

# Shine Relief Trust Shine Walk 2023 Saturday 23<sup>rd</sup> December

## Walking together helping to raise funds for children at Shine Village, Malawi

**Event Start:** 5-15 for 5.30pm at Jubilee Church Hull HU1 3SQ

### **What to bring**

There are places to shelter on route if the weather changes. Its wise to carry a waterproof jacket, mobile phone and wear layers to keep warm. Check you have suitable footwear if walking in icy/wet conditions.

**Refreshments:** The walk may include a stop - please check with your team leader at the start. We recommend you carry a small snack just in case you need something on route.

### **Walk – what to expect**

Route -The route link will be sent to your mobile phone.

The walk is on concrete paths crossing many minor and some major busy roads. We will be using crossings whenever available. The route is suitable for wheelchairs/pushchairs. It may be dark in some places although all the streets used should be well lit - please take extra care!

Under 16s must be accompanied by an adult. Children must comply with instructions given at all times and not run off. Any child behaving in a manner that may cause danger to themselves, other pedestrians or road users will be asked to leave the walk for their own safety.

We begin in a pedestrianised area but will quickly join paths following along busy roads -so take care passing other pedestrians and be aware of cyclists who do share the path at the junction of Springbank and Princess avenue. Although the highway code states vehicles should wait for pedestrians to cross at junctions we advise caution at every road junction. Do not assume vehicles/cyclists will give way. Stay safe ! You are responsible for your choices so please do not just follow the crowd. STOP LOOK and LISTEN!

### **Length and timing.**

1hour 40mins - 2 hours.

Terrain is flat. The weather conditions may affect walking speed: any high winds will slow your group at times. Take time for a huddle and regroup

### **Fancy dress or Malawi style Challenges**

You may wear costumes on this walk but please advise the team leader of any challenges this will present. Inflatable costumes may have limited visibility and extra weight to navigate, we therefore recommend you have a non costume walker to escort and guide your steps - helping you to spot any hazards.

Malawi style walk challenges may be to carry a basket of fruit, bundles of sticks or water containers. Any challenge carried on the head is done so at the participants own risk. We recommend advice is taken before considering any challenge which is out of your ordinary every day work. Caution is needed and should only done for short distances or carried underarm.

### **Return**

The train to Hull\* runs every 30 mins from Cottingham. Please let your team leader know if you are making your own way home. Those wishing to return via train to Hull will need to book a ticket - it is £1.80 - £3 depending on when you book. There is a bridge to cross to access the platform. The walk will officially end at Cottingham train station. NB there is limited parking at Jubilee church so please advise if you wish to use this.

\*The train takes 9 minutes and arrives at Paragon Station Hull.