

WALK FOR A CURE PEAK DISTRICT

EVENT DAY INFORMATION:

Date: Saturday 13 September

Registration opens: 13km: 11:45, 21km: 8:45, 42km: 6:45

Venue: Carsington Water

Start time: 13km: 12:30, 21km: 10:00, 42km: 8:00

Postcode: DE6 1ST

Please note: 21km and 42km will be transported by coach to their start

Transport: The nearest mainline train station is Derby. Carsington Water is approximately 50 minutes drive from the station. Train times can be found by telephoning National Rail Enquiries on **03457 48 49 50** or visiting nationalrail.co.uk

Parking: Please follow our parking marshals instructions and park in the designated area only. There is plenty of parking for participants and spectators. **Parking payment:** You will need to pay for parking at the Event Hub before you leave. Payment can be made at the machine with cash or card.

Dogs allowed: We are unable to accept dogs at our Peak District events due to private land permissions and livestock on route.



CHECKLIST:

- ✓ Check the weather forecast
- ✓ Wear clothes comfortable for walking and the weather (waterproofs, sun hat, sunglasses)
- ✓ Waterproof hiking boots – water-repellent and fully broken in (you don't want to be getting blisters!)
- ✓ 2 pairs of walking socks
- ✓ Waterproof rucksack
- ✓ Trekking poles
- ✓ Suncream/ sun hat
- ✓ Bring a refillable water bottle
- ✓ Bring a fully charged mobile phone/camera
- ✓ Share your fundraising page with friends and family
- ✓ Only pack essentials – there is no bag drop, we advise packing a snack to keep you fuelled.
- ✓ Spare set of warm clothes in your car to change into after the hike
- ✓ Be ready to Walk For A Cure with lots of fundraising spirit!



TOP TIPS:

1. Be ready to Walk for A Cure, make sure you are hydrated and fuelled.
2. Remember to collect your orange top and lanyard in the event village.
3. Take pictures at the event and share on your social media with your fundraising page.



Share your event day pictures [here](#):



ENTER OUR FUNDRAISING COMPETITION

Be in with a chance of winning an ARUK Goodie Bag by hitting your fundraising target the day before your walk. We will be doing one draw per location, and everyone who hits their target before event day will automatically be entered!

At the end of our walking series we will also be rewarding four of our top fundraisers with a prize from our corporate partners. If you raise £500+ you could be in with a chance of receiving a fantastic prize from our corporate partners including Dyson, The Perfume Shop, Cadbury and Helly Hansen.

