



## Important information for participants

Please be aware that this event does not use stewards. You will need to be responsible for your own well-being and map reading! Please read the following information to help you enjoy the day.

Please note that the District line is not running between Barking and Aldgate East and the Hammersmith and City line is not running. Check your journey to the start and from the finish using [www.tfl.gov.uk](http://www.tfl.gov.uk).

### **The Start:**

**The FULL WALK (approx. 20 miles) starts at Regents Park near to Baker Street Station.**

Please check **Joining instructions for the full walk** for information about getting to the start. There do not appear to be any other closures that will affect journeys from the local area. There is a café near to the start and toilets which require a 20p coin to use. Baker Street Station is also very close to a Wetherspoon pub where you may wish to go for breakfast prior to the walk. Some refreshments and bottles of water will be available. Please arrive **from 9.30 am** to sign in. **The full walk will start at 10 am**

**The SHORT WALK (approx. 10 miles) starts in Finsbury Park near to Manor House Station which is on the Piccadilly Line.**

The official start of the walk is **12.45 pm** but this is quite flexible as some of you may wish to join groups of friends who have done the long walk. The distance to this point from the start of the full walk is only about 8.5 miles and so long walkers may start arriving soon after 12.00 pm. You will need to liaise with your friends if you are planning to meet them. The continuation of the full walk and the start of the short walk take a slightly different route. This has been done to manage the distances of both walks. There is a point where you can meet shown on the map which will take about 5 mins following the short route and 20 mins following the full route. Toilet facilities are available in Finsbury Park but they are at the opposite side of the park. Some refreshments and bottles of water will be available. **The short walk will start at approx. 12.45 pm .**

### **The Finish:**

**The finish point for all walkers is The Ledger Building, Canary Wharf** (next to the Museum of London Docklands).

This Wetherspoon pub serves a wide range of food and drink at reasonable prices and there is plenty of space, inside and out, to relax, recuperate and socialise with your fellow walkers. Please remember to collect your well-earned certificate. If you have any problems with the certificate issued to you, please contact me after the route so that an updated certificate can be sent to you.

**Clothing:** Ensure that all clothing is suitable and takes into account the likely weather conditions on the day. Sunscreen and hats to waterproofs – make sure you have got what you need. 2018 was VERY hot so please make sure that you are prepared for this sort of weather, although at the moment, the forecast is not for a heatwave. Pay special attention to foot-wear e.g. walking boots or trainers – try them out beforehand. Please wear your T shirt for the event.

**Medication:** Please carry all medication that you will need during the event. Asthma pumps, plasters, hay fever tablets etc.

**Emergency Procedures:** In case of difficulties please call **07967 804410 (until 2.30 pm) or 07970 773029** but obviously, if you have any problem that requires Ambulance, Police or Fire Services contact "999" directly. We have asked that every participant or at least one per group carries a mobile phone (the number should have been given on the entry form.)

**First Aid:** There are First aiders on the walk but it is not possible to guarantee that they will be readily available on the route. You should not delay calling emergency services should there be a need.

**Safety in Numbers:** Please note that walking in pairs (or groups) provides a safety mechanism should one person get hurt or become incapable of continuing. The other people in the group can arrange emergency help when required. Do not walk alone. Please only cross roads where it is safe to do so. Do not walk in the road or on cycle only routes. Comply with all Police directions or diversions.

**Dehydration:** Guard against dehydration by carrying or purchasing adequate liquid supplies. Water is best. Bottles of water will be available at both starting points.

Barbara Kenlin