



SWALK – Frequently Asked Questions.

Location: Knepp Estate, Swallow Lane Dial Post, West Sussex RH13 8NQ.

Timings:

- On the day sign up open at 9am
- Pre-registration sign up at 9.30am
- SWALK will begin at 10am
- Event close approx. 2pm (or when the last SWALKER returns!)

Registration: Registration fee includes:

- Before the event - Look Good Feel Better T-Shirt (subject to size availability)
- At the finish line - Goodie bags rrp. £50 for each adult SWALKER. Child SWALKERS will receive treats and goodies.

Parking: Free Parking – follow SWALK event signage

Route: Mighty March will follow the 10km RED route. Steady Strollers will follow the YELLOW 3km route.

You can change the route you decide to walk – Just make sure you let us know on the day at registration or with the checkpoint marshal know who can report back to Event Control.

Off-road buggies are suitable for part of the route – please contact fundraising@lgfb.co.uk for further information.

Weather: Has it been raining? Wellies and waterproofs essential! We aren't joking, the paths get *really* muddy when it rains.

Footwear and Clothing: Nature is unpredictable. Be prepared for sudden changes in weather conditions.

- Pack an extra layer of clothing that reflects the most extreme conditions you could encounter.
- Wear/bring sturdy walking boots or wellingtons, a comfortable rucksack, jacket, hat, gloves, and waterproof coat.
- For sun protection consider using sunglasses, sunscreen, and hats. Protective clothing such as trousers and long sleeve shirts can also help minimize your exposure to the sun.
- We recommend you cover your arms and legs to avoid ticks during your walk.

Dogs: Knepp welcome well-trained dogs and their responsible owners. We want you and your four-legged friend to enjoy your visit, but please help with rewilding by adhering to the following rules:

- Keep your dog under close control. Your dog must be within sight at all times and able to be recalled instantly. Using a short lead helps to keep your dog from disturbing ground-nesting birds and farm animals.
- Always pick up after your dog and take your rubbish away. Leaving behind your dog's mess isn't only anti-social, it can have tragic consequences for the animals.
- Be considerate to others. Not everyone likes dogs, ensure your dog doesn't run up to other people, particularly children.
- If animals are on the footpath and seem unwilling to move, go around them, giving them a wide berth.
- Do not allow dogs to swim in any water bodies at Knepp. Dogs swimming in water can disturb wetland wildlife, such as nesting or feeding ducks and grebes, and nesting harvest mice along the reedy edges. Dog flea and tick treatments wash off in the water, these often contain neonicotinoids which are highly toxic to aquatic wildlife.

Checkpoints: There are checkpoints along both routes that will be marshalled by volunteers and have contact with event control should you need any medical assistance.

Medical Cover: Pulse Southern will provide First Aid cover and will be located at the start/finish as well as along the route.

Refreshments: Staying hydrated on your trip is of utmost importance! Especially in hot weather, you should drink water often and before you feel thirsty. Prepare your water before you need it and do not allow yourself to become dehydrated.

- At Knepp the [Wilding Kitchen](#) café is open every day of the week for breakfast and lunch.
- The restaurant is open for lunch from Wednesday to Sunday.
- There is a takeaway café in the Wilding Kitchen courtyard selling hot and cold drinks and cakes.
- Andrew Hall located on Red Lane in Shipley Village will be open for a rest stop and refreshments for the Mighty March 10k SWLAKERS.

Countryside Code: Please keep to public footpaths, follow the [Countryside Code](#), and shut all gates behind you.

Livestock and Wildlife: The herds of ponies, cattle, pigs and deer are, to essentially, wild-living animals. Knepp Estate do not feed or shelter them, and they are free to roam wherever they choose.

- Knepp Estate need to protect their natural flight distance for both their own and the public's safety.
- Do not approach or try to pet or feed the animals.
- Take particular care not to get between a mother and her offspring

Fundraising: We ask each SWALKER aims to raise a minimum of £50 which equates to funding 1 place for someone living with cancer to attend a Look Good Feel Better workshop.

When you register, you will be automatically prompted to set up a fundraising page. You can personalise this page as much as you like by adding a story, images, and updates. You can then share the link to your page with all your friends, family and colleagues and ask them to sponsor you/ donate.

We will also provide you and your team with a fundraising pack which is filled with lots of handy ideas, tips and materials to help you reach your fundraising target with confidence.

How will the funds I raise be used by the charity? Every £50 which is raised will help to fund a place for someone living with cancer to attend a Look Good Feel Better wellbeing workshop and receive vital advice and support whilst undergoing cancer treatment.

Who do I contact for further information?

Look Good Feel Better Fundraising Team: fundraising@lgfb.co.uk / 01372 747500