

Walk

CANTERBURY

Sunday 21st July 2024

Canterbury Rugby Football Club

On-the-Day Event Details

The on-the-day Event Control telephone no. is 0752 8055110.

About the event

Thank you for signing up for the inaugural Walk Canterbury.

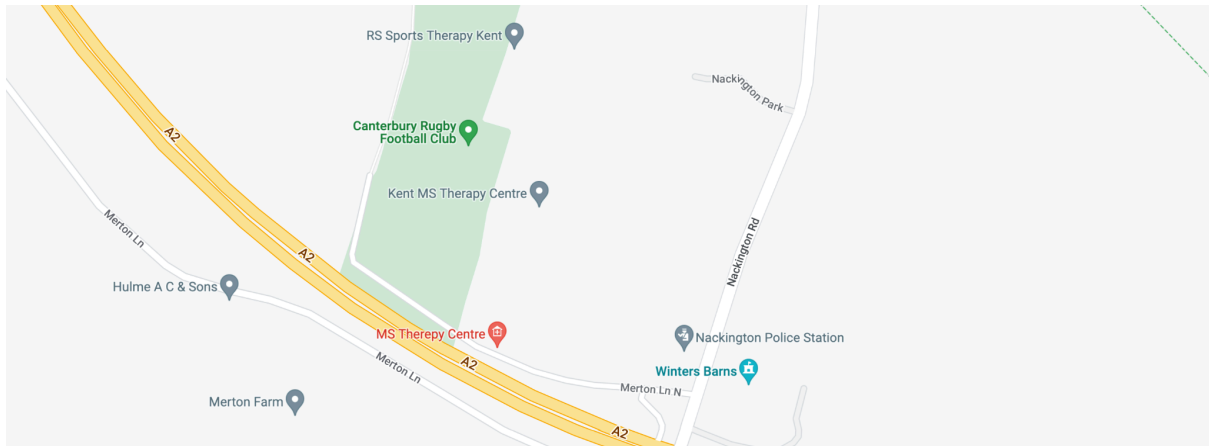
The event is designed by Iconic Walking Events, the specialist walking division of Breathing Space, as a way of making the Canterbury Bike Ride event more accessible to a broader range of individuals, creating another opportunity for our participating charities to attract fundraisers.

Our charity partners are - [Canterbury Hellfire Wheelchair Rugby](#) and [Kent MS Therapy Centre](#). You can help support either charity by adding a donation to your booking at the basket or by fundraising through a JustGiving page.

We are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals. We look forward to seeing you on the day!

How do I get there?

Canterbury Rugby Football Club, Merton Ln N, Canterbury CT4 7DZ - [view on Google Maps](#)



By Car: Parking is available for free at The Canterbury Rugby Club

By Train: Canterbury Rugby Club is a c.10 minute cycle from Canterbury East Station and a c. 15 minute cycle from Canterbury West Station.

To drive or take a taxi from Canterbury East Station is c. 9 minutes and from Canterbury West c. 12 minutes.

Timings - Sunday 23rd June 2024

- | | |
|----------|---|
| 6.30 am | Car park opens. |
| 7.00 am | Hot drinks and food available from the rugby club. |
| 7:30 am | Check in opens for all walkers. |
| 8:00 am | Long route walkers briefing and depart |
| 9:30 am | Medium route walkers briefing and depart |
| 11:00 am | Short route walkers briefing and depart |
| 12 noon: | The bar opens. |
| 1:00pm | Walkers expected to start returning. Relax at the Rugby Club with some post-walk hot food and a complimentary pint of beer from Shepherd Neame. |
| 4.00pm: | Close and depart. |

Routes

View the routes on Ride With GPS, komoot or download the GPX file.

SHORT ROUTE: [click for RWGPS](#) | [click for komoot](#) | [GPX file](#) | [List of directions](#)

MEDIUM ROUTE: [click for RWGPS](#) | [click for komoot](#) | [GPX file](#) | [List of directions](#)

LONG ROUTE: [click for RWGPS](#) | [click for komoot](#) | [GPX file](#) | [List of directions](#)

You will be given a printed map on the day. Both Ride With GPS and komoot can be downloaded onto a smartphone and used to navigate your walk and we recommend you print the list of directions as a back-up.

There is a snack stop for the Medium Route walkers at the Swanton Lane crossing with A257 at 6.2 miles and for Long Route walkers at Stodmarsh Village Green at 7.3 miles

Maps

Walkers will receive physical maps with the route at check in, as well as local history and points of interest, but we recommend using an app to navigate your walk and printing off the directions cue sheet as a back up.

How fast do I need to walk?

Route	Length	Recommended Start Slot	2.5mph walking speed (inc. a 30 minute stop)	3mph walking speed (inc. a 30 minute stop)
Long	16 miles	8:00	7 hours - eta 2.30pm	6 hours - eta 1.30pm
Medium	11 miles	9:30	5 hours - eta 2.30pm	4.5 hours - eta 2.00pm
Short	5 miles	11:00	2.5 hours - eta 1.30pm	2.25 hours - eta 1.15am

Emergency Details

We ask that all walkers carry with them in a printed format and accessible in a pocket (perhaps with your phone), their name, address, emergency contact details and any medical information.

Check-In

Walker check-in will open at **07:30 on Sunday 21st July**

If you know someone who will be registering on the day, please note that card payment only is possible.

You will be asked to show your walker information sheet as proof of entry.

Facilities at Check-In

Teas, coffees and snacks will be available to purchase on Sunday morning.

There are toilet facilities at the start/finish. Period products will be available in all female toilets and from female members of Iconic Cycling Events Staff/volunteers.

There are changing facilities at the start and finish and a bag drop at the start.

There will be a bag drop area for those walkers wanting to leave a bag during the event.

Please get in touch if there are any other facilities or assistance that you would find useful and would aid your participation and enjoyment of Walk Canterbury..

What kit do I need?

- Supportive comfortable shoes
- Appropriate clothing for the weather: sun cream and sun hat / warm, waterproof clothing
- Rucksack with water and snacks

By signing our terms and conditions and entering the walk, all walkers must also have:

- Personal identification (with medical information)
- Emergency contact (Name and phone)
- Mobile phone
- Money/bank card

Walker Safety and Etiquette

Please remember that Walk Canterbury is a non-competitive event. Walkers should ensure they obey the Highway Code and the Countryside Code at all times and walk in a safe and responsible manner at all times.

Toilets

There are toilet facilities at Canterbury Rugby Club

Short route - Castle Row entrance to Dane John Gardens public toilet (1.5 miles) and Canterbury Lane Public Toilets (2.2 miles)

Medium Route - Same as above plus George & Dragon Fordwich which opens at 11:30am or a 20 minute detour to a public toilet at Sturry train station. (4.7 miles).

Long Route - Same as above plus Stodmarsh Nature Reserve (7.5 miles), The Rose Inn (8.7 miles), Littlebourne Park Public Toilet (10 miles).

Walking with Children

Please ensure that you have returned [a parental consent form](#) to us if you are walking with an Under-16 or if you are a 16-18 year old walking without a parent or guardian.

Event close

The event will start to pack down from 4pm, please phone Event Control to inform us if you are going to be back later, or that you don't intend to return.

Post Event Food and Drink:

Post-event food and a free pint of Shepherd Neame will be provided at the rugby club. Drinks will be available to purchase from the Bar. Cash or card payments accepted. If you're expecting to finish late then please call Event Control and inform us of your likely arrival time.

First Aid Cover

There will be first aid trained staff at the event who can offer assistance for minor/non-emergency issues (contactable via event control; Event Control tel no. - 07528 055110). Please note, for serious incidents and some back injuries, we are unable to transport any casualties and the emergency services will be called.

Walkers should always use their common sense and contact the emergency services where necessary. Please do inform the race organisers (using the event control number shown on the walker information sheet) of any major incident.

Emergencies and communications

Details of what to do in case of an emergency will be covered in the brief at the walk start. Please be aware that areas on the route may be out of mobile phone signal. Walkers are asked to look out for each other and report any accidents or problems to Event Control.

Insurance:

Iconic Cycling Events carries a public liability insurance policy, limited to £10,000,000 for legal liabilities arising from claims made against an event organiser, official or participant that involves either bodily injury or property damage to a third party.

Clear Away:

Very occasionally, for a range of reasons, walkers are delayed in returning to the event village (starting late, long lunch, getting lost). Whilst we want to ensure all walkers have a memorable and enjoyable day, we will start to dismantle the event village from 4pm and walkers should be aware of this.

Charities:

Our charity partners are - [Canterbury Hellfire Wheelchair Rugby](#) and [Kent MS Therapy Centre](#). You can help support either charity by adding a donation to your booking at the basket or by fundraising through a fundraising page.

Walk Canterbury partners:

We would like to say a huge thank you to all our sponsors and friends of Walk Canterbury and the Canterbury Bike Ride:

