



Walk for Wards

at Wilton House | Sunday 5th July 2026

Event Information

Dear

Thank you for registering for Walk for Wards 2026 and supporting the Stars Appeal, Salisbury Hospital's Charity.

We can also confirm that you have registered the following people:

- | | |
|---------|----------|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |

Please read through all the information that is enclosed within your Event Pack, which I hope will help you and your team reach your fundraising targets and give you all the details you need to prepare for the walk. If you would like to add additional people to your team, please contact us.

Enclosed you should find:

- Fundraising Pack
- Sponsorship Forms (x2 per walker)
- Back Sign (x1 per walker) - *Please note, those who are walking 15k will have light blue back signs*

To save costs we have only sent you, the team leader, the information sheet and fundraising pack, but please make sure you share this information with the rest of your team. If you require any additional copies of the above, please contact us by emailing info@starsappeal.org or calling 01722 429005.

We look forward to seeing you all at Wilton House on Sunday 5th July.

Helena Sinclair

Events & Community Fundraiser
Salisbury Hospital Stars Appeal

Event Details

Date: Sunday 5th July

Location: Wilton House, Wilton, SP2 0BJ

- **Registration Open: 9am**
with speeches and warm up from 10am
- **Walk Starts: 10.30am**



Your Hospital
Your Health
Your Charity

Charity no. 1052284



Your Walk for Wards checklist

Back Sign

We have enclosed a back sign for you to wear as a way to dedicate your walk in memory, in celebration of someone you know, or to say thank you for treatment received at Salisbury Hospital. Please ask each walker in your team to complete the front and back of the sign and wear on the day.



Getting There

All walkers must park at the Wilton Park and Ride and use the free shuttle bus service, unless using public transport. The last bus back to the Park and Ride will leave Wilton House at 5pm.

Parking: Wilton House Park and Ride – The Avenue, Wilton, SP2 0BT (well signposted from all directions). There is no parking available in the Wilton House visitors car park, except for Blue Badge holders.

Public Transport: You can also reach Wilton House by public transport. Please contact Salisbury Reds or South Western Railway for further information.

Routes

All 4 of the routes take in the beautiful surroundings of the Wilton House Estate grounds, where you will start / finish the walk.

- **The 3k and 5k** routes, which take approx. 30mins to 1hr 30mins, are mainly over flat, gravel tracks and grassland, which is more accessible for pushchairs (although a small amount of lifting will be required over the Palladian Bridge).
- **The 10k and 15k** routes, which may take approx. 2hrs to 4hrs to complete, are more suitable for older children and adults, taking you into the woods at Hare Warren, following scenic off-road paths and woodland trails (with some steep inclines).

Please note: For the safety of our walkers and marshals, the **15k route** will have a cut off time at which point you will be advised to complete the **10k route** only. This will be advised by our marshals located along Old Shaftesbury Drive / Hare Warren and our back marker.

It is not a race, enjoy the walk at your own pace and we ask that you do not run.

Unfortunately, none of the routes are wheelchair accessible, please contact us for further information.

A few key points for the day

- Wear comfortable and supportive shoes. Walking boots are recommended for the 10k and 15k.
- Pack your sun cream and hat (hopefully there will be plenty of sunshine on the day) and your waterproofs just in case.
- Bring a full bottle of water with you. There will be water stations at Wilton House and along the route where you can refill your bottle.
- For those doing the **10k or 15k route**, there will be a snack and water refill station, and coffee van where you can purchase hot drinks, at South Hills School.
- All walkers will receive a **free lunch** (sandwich and snack) once they have completed their walk. Those walking 15k will be able to collect their lunch before the walk starts to enjoy along the route, if they wish. You will also be able to buy additional food and drinks at the Wilton House Café which will be open all day.
- Toilets are available at the start / finish (Wilton House), located by the adventure playground and café, and along the 10k/15k routes.
- Please remember no dogs are allowed except for assistance dogs.
- Any guests / spectators, who are not registered for the walk, are able to join you at Wilton House after 11am. **They must pay the standard Wilton House entry fee.**

Please note:

- All participants take part entirely at their own risk, confirm that they have a reasonable level of fitness and ability to take on the route selected and understand that if they have doubts about their health, or have a medical condition that could be affected by exercise, they should obtain their doctor's approval before participating.
- Children under 18 must be accompanied and supervised by an adult (who has also registered for Walk for Wards) at all times.
- By registering for this event you, and those named overleaf, agree to raise at least £20 / £50 (route dependent) in sponsorship per person. Should you be unable to attend, we would ask that you raise this money by participating in another event of your choice, or by making a donation.
- By taking part, all walkers agree that they are happy for their names and any footage or photographs taken during their participation in this event to be used to publicise Walk for Wards and the Stars Appeal generally, including television broadcasts.

Thank you for your support
www.starsappeal.org

