



St Richard's
Hospice
Caring for life

Worcestershire Way Walk 31 miles in a day



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Walker information pack One day challenge – Friday 4 July 2025

In this pack, you should find all the information you need to complete your challenge. We recommend printing a copy or saving it to your phone for easy access to refer to on the day.

Any questions before the event, please email
appeals@strichards.org.uk.



Now in it's
20th year!

Registered charity no: 515668

Worcestershire Way Walk

One day challenge - 4 July

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Got any questions?

Please take a look at the FAQ document, if this doesn't answer your query please email appeals@strichards.org.uk







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Event timings

Please read through the below carefully and ensure you stick to the times outlined below for your own health and safety. Everyone must check-in so that we can account for all walkers on the day.

Time	What?	Where?
5.45am - 6.30am	<p>Check-in with hospice staff and start walking.</p> <p>Please note you must check-in and we cannot accept registrations at Bewdley after 6.30am</p>	<p>In front of Sainsburys Local, Bewdley, DY12 2BU.</p> <p>Dog Lane car park is opposite (cars can be left for 48 hours)</p> 
Leave by 10:15am	<p>Tea and cake stop - 10.5 miles.</p> <p>The community of Abberley are kindly providing homemade cakes and hot drinks.</p> <p>(Note new location if walked before 2023).</p>	<p>The Old Turnpike, Camp Lane, WR6 6JQ. First property after leaving the former Abberley School grounds (it's a white house).</p> 
Leave by 2:30pm	<p>Lunch stop and check-in - 20 miles.</p> <p>A delicious buffet lunch is available from 11.30am.</p> <p>You MUST check-in and leave here by 2.30pm or you will not make it back to Malvern in the daylight. As much as we hate the idea of cut off times, we cannot ask our staff and volunteers to be on duty endlessly.</p>	<p>The Talbot at Knightwick, Bromyard Rd, Knightwick, Worcester WR6 5PH</p> <p>A sports masseur will be on hand to administer massage to refresh tired limbs/feets.</p> 
2:30pm - 10:00pm	<p>Finish line, 31 miles - congratulations!</p> <p>You must check-in here to receive your certificate and pin badge and so we know you are back safely.</p> <p>Most walkers finish between 6-8pm. Transport at the end of the day is the walkers responsibility.</p>	<p>The Red Lion, 4 St Ann's Rd, Great Malvern, Malvern WR14 4RG</p> 

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Navigation and maps

The Worcestershire Way Walk is well-waymarked but you must be familiar with the route before the challenge or ensure you have a map as there are some tricky areas to navigate.

Physical map

Yellow publications offer a walking map on the Worcestershire Way, [click here to view](#). If you would like to purchase an Ordnance Survey Map, the below have the route named:

- OS Landranger: [138](#), [149](#), [150](#)
- OS Landranger Active: [138](#), [149](#), [150](#)
- OS Explorer: [190](#), [204](#), [218](#)
- OS Explorer Active: [190](#), [204](#), [218](#)



Digital map

If you would prefer a digital map to download, the route can be followed the below:

- OS Maps app: [Click here to view](#)
- AllTrails: [Click here to view](#) (includes a couple of places the walker went slightly wrong!)
- GPX file: please email appeals@strichards.org.uk

What3words app

Please download the free 'What3words' App to your smartphone.

What3words is a proprietary geocode system designed to identify any location on the surface of Earth with a resolution of about 3 metres. Emergency services, St Richard's Hospice, you or your family are then able to navigate to your exact spot easily. You can use this app if you're lost or need assistance.

Elevation

- Total ascent: 1816 m



Water stations



Water stations can be found along the route, please take this opportunity to fill your supply up – we recommend carrying three litres in a hydration pack. We have listed all stops below as well as their [what3words coordinates](#)*.

1. Heightington ([wobbling.droplet.chucked](#))*
2. Half a mile after Joan's Hole ([swordfish.tipping.raking](#))*
3. The Old Turnpike, Camp Lane, WR6 6JQ The first property after leaving the former Abberley School grounds (it's a white house).
4. Hambridge Farm ([driveway.severe.eggs](#))*
5. The Rodney Pub, Berrow Green, WR6 6PL
6. The Talbot Pub, Knightwick WR6 5PH
7. Suckley Post Office, Longley Green, WR6 5DU
8. Norrest Court – Norburys Norrest Farm Shop, Leigh Sinton, WR13 5EH
9. Cowleigh Park ([racing.harmonica.intruding](#))*
10. Finish – Red Lion, St Anns Road, WR14 4RG

Thank you to ELMS (Environmental and Landscape Maintenance Services) for putting out the water and for being on hand throughout this challenge.

Food



- Eat carbohydrates before and throughout the walk and make sure you have a good breakfast on day one (e.g. eggs, oats, avocado or muesli).
- Pack lots of snacks and eat regularly to ensure your body has sufficient supplies of glycogen. Examples are granola bars, liquid carbohydrates such as juice or squash, fruit, yoghurt or sandwiches.
- Sugary snacks are also great for energy dips you'll face, especially towards the end!
- Lunch is provided – a hearty buffet with a variety of choice. Please let us know if you have any dietary requirements.



Health and safety

- You must carry a mobile phone or walk with someone who has one. You will be asked for the mobile number when you register.
- You must check-in at the start, lunch and finish.
- Carry adequate supplies of water/drink and snacks. We recommend carrying three litres of water in a hydration pack – you'll need more if it's a hot day.
- Water stops along the way will not be manned – simply fill up and carry on. Top tip – always top up!
- Toilet facilities are limited (ie pubs or bushes en route) – please bear this in mind.
- We have a qualified first aid representative and marshals from ELMS (Environmental and Landscape Maintenance Services). They know the route inside out – their phone numbers will be issued to you on the day.
- This is a big challenge – please ensure you have done the adequate training. It essential to practice the route in manageable sections, together with being aware of the timings

Remember to check with your doctor before attempting strenuous walks if you are unsure of any health issues.

What to wear



- A comfortable backpack with a hydration pack
- Wear suitable and comfortable walking clothing
- Wear light layers including a breathable or cotton t-shirt and fleece
- Bring a spare pair of socks
- Wear worn-in walking shoes (plus spare laces)
- Wear lightweight drying trousers/shorts (definitely no jeans)
- Take a waterproof – after all, it is England – this can also be used as protection against the wind and something to sit on
- Sunglasses and a cap to protect against the sun
- You can purchase a St Richard's Hospice T-shirt for £10 upon booking or [click here](#).

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What to take with you?

- ☐ Mobile phone (full charge) with 'what3words' downloaded
- ☐ Map - physical copy or digital
- ☐ Power bank and phone charger
- ☐ Comfortable rucksack (max 25Lr) that clips around the waist
- ☐ Hydration pack and/or water bottles for two litres
- ☐ Basic first aid kit, including tissues, painkillers and blister plasters
- ☐ Raincoat
- ☐ Spare laces
- ☐ Spare socks
- ☐ Plenty of snacks, sweets, energy gels etc.
- ☐ Sunhat and woolly hat (yes even in July, it's England!)
- ☐ Sunglasses
- ☐ Suncream
- ☐ Warm layers
- ☐ Any personal medication you may need
- ☐ Walking poles



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Fundraising

The registration cost of events only covers the cost of running the event. We'd appreciate you raising sponsorship for this mighty challenge!

We suggest a fundraising target of £200. It is through sponsorship that you can make a real difference in the lives of those we support each year.

[To set up a Just Giving page or make a donation please click here.](#)

We understand some people want to take part in our events without the pressure of raising sponsorship. If you would rather leave a donation instead you can do this at the time of booking your ticket or on the Just Giving page linked above.

St Richards Hospice provides free specialist palliative care for patients living with life-limiting illnesses and supports their loved ones. Each year the hospice team supports over 3,300 patients and family members in Worcestershire. More and more people need hospice care across the county every day. Our community is living much longer, often with multiple, complex conditions for which there is no cure. We know that the number of patients and their families who will need us is only going to continue to keep rising. Sadly, this financial year we will bring in around a million pounds less than we will spend. Government funding only covers around 20% of our costs. As a charity it means we need to raise £9.6 million of the £12 million we need to keep vital services running this year for Worcestershire families.



Join the conversation on social media

We would love to see your updates and photographs during the day. Please share on social media, tagging in St Richard's Hospice and include the hashtag #WorcsWayWalk.

- Facebook: facebook.com/strichardshospice
- Instagram: [@strichardshospice](https://instagram.com/@strichardshospice)
- Twitter (X): [@StRichardsHosp](https://twitter.com/@StRichardsHosp)
- LinkedIn: linkedin.com/company/strichardshospice
- TikTok: [@strichardshospice](https://tiktok.com/@strichardshospice)