



GENERAL EVENT FAQs:

What's included with the entry?

Walk for Wards is free to enter and each walker can choose to take part in either the 3k, 5k or 10k walk. The day also includes free lunch (sandwich and snacks) plus free admission to the Wilton House grounds and the huge adventure playground, which the family can enjoy after the walk until 5pm.

What will happen once I've registered?

You'll receive an email with your booking confirmation with a link to set up your online giving page and to download a sponsorship form. A couple of months before the walk we'll send you your event pack which includes sponsorship forms, your Walk for Wards back signs, along with information about the event and fundraising advice. You will also receive regular email updates from us over the coming months.

Are the routes suitable for pushchairs and wheelchairs?

Unfortunately, **none of the routes are suitable for wheelchairs or mobility aids**, and the 5k and 10k routes are unsuitable for pushchairs. However, as the 3k route is mainly over flat gravel tracks and grassland it is more accessible for pushchairs (although a small amount of lifting may be required).

Whilst previous participants have completed the 5k & 10k routes using an 'off-road' style pushchair it is not recommended as considerable amounts of lifting will be required. The 5k & 10k routes are generally more suitable for older children and adults.

How long will the walks take?

As long as you like (within reason!!). It is not a race and the focus is very much on everybody enjoying themselves at their own pace. Expect to complete the 3k in between 0.5 hours and 1 hour, the 5k in 45mins – 1.5hrs, and the 10k in between 1.5 hours and 3 hours.

How fit do I need to be?

Neither walk is massively challenging, although the 5k and 10k routes are moderately hilly and across some rough terrain. We recommend that you feel confident that you can complete your chosen distance comfortably. If you are in any doubt, or you have experienced health problems of any kind, please check with your doctor before taking part.

Can I bring my dog?

Unfortunately, as parts of both routes pass through the grounds of Wilton House, which are often open to the public, we cannot accept dogs except for guide dogs and assistance dogs. Please do not leave dogs in cars.

Do walkers get free entry to Wilton House?

Entry to the house can be obtained by buying a ticket in the Wilton House gift shop.

When will I receive my registration pack and what does it include?

The lead registrant of your group will receive the event pack in the post ahead of the event, this includes lots of information for the day, plus sponsorship forms and walk for wards back signs for each person in the group. Make sure each member of your group receives a sponsor form and a back sign which they will need to fill in and remember to bring on the day!



PREPARING FOR THE BIG DAY:

Date: Sunday 7th July 2024

Where: Wilton House, Wilton, Salisbury SP2 0BJ

Time: Registration open from 9am, walk starts at 10:30am

Parking: Wilton Park & Ride, SP2 0AN

How do I get there and is there car parking available?

Wilton House is well signposted from all major routes. Free car parking is available at the Wilton Park & Ride with a shuttle bus service, and your event pack, which we will send you nearer the event, will contain information about this and public transport to the event.

Will there be toilets on route?

Toilets are available at the start/finish located by the Wilton House Café and the Adventure Playground, and along the route at the split point for the 5k/10k routes.

What about First Aid?

Our friends at St John Ambulance will be on hand at the start/finish point as well as roaming the route in their 4x4 ambulance. Marshals, who are placed at least every 1 km along each route can immediately summon first aid to a particular point on the walk if required.

What should I wear?

We recommend that you wear suitably supportive footwear such as walking boots. You will hopefully require some sun cream and a hat, but you should equally pack your waterproofs as the walk still goes ahead if it rains, some say it's even better for it!!

Will food and drink be supplied?

All walkers will receive free lunch once they have completed their walk (sandwich and snack). There are water stations along the route where you can fill up water bottles and for those walking 10k, there will be a snack station half-way. You are also able to purchase additional food and drinks at the Wilton House Café.

Please note, children must be always accompanied by an adult during the walk.

We look forward to seeing you all on Sunday 7th July at Wilton House for the Stars Appeal Walk for Wards, thank you for your support!