

## **Frequently Asked Questions**

### **Terrain**

The walks are set on the beautiful Malvern Hills with hills and inclines. Some of the 11 mile route have steep parts, these are specified in the walkers notes.

### **What are my parking options at the event?**

Parking available at Black Hills and North Quarry. £4 per car, please car share where possible as places are limited.

### **What facilities are on site?**

**Refreshments TBA Water will be available.**

### **Toilets**

There are toilets at Jubilee Drive (behind the ice cream cabin) and at the Wyche Cutting.

### **What time shall I arrive?**

We advise you arrive a minimum of 30 minutes before the start time, so you can park, register and warm up. Anyone missing the start time will lose their right to take part. For the 11 mile walk we will advise you of the coach times in due course.

### **What shall I wear/bring?**

We recommend you wear sports clothing, layers, waterproofs and walking boots/trainers. We suggest you check the weather forecast and dress accordingly. In the event of warm weather, bring suncream and a water bottle/packed lunch. We have the right to ask you to remove anything deemed inappropriate before you start the course.

### **What do we get upon completing the walk?**

Every participant will a certificate of thanks, water is available.

### **Is there first aid available on site?**

Yes, we will have fully trained first aiders on site and marshals at all obstacles.

### **Can I help on the day if I'm not taking part?**

Yes, please. We will need lots of volunteers for the day to help make the day enjoyable and a huge success, for example registering people in. Please get in touch if you can help for some or all the day, at [appeals@strichards.org.uk](mailto:appeals@strichards.org.uk)

**Can I take a mobile phone or camera on the course?**

Yes please, we encourage supporters to take photos and post on Twitter or Facebook #malvernhillswalk. We will have lots of volunteers taking photos on the day.

**Are spectators welcome?**

Yes of course.

**Are pets welcome?**

Yes dogs are most welcome to join you on the day. Please clear up after your dog.

**What do I need to take with me on the day?**

Please ensure you bring the email confirmation for EACH participant. Without this we cannot check you in and you will not be able to take part.

**Am I allowed to bring or use alcohol at the event?**

Alcohol must not be consumed before or during the event or any alcohol brought on site. Anyone under the influence of alcohol will be asked to leave and cannot take part in the event.

**Do I need to raise money for St Richard's Hospice?**

We ask you pledge to raise £50 or more to help fund our free care and support to patients and families across Worcestershire. The fundraising team will send you tips on how to raise as much sponsorship as you can before the event.

**Can I take part and raise money for another charity?**

No this is an event organised and paid for by St Richard's Hospice

**Can I participate if I am pregnant or have any health issues?**

If you are pregnant or have any health issues, we recommend you consult your doctor before taking part in the Malvern Hills Walk. Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents

**What's the refund policy?**

This event is non-refundable. However, the St Richard's reserve the right to give a refund in exceptional circumstances at their discretion.