

What to wear

Walking shoes or boots should provide flexibility and lots of support and cushioning around the ball of the foot. Make sure your toes have plenty of room. Your shoes should be a bigger size than you usually take; it is worth bearing in mind when you are fitted with shoes that your feet may swell during the walk.

You should wear socks that go above your ankle (high enough to cover the back of your shoe/boot) to prevent blisters. Through trial and error you will discover what is most comfortable for you but make sure you wash the socks before you wear them and avoid wearing new socks for the walk itself! We suggest you bring an extra pair of clean/ dry socks and blister plasters as they have a special padding for blister points.

Wear loose-fitting, comfortable clothing without seams that may rub. You may want to cover your legs so you don't get scratched by brambles or stung by nettles. Layers are advisable; to add or shed as the temperature changes and your muscles warm up. We advise you to bring a waterproof jacket in case of rain.



Preparation

Walking training programmes are available on our website at www.naomihouse.org.uk. The walk is long and challenging and so requires training. If you are doing the longer walk we suggest you practise with long walks through woods, fields and include some hills.

In the two days before the walk itself, relax and stretch, avoiding any aerobic exercise like walking, or swimming. Hydrate your body: drink plenty of water and avoid caffeine and alcohol. Eat lots of carbohydrates like pasta, rice, oats etc.

Guide Times

The Clarendon Way Walk will take you 8-9 hours from Winchester to get to Salisbury and a maximum of 5-6 hours from Broughton to Salisbury. To make sure you arrive at Salisbury Cathedral by 19.00, you should try to be out of Broughton by 13.30. We will close down the Salisbury site at 19.30.

Please ring or text on 07925 349820 if you do not think you will be arriving at Salisbury Cathedral by 19.30.

If you will not be finishing the walk, please sign out with a text or call to 07925 349820 to check out. It is very important that you sign out so we know you are not lost!

Emergencies

The walk will have marshals located at all major crossroads as indicated on your route directions. The marshals are all volunteers from the Army Training Regiment, Winchester.

Marshals or radio operators can help you make contact with a first aid provider or you can ring the walk organisers on the numbers provided.

GB Medical Services will be providing the first aid cover.



FAQs

What route does the walk take?

The Clarendon Way crosses the Test Valley between Kings Somborne and Houghton. It provides a splendid variety of scenery along the way, ranging from the water meadows of the valleys with their charming villages through woodland - ancient as well as modern - to downlands with far-ranging views.

What time can I check in from?

At Winchester for the 26 miles walkers can check in between 7.10 and 8.10.

At Broughton for the 12 mile walk check in is between midday and 1.30pm

Why do I have to check in and out?

It is important to check in at your start point and check out at Salisbury so we can see who has started and if anyone is still out on the route. This is for your safety.

What do I need to bring on the day?

Walker number, Clarendon Way t-shirt, water, snacks, comfortable walking footwear, plasters and small first aid kit, walking directions, and bus/ticket if pre-bought.

Can I bring my dog?

Yes dogs are allowed on the walk and buses. It is important to ensure dogs are well behaved and kept on a lead to ensure that local livestock are not aggravated.

If I can't take part now, can I give my place to a friend?

Unfortunately, your place is non-transferable and non-refundable. If you cannot now take part please let us know.

If I want to drop out at Broughton can someone take me back to my car or the finish?

Unfortunately we are unable to provide transport so please be aware that you will need to arrange for a lift or order a taxi.

What is in the lunch?

A sandwich, a piece of cake, a piece of fruit and a packet of crisps.



What should I wear?

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You should wear socks that go above your ankle (high enough to cover the back of your shoe/boot) to prevent blisters. Through trial and error you may discover what is most comfortable for you but make sure you wash the socks before you wear them and avoid wearing new socks for the walk itself! We suggest you bring blister plasters as they have a special padding for blister points.

Wear loose-fitting, comfortable clothes without seams that may rub. You may want to cover your legs so you don't get scratched by brambles or stung by nettles. Layers are advisable; to add or shed as the temperature changes and your muscles warm up. We advise you to bring a waterproof jacket should it rain.

Will you have changing rooms or storage?

There will be no facilities of this nature so please arrive with limited personal belongings or bring a rucksack. Naomi House & Jackspace cannot accept responsibility for any belongings left unattended.

Where do the buses leave from after the walk?

The buses leave from Salisbury Cathedral Walls at certain times. Please be patient as the buses will only leave when there are enough people. There will be marshals in place to direct you to the buses.

How often do the buses leave Salisbury?

The buses leave after the walk every 45 minutes for Winchester and every 30 minutes for Broughton. The times are included in this pack and can be found at the finish in Salisbury.

Where do the buses drop us off?

Winchester —King Alfred's Statue, The Broadway
Broughton—Car Park off Rectory Lane

Can children take part?

Yes but we advise only children over 8 to take part and walk with a parent/ guardian.

Can children and adults in wheel chairs take part?

Please call 01962 760060 to discuss.

PARTICIPANT SAFETY BRIEFING

PLEASE ENSURE YOU READ THIS CAREFULLY

- The Clarendon Way Walk is a public footpath so please be aware of other walkers not involved in the event.
- Please ensure you close any gates that you open or see open, especially if there is livestock in the fields.
- The pathways may be muddy due to weather so please mind your footing and be aware of the path in front of you. Naomi House & Jackspace put together a risk assessment prior to the event and will contact the local councils if trees have fallen and if bushes are overgrown and blocking pathways.
- Please be aware of cars and take care when crossing main roads. Marshals will be in place as well as signs to warn drivers in the area.
- Please follow the black arrows with the Naomi House & Jackspace logo on and read your directions (in your pack)
- Make sure you read any caution signs and take care.
- Please wear appropriate footwear and dry socks. The medical team advises that all participants bring an extra pair of socks to reduce the risk of blisters.
- Your walker number must be worn at all times, please secure it with safety pins. Please write on the reverse if you have a medical condition we should know about.
- Please listen carefully to any information or instructions that marshals give – they are also there to contact first aid support if you need help.
- Water, refreshments and toilets will be at certain points along the route, but please ensure you have extra water and snacks with you.
- If any walker is suspected to be under the influence of alcohol or drugs they will not be allowed to take part.
- Photographs and video may be taken at this event and may be used to publicise Naomi House & Jackspace and future events in print and on the web. When sharing photos on social media, please tag @naomiandjack.
- In order to take part in this walk, all participants must take responsibility for their own fitness and health at the event.
- Do not set off too quickly, pace yourself and take breaks when needed.

