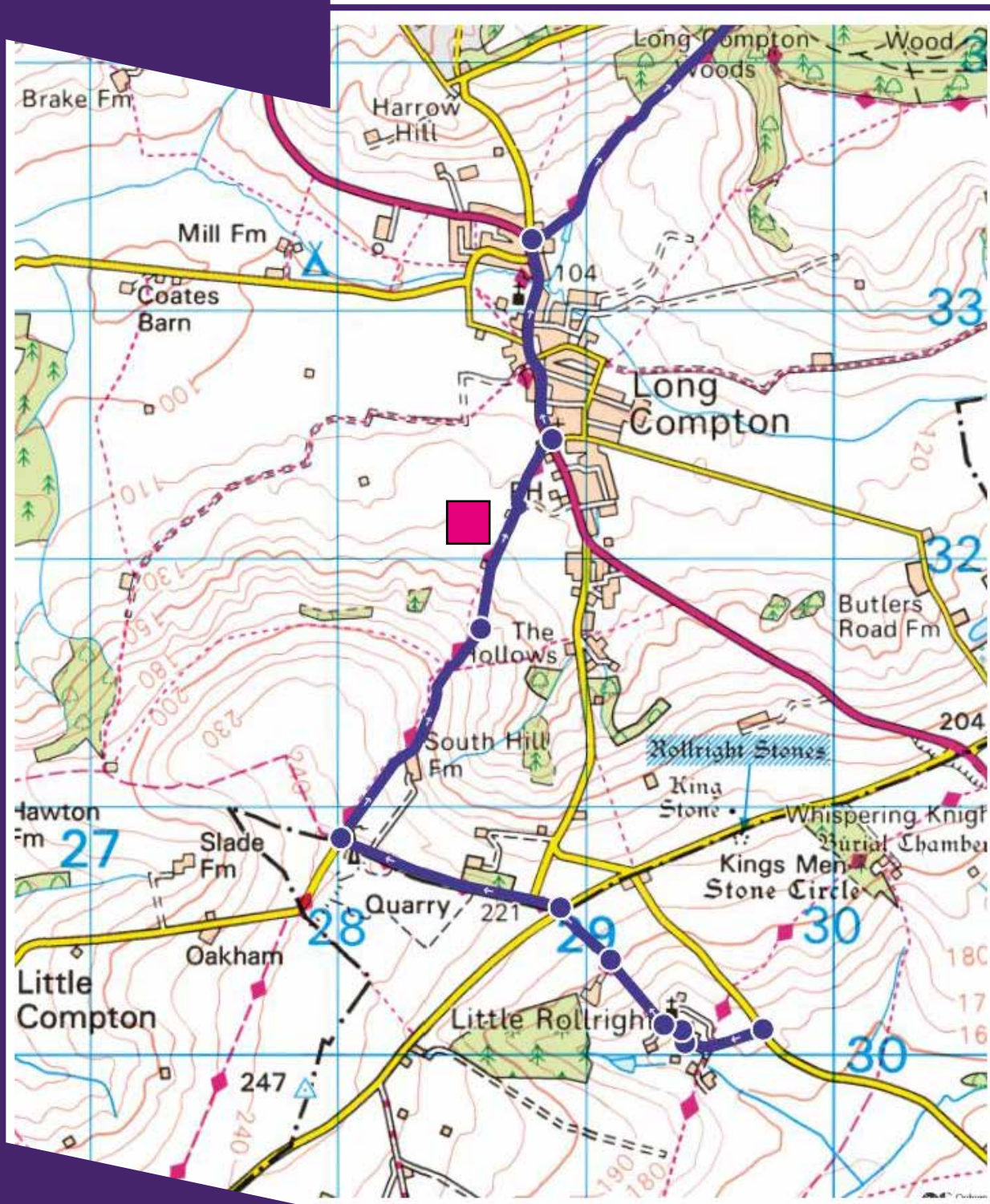
For general event assistance, please call the Support Vehicle on 07788 664262  
In the event of an accident or medical condition, please call the Medical Emergency Services.



# SHAKESPEARE'S WAY CHALLENGE WALK 2024

Start of 25 mile route with approximate  
mileage between points and planned fuel  
stations / checkpoints.

*Please note: the refuel stations are subject to change*

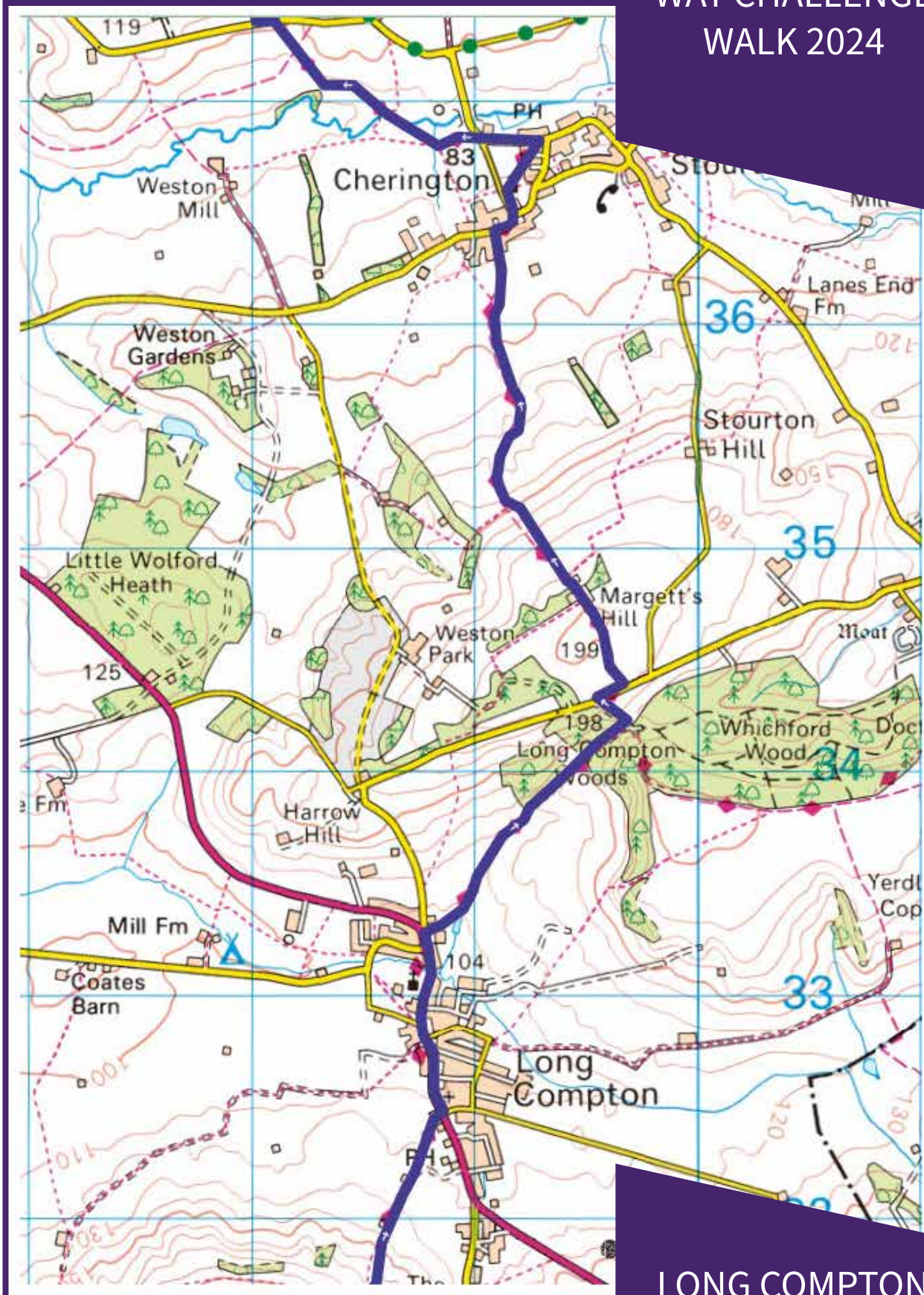


## LITTLE ROLLRIGHT TO LONG COMPTON APPROX 3 MILES

- Grab & go refuel station
- ⬡ Rest & refresh refuel station
- Lunch



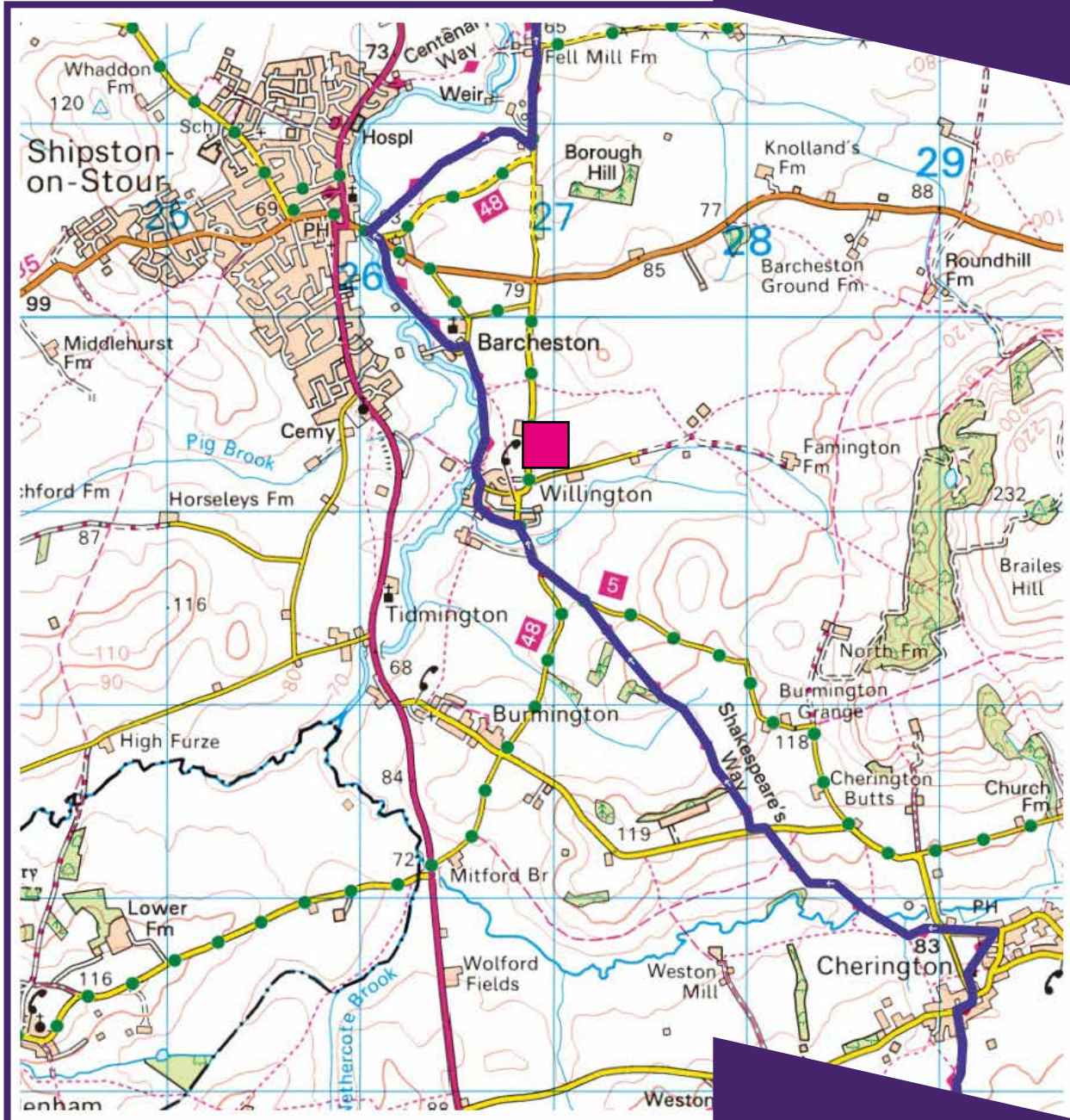
# SHAKESPEARE'S WAY CHALLENGE WALK 2024






LONG COMPTON  
TO CHERINGTON  
APPROX 3 MILES



# SHAKESPEARE'S WAY CHALLENGE WALK 2024



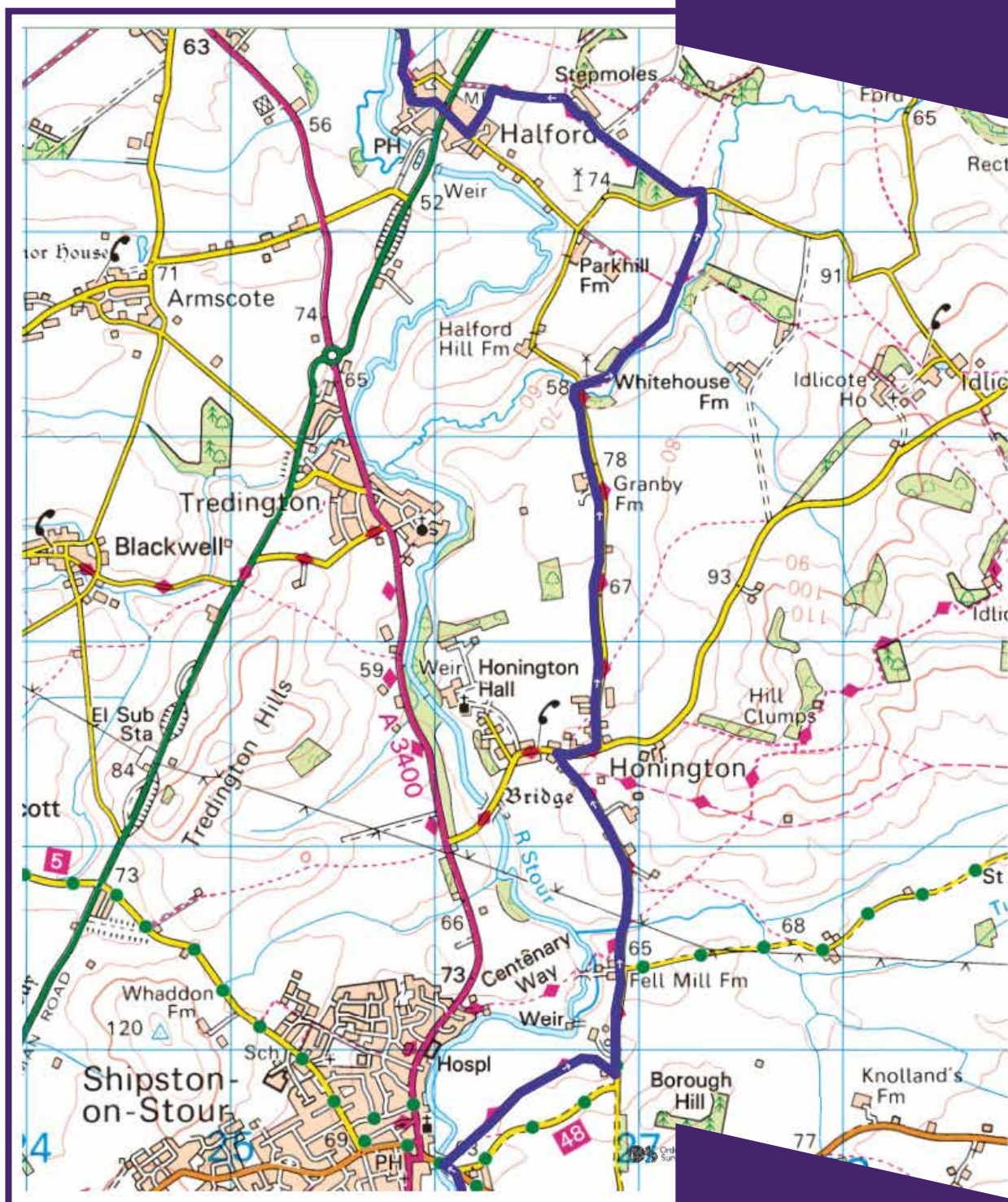
-  Grab & go refuel station
-  Rest & refresh refuel station
-  Lunch




CHERINGTON TO  
SHIPSTON ON  
STOUR  
APPROX 4 MILES



The 13 mile walkers start on this map  
from Honington Village

## SHAKESPEARE'S WAY CHALLENGE WALK 2024

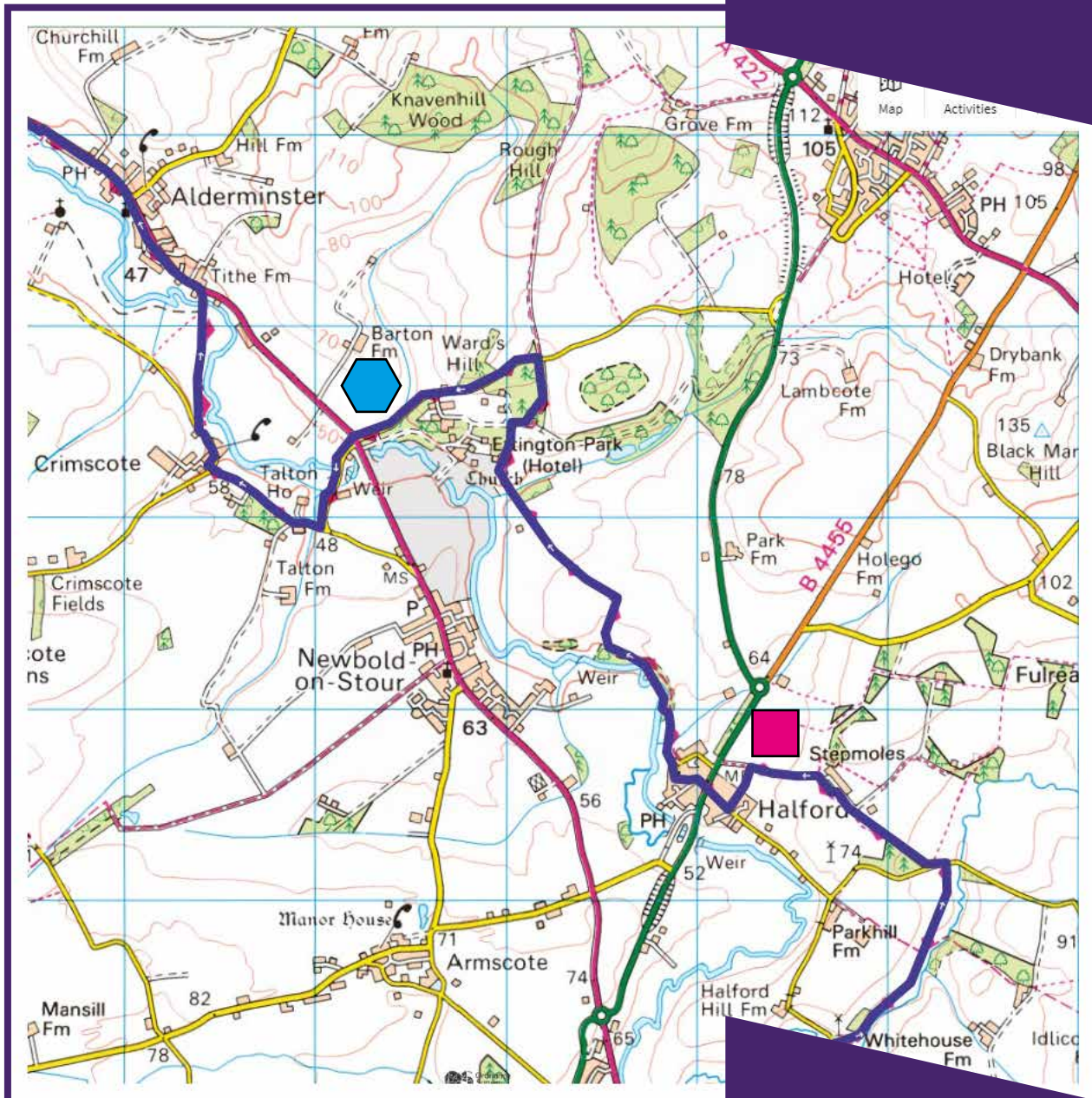





-  Grab & go refuel station
-  Rest & refresh refuel station
-  Lunch

SHIPSTON ON  
STOUR TO HALFORD  
APPROX 4 MILES



# SHAKESPEARE'S WAY CHALLENGE WALK 2024



-  Grab & go refuel station
-  Rest & refresh refuel station
-  Lunch




HALFORD TO  
ALDERMINSTER  
APPROX 5 MILES



Congratulations!  
You have reached the finish line.

## SHAKESPEARE'S WAY CHALLENGE WALK 2024



-  Grab & go refuel station
-  Rest & refresh refuel station
-  Lunch

ALDERMINSTER  
TO STRATFORD  
UPON AVON  
APPROX 6 MILES

# EVENT SPONSORS

A huge thank you to our event sponsors:

- Parkway Consulting for sponsoring our event, your medals and t-shirts.
- Johnsons Coaches for providing transport to take our walkers to the start.
- Crowne Plaza, Stratford upon Avon for offering reduced room costs & free parking.



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## The Countryside Code - Respect, Protect, Enjoy

### Respect other people

Consider the local community and other people enjoying the outdoors  
Leave gates and property as you find them

### Consider the environment

Leave no trace of your visit and take your litter home  
Keep dogs under effective control

### Enjoy the outdoors

Plan ahead and be prepared  
Follow advice and local signs

The Shakespeare Hospice, Church Lane, Shottery, Stratford-upon-Avon, Warwickshire, CV37 9UL  
Tel: 01789 266852  
Email: [enquiries@theshakespearehospice.org.uk](mailto:enquiries@theshakespearehospice.org.uk)  
[www.TheShakespeareHospice.org.uk](http://www.TheShakespeareHospice.org.uk)  
Charity Number: 1064091



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@thebardshospice



@the-shakespeare-hospice



25 YEARS

