

# 20<sup>th</sup> Walk for Wards

at Wilton House | Sunday 6th July 2025

**STARS  
APPEAL**

Salisbury Hospital's Charity

## 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, 10k** or (new for 2025) **15k** 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, if you have chosen to raise your sponsorship **online** you will then receive details about your online fundraising page which will have been automatically set up for you. However, if you have chosen to raise your sponsorship **offline**, you will receive an email with further information on how to do this, along with a sponsorship form that you can print. 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. We will send this to the team leader only. You (the team leader) 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, 10k and 15k 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 and paths can be narrow, with rough terrain and overgrown in places. The 5k, 10k and 15k routes are generally more suitable for older children and adults.

### How long will the walks take?

It is not a race and the focus is very much on everybody enjoying themselves at their own pace. However, the shorter 2 routes (3k and 5k) may take approx. 30 minutes to an hour and a half to complete and the longer two routes (10k and 15k) may take between 2 and 4 hours to complete. For the safety of you and our marshals, the 15k route will have a cut off time which will be advised by our marshals along the route, specifically along Old Shaftesbury Drove / Hare Warren. You will be advised to complete the 10k route if passing these marshals at a certain time.

### How fit do I need to be?

Although none of the routes are massively challenging, the 5k and 10k are moderately hilly, across some rough terrain. Much of the NEW 15k route follows the 10k but has the added challenge of a longer distance taking you deeper into the woods at Hare Warren. We recommend 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 all routes pass through the grounds of Wilton House, and due to their rules, 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.

# Preparing for the day...



**Date:** Sunday 6th July 2025

**Where:** Wilton House, Wilton, Salisbury SP2 0BJ

**Time:** Registration open from 08.30am, walk starts at 10:00am

**Parking:** Wilton Park & Ride, SP2 0BT

## When will I receive my Event Pack and what does it include?

The lead registrant of your group will receive the Event Pack in the post ahead of the event (usually from the Spring), 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 sponsorship form and a back sign which they will need to fill in and remember to bring on the day!

## 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/10-15k 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, especially if you are walking the 10k or 15k routes. 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). **If you are taking on the 15k route, you will collect your lunch before you set off and have this at your own leisure along the walk.** There are water stations along the route where you can fill up water bottles and for those walking 10k and 15k, there will be a snack station along the route. 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.*

**Thank you for supporting the Stars Appeal and we look forward to seeing you on Sunday 6th July at Wilton House to celebrate our 20th Walk!**

*If you have any questions regarding the event or queries about your fundraising, then please get in touch with us either by emailing [info@starsappeal.org](mailto:info@starsappeal.org) or by calling 01722 429005*



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