IMPORTANT INFORMATION FOR ON THE DAY

MKE the P

Please check the government guidelines prior to walking and maintain the 2 metre social distancing throughout. If there are further changes will we ask you to complete the walk in your neighbourhood. Please note that you are taking part at your own risk and you are not covered by Bolton Hospice's Public Liability Insurance. If the government guidance changes or if we otherwise believe encouraging you to take part would be unsafe, we will change or cancel the event. - Thank you



- We recommend you park (off Chorley Old Road) on St George's Lane just as you turn in, as this is the widest part to allow access for passing cars.
- If you are parking in a residential area, please ensure you are not blocking resident access.
- Please note cars are parked at the owners risk



- Please go at a slow steady pace for safety, this is walk not a race.
- All dog owners must pick up any foul they leave
- We stress that you must not take short cuts or veer from the specified route map
- For anyone with medical conditions take the required medicine with you.
- All children must be accompanied by an adult.

CLOTHING AND FOOTWEAR

- Please make sure you wrap warm underneath your outfit as it is likely to be cold. We recommend lots of layers that you can take off rather than one thick layer, so that you can regulate body temperature.
- The path does have rugged terrain, so please ensure to wear suitable footwear such as walking boots or wellies that fit correctly. With thick ankle or walking socks.
- If your outfit is too long tuck into socks or boots or cut to appropriate length.
- Take a bag pack with refreshments if you need them and have a quick pit stop!

THE ROUTE

- Please use the Route map provided and stay on the track.
- Follow the map only turn left up to the pike when you see the hut opposite the steps, Exit the pike at the back of the tower following the ramp down.
- Parts of the route are rugged terrain, take your time this isn't a race.
- Most importantly check the weather conditions before setting off if frosty or icy choose an alternative day.

Note: There are no toilet facilities on route.



