

Hike to the Lights

Dorothy House

50 CELEBRATING FIFTY YEARS

Participant Information Pack

Let's get you ready for Hike to the Lights

Thank you for signing up to Hike to the Lights and supporting Dorothy House. Whether you're taking on the challenge on your own, with friends, family or colleagues, we're delighted you'll be joining us.

Why your support matters

At Dorothy House we care for people with a life-limiting illness across Bath and North East Somerset, Wiltshire and Somerset.

Today, we are only able to reach around half of the people in our community who need palliative and end of life care. Our ambition is to reach more people and ensure that nobody faces death alone.

Only 20% of Dorothy House's funding comes from the NHS. The remaining funding comes from the incredible generosity of our community through fundraising, donations, gifts in wills and charity shop income.

By taking part in Hike to the Lights, you're helping us provide care and support when it matters most.

Let's Get You Ready for Hike to the Lights

Thank you for signing up to Hike to the Lights and supporting Dorothy House. By taking part, you're helping local families access expert end-of-life care and support when they need it most.

We hope this guide gives you everything you need to prepare for your hike and make your fundraising a success. Inside, you'll find event information, fundraising tips, inspiring stories, and all the key details you'll need for the day.

As the event gets closer, we encourage you to take some time to read through the guide, start planning your challenge and get excited for the journey ahead. Whether you're taking part with friends, family, colleagues or on your own, we're delighted to have you with us.

Most importantly, we want you to enjoy the experience. Whether you're a seasoned walker or taking on your first challenge, we're here to support you every step of the way. If you have any questions or need a little extra help, please don't hesitate to get in touch.

We're only a phone call or email away and are always happy to help.

events@dorothyhouse-hospice.org.uk
01225 722 988



Cross the finish line at Dorothy House and discover the breathtaking Moments of Light installation.

Top Tips for Fundraising Success

Your fundraising page is ready to go. We'd love you to aim to raise £250, which could help provide vital care and support to local patients and their loved ones. Here are a few simple tips to help you reach your target and make the most of your Hike to the Lights journey.

Add a profile picture

Add a photo of yourself to make your page feel personal and help friends and family know they're supporting the right person.

Make the first donation

Start your fundraising with a donation to your own page. It shows your commitment and often encourages others to give too.

Tell your story

Share why you're taking part in Hike to the Lights. Whether it's in memory of someone special, for a personal challenge, or to support Dorothy House, people love to hear your reason for walking.

Share your page far and wide

Share your fundraising page with friends, family and colleagues. WhatsApp is a great way to quickly reach lots of people and keep them updated on your progress. The more people who see your page, the more likely you are to receive donations.

Say thank you

A quick thank you goes a long way. Let your supporters know how much you appreciate their donation and the difference they're helping to make.

Together, we can be there for more people and their families when they need us most.

What to bring

To help you enjoy your **Hike to the Lights** experience, please come prepared for a day of walking and the unpredictable November weather. Here are a few essentials to bring with you:

- **A torch or head torch -** We're hoping everyone will be back at Dorothy House by 5pm, but it may start getting dark later in the afternoon. Please bring a torch or head torch for your safety and the safety of others.
- **Warm and waterproof clothing -** November weather can be unpredictable, so please dress appropriately and bring extra layers if needed.
- **Comfortable walking shoes or boots -** You'll be walking approximately 15 miles, so we recommend wearing footwear that is well broken in and comfortable. Please avoid wearing brand-new shoes on the day.
- **A packed lunch -** We have a scheduled rest stop during the hike, but opportunities to buy food along the route are limited.
- **Snacks -** Keep your energy levels up with easy-to-carry snacks such as fruit, nuts, cereal bars or other treats you enjoy.
- **A refillable water bottle -** Help us reduce plastic waste by bringing a reusable bottle that you can refill during the day.
- **A small personal first aid kit -** Long walks can sometimes result in blisters, aches and minor injuries, so it's always best to come prepared.
- **A fully charged mobile phone -** In case of emergencies or if you need to contact the Events Team.

Before the event

For your safety, we also recommend downloading the **what3words** app before the hike. This can help emergency services or event staff pinpoint your location if assistance is needed.

Taking a few minutes to prepare before the event will help ensure you have a safe, comfortable and enjoyable Hike to the Lights experience.



Marshals and route support

Hike to the Lights is a self-guided walking challenge, with support from the Dorothy House team along the route. The route will be clearly signposted, and all participants will receive a route map before setting off.

Our friendly walking marshals will be there to support you throughout the event, with lead walkers at the front and marshals at the back of the group. They'll help guide the group along the route, offer support if needed and help ensure everyone has a safe and enjoyable experience.

Please follow any instructions given by our marshals, stay behind the lead walkers where requested, and remain on the designated route at all times.

If you need assistance during the event, a member of the Dorothy House team will be happy to help. We kindly ask all participants to look out for one another and let a marshal know if you have any concerns along the way.

Together, we'll help make sure everyone enjoys a safe, friendly and memorable Hike to the Lights experience.

Walking Along the Canal

We're delighted to be working in partnership with the **Canal & River** Trust to help deliver Hike to the Lights safely. Much of the route follows canal towpaths, offering beautiful waterside scenery and a chance to enjoy some of our local waterways.

To help everyone have a safe and enjoyable experience, please remember the Towpath Code:

Share the Space, Drop your Pace, It's a Special Place.

When using the towpath, please be considerate of others and follow these simple guidelines:

- **Pedestrians have priority.**
- Take extra care when passing other walkers, cyclists, dogs and wildlife.
- Be mindful of people enjoying the waterway, including anglers, boaters and paddleboarders.
- Keep to the designated path and be aware of your surroundings.
- Keep dogs under close control at all times and always clean up after them.
- Please take extra care near the water's edge, especially on narrow sections of the route.

By showing consideration to other towpath users, you'll help make Hike to the Lights a safe, enjoyable and welcoming event for everyone.

If someone falls into the canal

While incidents are rare, it's important to know what to do in an emergency.

- Do not enter the water yourself.
- Stay calm and raise the alarm.
- Call 999 immediately if someone is in danger and follow the advice of the emergency services.
- Look for a nearby life ring or throw line if available.
- Encourage the person to swim towards the bank or hold onto the edge if they are able to do so safely.
- Ask other participants or marshals for assistance.
- Use the what3words app to help emergency services locate you quickly. Bridge numbers and lock names can also help identify your location.

If you fall into the water:

- Try to stay calm and avoid panicking.
- If possible, float on your back and focus on controlling your breathing.
- Make your way to the bank and call for help.
- Once out of the water, remove any wet clothing and seek medical attention if you feel unwell.





Dogs

Well-behaved dogs are welcome at Hike to the Lights. Dogs must be kept on a lead at all times, and owners are responsible for bringing waste bags, cleaning up after their dog, and ensuring they are comfortable around other walkers, dogs and members of the public. Please note that dogs are not permitted on the coach transfer, except for registered assistance dogs.

Photography

Our staff and volunteers will be taking photographs throughout the event to capture this special day. Images may be used in future Dorothy House marketing materials, publications and on social media. If you would prefer not to be photographed, please let a member of the team know on the day or contact us before the event.

Health and fitness

Before taking part, please consider your own health, fitness level and any existing medical conditions or injuries. If you have any concerns about whether this challenge is suitable for you, we recommend seeking advice from your GP or healthcare professional before the event.

We also encourage you to complete some training walks in the weeks leading up to Hike to the Lights, helping you build confidence and prepare for the distance. Most importantly, listen to your body on the day, walk at a pace that feels comfortable, and don't be afraid to take breaks when needed.

Our walking marshals will be there to support you throughout the event, but your safety and wellbeing are our top priority.

Coaches

If you have booked a place on one of our coaches, please park in the lower car park at Dorothy House, Winsley House, Winsley, Bradford on Avon, BA15 2LE. Our marshals will be on hand to guide you from the car park to the registration area.

The hospice will be open from 8.10 am, where you'll receive a warm welcome from the team and have time to register, use the facilities, and collect any event materials before boarding the coach.

Coaches will depart promptly at 9.10am, so please allow plenty of time to check in before departure. Unfortunately, coaches must leave on schedule and will not be able to wait for late arrivals.

Making your own way to the start

Registration opens at **9:10am** at all three start locations.

When you arrive, our friendly team will be there to welcome you, check you in and answer any last-minute questions. You'll receive your walker number and any final event information before setting off.

Please allow plenty of time to register before the walk starts at 10:00am, there will be a safety briefing at 9.50am which you must attend.

Starting Locations

Devizes:
The Wharf Theatre,
The Wharf,
Devizes,
SN10 1EB

Chippenham:
Red Lion Pub,
Lacock High Street,
Chippenham,
SN15 2LQ

Keynsham:
Saltford Golf Club,
Golf Club Lane,
Saltford,
BS31 3AA

Where possible, we encourage you to car share, use public transport, arrange a lift, or take advantage of our coach transfer service from Dorothy House Hospice. Not only does this help reduce congestion at the start points, but it's also a more environmentally friendly way to travel.

If you do choose to drive, please allow plenty of time for your journey and parking. We kindly ask that you park considerately, respecting local residents, businesses and any parking restrictions. Thank you for helping us minimise disruption to the communities that are hosting our event.

Suggested long-stay car parks

Devizes

Station Road Car Park, SN10 1BZ - long-stay car park with all-day parking available.

Chippenham (Lacock start)

National Trust Lacock Village Car Park, SN15 2RQ - located close to the start area. (Please check opening times)

Keynsham

Parking is available at The Shallows Car Park (BS31 3EG), approximately a 15-20 minute walk from the start location. Nearby street parking may also be available; however, please be considerate of local residents, avoid blocking driveways or access routes, and ensure you park legally and safely at all times.

Important: Parking arrangements and charges can change. We recommend checking the relevant car park information before travelling and allowing extra time on the day in case your first-choice car park is busy.



Event Updates and Extreme Weather

The safety of our participants, volunteers and staff is our top priority. In the unlikely event of extreme weather, unsafe route conditions, or circumstances beyond our control that affect the safe delivery of the event, we may need to make changes to the route, delay the start, or cancel the event.

Should this be necessary, you will be contacted by email by **7:00am on the morning of the event.** Please ensure you check your emails before travelling. We will also share any important updates on our social media channels and website where possible.

Emergency Contact

In the event of an emergency on the day, please save the following number in your mobile phone before setting off: **07951033495**

Stay safe and have fun

Most importantly, have fun, stay safe and enjoy every step of your Hike to the Lights experience. Thank you for supporting Dorothy House and helping to provide expert care to local families. Don't forget to share your photos and tag us using @dorothyhouse.

