



# Horsfall House

Home Care | Day Centre | Nursing Home

## CHARITY WALK FOR FREE RESPITE CARE SUNDAY 12TH MAY 2019

### INFORMATION FOR WALKERS

**SIGNING IN:** All walkers must sign in at the official checkpoint at The Library in Minchinhampton (next to the school in Bell Lane) between the hours of 10am and 1pm and, if you plan to do the full walk, return to this checkpoint when you complete the walk. The Library will remain open until 5pm to welcome back people who have completed the walk.

**PARKING:** Parking will be available in the Bell Lane car park and will be clearly sign-posted.

**ROUTE:** Our charity walk has been specifically selected for its variety and interest giving walkers the opportunity to go through areas not normally available to the general public. These areas include the stunning woodland of Gatcombe and the beautiful waterside gardens at Avening Court.

**The full walk is a 10 mile circular route and a detailed map is provided. For a shorter walk you can finish at Avening Social Club and catch the minibus back to the Library.**

**MINIBUS:** Please note there is a minibus available until 4pm. There are minibus stops at Minchinhampton Library, Avening Court and Avening Social Club. You can get on or off the bus at any of these stops. **There may be a short wait for this service.**

**TERRAIN:** The terrain is mixed with well used paths, public rights of way, limited sections of public roadway, private pathways, stiles, slight to steep inclines and in some places, potholes. You should be aware that it may be muddy and uneven in places. **Please note the walk is not suitable for buggies, pushchairs or toddlers.**

**EQUIPMENT:** Well broken-in walking boots/sturdy shoes are recommended, as is a waterproof jacket. Any extras you may need are best carried in a small ruck-sack.

**REFRESHMENTS:** Refreshments are available at Avening Social Club, including drinks and food. Please note we can only accept **cash payments.**

**IMPORTANT GUIDE FOR ALL WALKERS:** Please note that participants taking part in the Horsfall House Respite Walk do so at their own risk. Horsfall House cannot accept responsibility for any damage or injury to persons or their property howsoever arising. Parents or guardians of minors are responsible for organising proper supervision and control. Under 16s must be accompanied by an adult. Walkers must obey the Country Code, namely: **keep to designated pathways: shut gates behind you: do not interfere with animals in the surrounding areas, keep dogs on leads where there are animals.**

**DOGS:** Our walk is dog friendly, but dogs must be kept on short leads in Gatcombe Wood and Avening Court. Any dog mess should be disposed of in appropriate bins. All other litter should be taken home with you.

**EMERGENCIES:** For emergency services please call 999. If you have a query please call either Minchinhampton Library on 01453 885497 or the walk co-ordinator on 07989 421009.