

Join us this September for a
sponsored hike in Lancashire
to raise funds for Caritas Salford

Whalley Circular
Saturday 14 September 2024



Every Step

As part of the Caritas Every Step campaign, why not join us for a fundraising hike around Whalley in Lancashire to raise funds for local people experiencing poverty, homelessness and discrimination?

This pack should include everything you need to know to get the most out of your experience. Please feel free to contact us if you have any questions.

Route description

Start: Whalley Abbey

From the Abbey, we cross the river then start a steep ascent up the 'Nab' before the route levels out and climbs more gently towards the top of the ridge at Old York Village.

From here, for those who want to retire early, it's a 15-minute walk downhill into Langho to catch the train back to Clitheroe, Whalley or Blackburn. For the rest of us, we continue over the crest of the ridge and descend to skirt Dean Clough Reservoir before meandering downhill through the woods to the River Calder, crossing at Cock Bridge and heading into the stately parkland of Read Park.

From here, we continue across pastures and woodland to return to our starting point in Whalley.

Caritas
contact on
the day
Rachel Taylor:
07739 044 060

Walk leader
Mark Sutcliffe:
07595 842 374

Required actions

Please register [here](#) to secure your place now.

Please sign and return your acknowledgement of risk disclaimer which will be emailed to you once your place is confirmed.

Please set up your [fundraising page](#).



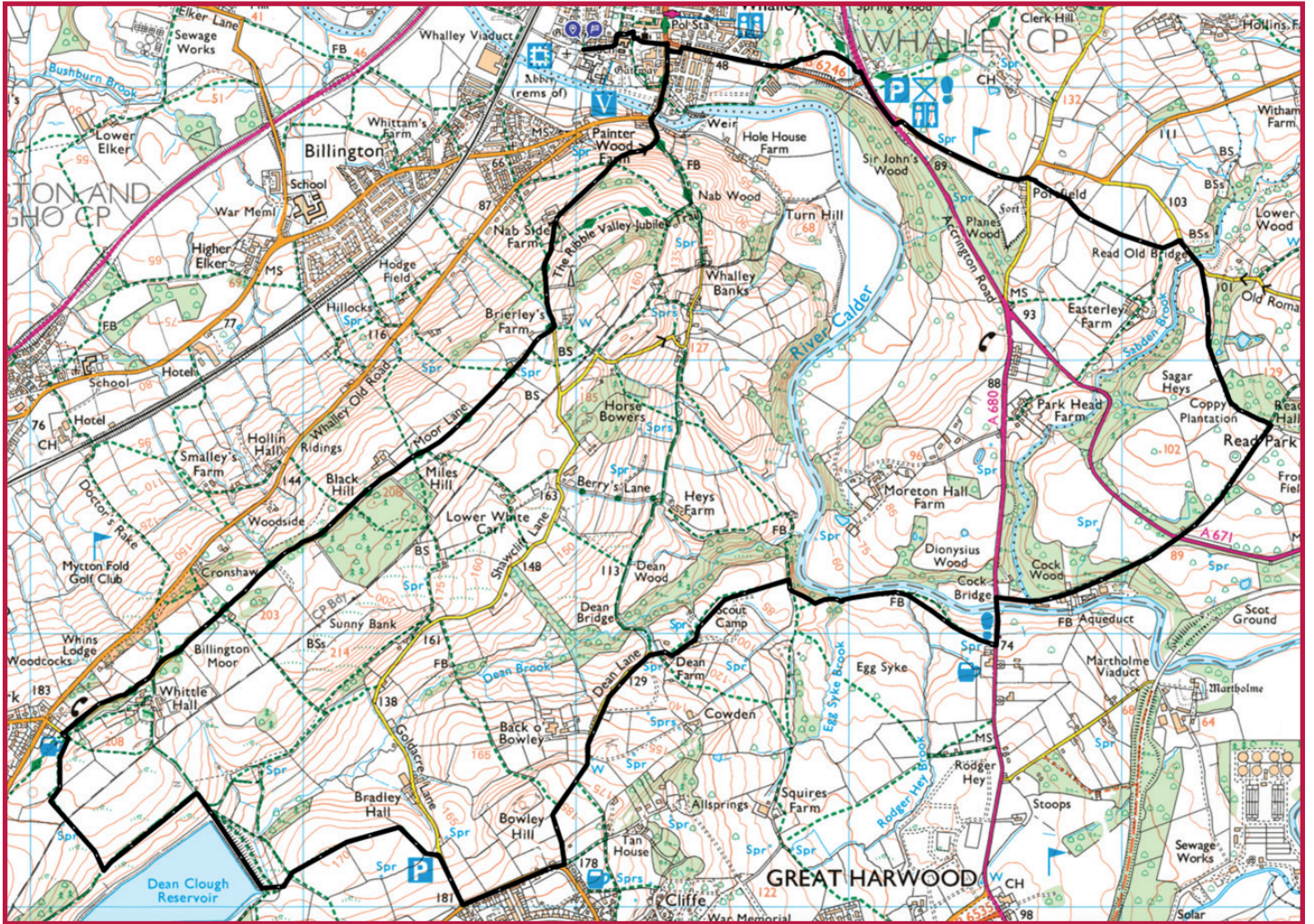
Route data

DISTANCE:
14km / 8.7 miles

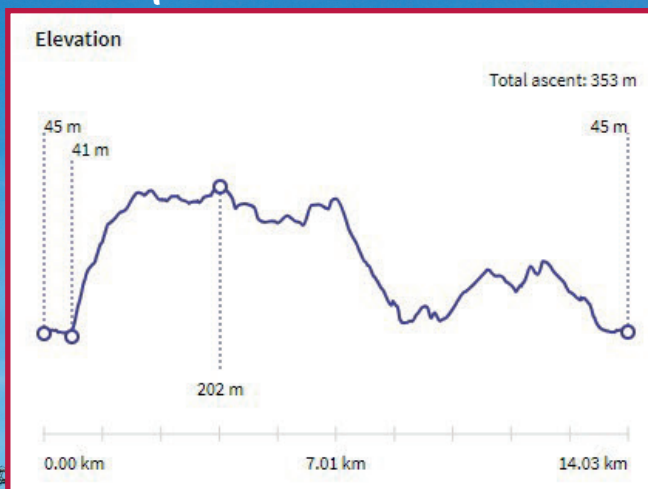
ASCENT:
350m / 1200ft

TIME:
4hrs 30m

CHALLENGE:
Moderate



Route profile



Travel and schedule:


Meeting location:
Whalley Abbey,
The Sands,
Whalley,
Clitheroe
BB7 9SS.


Car parking is available at the abbey.
We understand that the abbey does not open until 10am, so please try to use alternative toilet facilities enroute.




Getting to Whalley Abbey:

We encourage people to use public transport or car share wherever possible. It causes least impact to the community and to the environment.

 **By train:** Whalley is served by direct trains from Blackburn and Manchester Victoria. The station is half a mile from the abbey.

 **By bus:** Frequent services from Blackburn and Clitheroe, and less frequent from Preston, Manchester, Accrington, Burnley and Skipton.

 **By road:** Whalley Abbey is in the centre of Whalley Village just off the A59 and three miles south of Clitheroe. From The M6, leave at junction 31 and take the A59 towards Clitheroe. Whalley (12 miles away) is clearly signposted. Alternatively, from the M62 and North Manchester area, take the M66 and then the A56, following signs to Accrington, Clitheroe and then Whalley.

Schedule:

9.15am

Meeting and
briefing from
walk leader

9.30am

Walk starts

12.30pm

Lunch

2.00pm

Walk
finishes

Acknowledgement of risk:

Caritas Salford will be sending you this document once your place is confirmed. Please sign and return it promptly.



Bad weather

This walk will only be cancelled in the most severe weather. A high risk of thunder and lightning would be one such situation. In the event of cancellation, all participants will be contacted using the details provided to us upon registration.

Children

This is an event for adults (18+) only.

Covid-19

Whilst not a legal requirement to self-isolate, we politely request that you do not participate if you believe you are exhibiting symptoms which could be passed on to other hikers. Thank you.

Countryside Code

We politely request that you strictly adhere to the [Countryside Code](#) so that others can enjoy the great outdoors too.

Dogs

We love dogs, but some human participants may be a little nervous of our canine friends. For this reason, only very well-behaved and socialised dogs should join us for this hike. They must be kept on a short lead at all times please.

Toilet etiquette

Once we commence our walk, it is absolutely 100% okay to find a bush or some big rocks if nature calls. Group discretion can always be

facilitated whenever required if you need a few minutes. Just ask the leader what 'cover' might be coming up soon on the route.

Clothing and equipment

Sturdy walking boots are required for maximum comfort and stability. In terms of clothing, keep one eye on the weather forecast and take a layered approach to what you wear so you can increase and decrease warmth as required - a base layer and a waterproof outer as a minimum, and a spare pair of socks is recommended too.

Fitness, health and safety

You will need to have a decent level of fitness to undertake this moderately challenging walk. There is an exit option for anyone who doesn't wish to make it such a long day. Please bring suitable protection, sticks or footwear if you experience any weaknesses in knee or ankle joints.

Our walk leader is trained and experienced in outdoors first aid and will bring a First Aid pack with him and other equipment to ensure the safety of the group.

Hydration and energy

Please bring a packed lunch for our picnic stop and enough water to sip all day.

Please ensure adequate pre-hydration - even the day before. It is recommended

that you drink 300ml before you start a walk and then to sip 200ml every 20 minutes while walking.

Essentials

- Walking boots
- Warm layered clothing
- Drinking water
- Small rucksack
- Waterproofs
- Hat/gloves and suncream!
- Personal medication
- Packed lunch

Recommended

- Spare socks
- Hot drink flask

Remember to

- Charge your phone
- Bring card/change for parking
- Break in any new boots

Do consider

- Small towel / baby wipes
- Walking poles
- Small waterproof pouch for any tech

Avoid

- Wearing jeans
- Tight footwear



If you need any further information, or would like to check any of these details before registering your place, please contact Rachel, Kirstie or Lucie

fundraising@caritassalford.org.uk

Telephone 0161 817 2281 / 2285.