



Wolds Walk 2026: 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 a fundraising pack.

Why is it important that I collect sponsorship or fundraise?

By signing up for the Wolds Walk, you're already doing something great. But when you collect sponsorship too, you help us reach more people who need our care.

At St Leonard's Hospice, we're here for local families facing some of the hardest times in their lives. We provide expert care, comfort and support not just for patients, but for their loved ones as well.

Every pound you raise helps staff the Hospice, keep our teams out in the community and our doors open to those who need us most. And when you ask friends, family or colleagues to sponsor you, you're also helping spread the word about the Hospice and the difference we make.

We're here to help every step of the way and we'll make it as easy as possible for you. You can use a simple sponsorship form or set up an online fundraising page through our website.

Over the past three years, Wolds Walk participants have raised nearly £75,000 for St Leonard's. With your help, we can make this year even more special.

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

That's completely understandable and lots of people feel the same way. Asking for sponsorship can feel awkward, but there are plenty of gentle, easy ways to raise money without feeling like you're pestering anyone.

You could:

- Pop a small change box at home or work
- Share your online fundraising page and let people donate in their own time
- Hold a bake sale or coffee break at work
- Run a fun quiz or raffle with friends
- Have a clear out and sell unwanted items

Little by little, it all adds up, and every £1 helps us be there for local families when they need us most.

Remember, you're not doing this alone. Our friendly Fundraising Team is always happy to offer ideas, materials or a bit of encouragement along the way.

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 6 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, and we encourage you to bring sun cream, a hat, etc. where appropriate. We also suggest you bring lunch, snacks and your own water bottle. We will provide drinks/water bottle top-ups at various spots around the route.

We will enforce a 3pm cut-off 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 straight away 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 that due to the number of walkers, you may have to queue for these. There are no toilets on either route.