

Frequently Asked Questions

Can anyone enter?

Yes! The Twilight Walk is for everyone, of all ages and abilities. The event is designed to be a great family event and we have carefully chosen locations across the UK to ensure that you can make a day of it. Children under 16 must be accompanied by an adult – see ‘minimum age’ question below.

How long is the route?

The Twilight Walk is a 10km (6.2 miles) circular walk in each location and will take you anywhere between 1½ to 2 ½ hours to complete, depending on your pace. There is no rush - the walk is not a race, so there is no pressure to finish at a certain time.

How fit do I need to be?

The event has been designed to be fun and appropriate for people of all levels of fitness yet still provide a reasonable level of challenge. We advise you walk at your own pace and read our helpful training tips.

Can I run?

These events are walking events, and are not races. For your safety we have pace walkers at the front and at the back, and we ask you remain behind the front pace walker. We therefore cannot allow jogging or running. If you're a keen runner, why not join #TheBrainyBunch and sign up for one of our runs? Check them out at thebraintumourcharity.org/events/

Is there a minimum age?

No. These events are for everyone and there is no minimum or maximum age. We do require all entrants under 16 years to be accompanied by an adult at all times. Lost children wristbands will be available at the registration desk on arrival if you wish to use them for your child.

Can walkers register on the night?

Sadly no. All walkers need to be registered in advance and any **unregistered walkers will not be able to take part.**

Can I bring my dog?

Unfortunately we cannot have dogs (except assistance dogs) at the start/finish venues or on the walks themselves.

I am a wheelchair user, can I still take part?

The routes are suitable for wheelchair users however please contact us prior to the event to notify us that you are taking part in a wheelchair. We advise that you take part in a team so that you have plenty of support to help you along the way on the night. If you are in any doubt as to whether the route will be suitable for your needs we would encourage you to get in touch as soon as possible. If an entrant with a disability needs assistance from another person, this person must also register for the event.

What should I wear?

We recommend that you wear warm, comfortable clothes and practical footwear with your walker t-shirt on top. Wearing a good pair of trainers or walking boots/shoes is highly recommended. Wearing layers is a good idea so you can adjust your temperature as you warm up during the course of the walk and don't forget your wet weather gear, just in case!

Can I wear fancy dress?

Of course! We encourage all participants to wear fancy dress, please just make sure that you will be comfortable. All we ask is that you wear your walker t-shirt to help raise awareness of what you're doing and why.

Is it ok that I'm walking on my own?

Yes of course! If you would like to meet and walk with others, there will be a meeting point arranged on the night where you can meet before the walk starts.

Do I have to raise a certain amount of money?

We ask that you try to raise a minimum sponsorship of £100 per person. Every penny you raise will go towards doubling survival and halving the harm of brain tumours. If you're not able to raise the full £100 we would still love you to take part in the walk.

How do I fundraise?

When you register, we will send out a fundraising pack and sponsorship forms to the person who booked your tickets. We strongly recommend you set up an online giving page with JustGiving (we can show you how or check out their *help pages*) and use social media to let your friends and family know that you are taking part and how they can support you. Your local press will probably be interested in your story – what you are doing and why. We will send you a simple guide and press template so it is extremely easy for you to send them your story. This will help raise awareness of brain tumours and often gets you additional donations too. Our fundraising team are here to give you guidance, suggestions and useful resources and will be in touch after registration.

Should I bring my sponsorship money on the night?

To minimise administration and reduce the risks associated with handling money, we ask that you do not bring sponsorship with you on the day of the event but rather send us a cheque or bank transfer before or after the walk. This is to ensure that we can keep an accurate record of how much you have raised and send you a certificate to thank you after the event.

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Where should I send my sponsorship money?

Please send this in, together with your sponsor forms, after the event to:

The Brain Tumour Charity, Hartshead House, 61-65 Victoria Road, Farnborough, Hampshire, GU14 7PA
(cheques payable to The Brain Tumour Charity)

If you wish to make a bank transfer:

Lloyds Bank

Account Name: The Brain Tumour Charity

Account Number: 50290568

Sort Code: 30-93-74

When do I get my walk pack and t-shirt?

You will receive your pack in the post within a few weeks of registering which will contain your walker t-shirts, fundraising materials and further information about the event. This will be sent to the postal address of the member of your team who booked your tickets.

Are there any storage facilities to leave things at the start?

Unfortunately there are no facilities to leave possessions available to us. Please do not bring anything with you do not wish to carry on the walk, especially valuables.

Is parking available?

We have done our best to secure parking for the event however this is sometimes tricky in busy town centres. You will receive details of where to park in your registration pack which will be sent by post. Details will also be on our website when parking sites are confirmed. Unfortunately parking is limited and in some locations there may be a charge to park so please car share where possible.

Is there anything specific about the route I need to know?

The route follows the town footpaths and pavements and the majority of the route is well lit. The route is fully signposted and stewards will be helping to guide the way. Whilst these walkways are maintained, in some areas the ground is uneven under foot and there are some hillier areas. Please be mindful of this and also that there are signs, parking bollards and trees littering the walkways.

Where the routes cross over main roads, designated crossing areas are used. However, there are a number of other roads which do not have designated crossings present. Please use due care and attention when crossing all roads and ensure that any children you have with you are properly supervised when crossing.

If you pass a children's play area during the walk, please do not allow your children to play on the equipment or in this area in fading light. Please be aware of wildlife on the river and surrounding banks and we ask that you do not feed them.

Please be respectful of the local community and try to keep noise to a reasonable level for a Sunday evening, especially throughout the residential areas.

What happens on the night?

We will send you detailed guidance before the event. On arrival, you will need to register and collect your walker card which needs to be worn at all times during the event. We encourage you to arrive early to avoid long queues. We will then join together for a gentle warm up and set off on the walk at the advertised time. After completing the walk, you will need to return to the start/finish venue to check back in so we know that you're safe.

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What if I arrive late?

In order to ensure the safety of all walkers and the fact that the stewarding of this event is very complex, we are unable to allow late arrivals to depart on the walk after it has started. Please try your best to arrive on time, to reduce the risk of missing out.

Do you need volunteers on the night?

YES! We need lots and lots of brilliant volunteers for various roles such as stewarding on the route, handing out medals, registration and lots more. If you know anyone who is interested please get in touch or ask them to sign up via our website. Please note all volunteers have to be over the age of 18 years old.

Will we be safe?

Your safety is of utmost importance to us. The walks will be fully marshalled with identifiable stewards in hi viz tabards. These marshals are there for your safety, so please do listen to them if they are giving you instructions. They are also in full communication with the Events team and able to raise the alarm for first aid or if an emergency occurs.

All walkers will be sent a walker brief in your pack which will give you safety advice and we would ask that you read this carefully. We would also ask walkers to look out for each other to ensure that no one walks alone. There will be lead walkers and back walkers to make sure we don't lose anyone.

Will there be toilets?

There will be toilets at the start/finish venue for you to use before and after the walk. There are a small number of public toilets en route but we cannot guarantee these will be open.

Will there be refreshments?

Yes, there will be hot & cold drinks and light snacks available and you will be provided with a bottle of water before you start the walk. However please do ensure you eat a substantial lunch in the day and consider bringing your own additional drinks and snacks for the duration of the walk.

Can we bring alcohol?

We will not allow any consumption of alcohol at the start of a walk, during the walk itself or at the end of a walk. Walkers will be refused entry or instructed to leave the walk at any time should they appear to be under the influence of alcohol. You will enjoy the event far more if you are sober and safe.

Will it go ahead if it's raining?

Absolutely! The British weather is notoriously unpredictable of course so please keep an eye on the weather forecast and bring wet weather gear if it looks a little soggy. The walk will only be cancelled if it becomes too dangerous for you to take part.

What happens if I hurt myself or have any problems on the walk?

We will have first aid present at the start/finish venue and en route for the duration of the event. Walkers should speak to the nearest steward who will call the first aiders to come to you. More information, including a contact telephone number for the event organisers, will be provided in your walker brief should you need assistance. Should you be unable to continue with the walk we will arrange for you to be picked up and returned to the start.

What happens if I can no longer take part?

If you're now unable to take part, please do let us know as soon as possible. We're unfortunately unable to refund your registration fee and we are also unable to transfer your place across to another walker. All walkers need to register independently.

How much of the registration fee goes towards funding research into brain tumours?

Obviously it does cost money to put on these events. However we're extremely efficient, not paying for any unnecessary frills. We are proud that as a charity over 80% of our income goes straight towards our charitable objectives.

What do I need to bring?

To ensure you are prepared for the walk, here's a quick check list:

- Warm layers to wear during the walk
- Torch
- Waterproofs in case it rains
- Camera to capture those magical moments
- Sunscreen and hat if the sun is shining
- Rucksack
- Water and snacks for the walk
- Mobile in case of emergency
- Event information that has been sent to you, including registration details, inspiration bib and your t-shirt!

You're all set! Please do contact us if you have any further questions.

T: 01252 749043

E: thewilghtwalk@thebraintumourcharity.org

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