



Frequently asked questions

Why are there different entry types?

We offer two different distances for the Wolds Walk, 12 or 18 miles, so you can choose depending on your ability. We also offer the option of paying a little extra and choosing to have a pie with peas/beans at the end.

How do I enter?

Please complete the online form selecting which distance you would like to walk, and whether you would like to order a pie. Once you have completed your online entry, we will send you all the event details and information about fundraising.

Why is it important that I collect sponsorship or fundraise?

The Wolds Walk offers a wonderful day out in the countryside and a fantastic opportunity to raise vital funds for your local hospice. You can make an even greater impact by not only taking part but also encouraging friends and family to sponsor you, helping to raise even more funds to support our care. We'll provide you with a sponsorship form, or you can set up an online fundraising page on our website at stleonardshospice.org.uk. If you'd like any assistance with this or need ideas for fundraising, our friendly fundraising team would be happy to help, on 01904 777 777.

Over the past two years, this event has raised nearly £50,000, let's make this year even more successful!

I don't feel I can ask friends to keep sponsoring me?

Why not take a loose change box for home or your workplace? Your change really does add up! You could organise a quiz or raffle amongst your friends, a bake sale at work, or even sell your unwanted items at a car boot sale. We can help you with all your fundraising ideas.

Are late entries accepted?

You'll need to sign up online before the event, as we won't be accepting entries on the day. Online entries will close on **Saturday, 7th June**, and places are limited, so please make sure to book well in advance.

I have never walked in the countryside before, am I fit enough?

We recommend that participants be experienced walkers who are familiar with similar terrain. If you're unsure, consider doing some practice walks beforehand to build up to the full distance.

This walk requires a good level of fitness due to the distance and the nature of the terrain. If you're feeling uncertain, there are plenty of hints and tips available online to help you prepare.

Can I walk in trainers?

We advise you to wear suitable and appropriate footwear for the distance and weather conditions. The ground is uneven, so some people feel safer wearing a boot that supports their ankle. Your footwear should be comfortable. If you think you may struggle with blisters or soreness, please pack plasters and blister pads.

Why do you ask me to bring certain items of kit?

We ask you to bring items for your safety. You will need to dress appropriately for the weather as it can be changeable, bringing sun cream, hat, etc where appropriate. We also suggest you bring snacks and your own water bottle with water. We will provide drinks/water bottle top-ups at various spots around the route. Feel free to bring snacks and a pack up and enjoy it on the route. We will enforce a 3pm chop point, again for your safety. If you have not reached this point by 3pm we will ask you to withdraw from the walk as you are unlikely to be able to walk back to the base before dark. In this case, we will provide you with transport back to the Community Centre.

Why do I need to have a map and to read one?

We will provide you with a route guide and a marked map when you check in, we will also have checkpoints and marshals on the route to help you. You should have a map in your group, and someone who is able to read it, in case you veer off route and we need to identify where you are.

What do I do in an emergency?

Your tally card will have a contact number on it in case of an emergency. If there is a serious emergency where emergency services are needed, please call them straightaway and then notify us after you have done so.

If you need to withdraw from the walk, please do so at a checkpoint, where the marshals will arrange for a lift back to the community centre. Each checkpoint will have a first aid bag.

Are there any toilets?

There are two toilets available at the community centre when you check in before and after the walk. Please be advised due to the number of walkers, you may well have to queue for these. There are no toilets on either route.