



## Active Sunderland BIG Walk – Frequently Asked Questions

Sunday 30<sup>th</sup> June 2019, Herrington Country Park

### ABOUT THE EVENT

#### The BIG Walk

The Active Sunderland BIG Walk is a walking event that starts and finishes in Herrington Country Park. This year participants have the choice of three different routes:

- 3 miles
- 7 miles
- 11 miles

The 3 mile route takes place entirely within the boundaries of Herrington Country Park and includes the option of a scavenger hunt trail, ideal for children, families, beginners or those with mobility issues.

The 7 & 11 mile options leave the confines of the park and take in the beautiful countryside of the River Wear valley, behind Penshaw Monument. Both the 7 & 11 mile options require good, strong sturdy footwear and are not suitable for wheeled access. These routes can be muddy after heavy rain.

<b>3 mile route (scavenger trail optional)</b>	
Minimum Time	1 hour
Level of Difficulty	Easy
Paths	Mainly excellent tracks, no roads, two fairly steep climbs, track up to high point of Herrington Country Park is slightly eroded
Landscape	Open countryside, parkland, small lakes and ponds, woodland plantation
Pushchair/Wheelchair Friendliness	Yes
Dog Friendliness	Off lead opportunities if under control

<b>7 mile route</b>	
Minimum Time	2 hours 30 mins
Level of Difficulty	Moderate
Paths	Excellent tracks in Herrington Country Park, some road side pavements, field paths, flat mineral line pathway, one steep climb up to mid point of Penshaw Hill, minor tarmacked lanes, riverside paths, steady climb from river back up to Penshaw village
Landscape	Parkland, open countryside, wooded gulleys, riverside
Pushchair/Wheelchair Friendliness	No
Dog Friendliness	Dogs to be kept under control

<b>11 mile route</b>	
Minimum Time	3 hours 30 mins
Level of Difficulty	Moderately challenging
Paths	Excellent tracks in Herrington Country Park, some road side pavements, field paths, flat mineral line pathway, one steep climb up to mid-point of Penshaw Hill, minor tarmacked lanes, steep step descent down to river, flat and undulating riverside paths, steady climb from river back up to Penshaw village
Landscape	Parkland, open countryside, wooded gulleys, riverside, some residential areas at Fatfield
Pushchair/Wheelchair Friendliness	No
Dog Friendliness	Dogs to be kept under control

The £11.00 entry fee includes a BIG Walk technical t-shirt, a medal and a goody bag.

#### **Where can I find out more about the routes?**

The route maps can be found on the Active Sunderland website at [www.sunderland.gov.uk/bigwalk2019](http://www.sunderland.gov.uk/bigwalk2019)

#### **What time does it start?**

The BIG Walk will start at **10.00am**, with registration open from 8.45am.

### **How many children can I register under my supervision?**

One adult should supervise no more than four children. This is to ensure the safety and wellbeing of children in your care whilst taking part in the BIG Walk.

3 mile route - children **under 12** must be accompanied by an adult.

7&11mile route - children **under 16** must be accompanied by an adult.

All those taking part must register and pay the £11 entry fee (with the exception of babies and small children in pushchairs and dogs!)

### **Is this a charity fund raising event?**

No. The Active Sunderland BIG Walk, however, represents the perfect opportunity for people to raise money for their chosen charities and good causes, without having to organise their own one off events or activities.

### **Will I be given a personal time when I complete the walk?**

No. The BIG Walk is a non-competitive, enjoyable, participation event giving you the opportunity to get active and enjoy Sunderland's beautiful countryside. Times are not provided.

### **Do participants need to have any previous experience to take part?**

No experience is required for the shorter distances. However the 11 mile option requires a basic level of fitness, as it is a moderately challenging route that follows public footpaths through open countryside and several short inclines along the River Wear.

### **Are the routes signposted?**

Yes. All routes will be signposted throughout with fluorescent directional signs. In addition marshals will be located at key positions to assist you further.

### **Are dogs allowed on the walk?**

This year's BIG Walk passes through areas of open countryside, including farmland, where livestock such as cattle and horses can be present. Dogs are allowed on the walk but they must be well behaved and kept on a leash at all times. Marshals will be on site to alert walkers of areas that potentially contain livestock.

## **ENTERING THE ACTIVE SUNDERLAND BIG WALK**

### **How do I enter the event?**

Entry is available online at [www.sunderland.gov.uk/bigwalk2019](http://www.sunderland.gov.uk/bigwalk2019)

Entries are open until Sunday 23<sup>rd</sup> June 2019.

Entry on the day is also available at £11.00 per person, however, availability of t-shirts cannot be guaranteed. To avoid disappointment please enter online before the closing date.

### **What time on the day can I register?**

Registration will open at 8.45 am. Please look for the Active Sunderland Gazebos and branding located near to the play park, members of the Active Sunderland Team will be on hand to assist you.

**Why can't I enter by post?**

This year entries to the BIG Events programme are via an online system only. This ensures a much quicker and more efficient entry process. In addition participants can be sent acknowledgements and event information much more efficiently and without delay.

**Will I receive confirmation of my entry?**

Yes. Confirmation will be sent via email, upon receipt and processing of your entry form. If you do not have access to email, confirmation will be sent by post. Additional information will follow in the weeks before the event. Please also check your spam folder just in case your confirmation email ends up there.

**If I don't turn up on the day will I get a refund?**

Refunds can be processed upon request but only up to the date that the online entry system closes. In the event that Active Sunderland cancels the walk, in extreme adverse weather conditions for example, then refunds will be issued to all participants.

**Will you post my t-shirt to me before the event?**

No. T-shirts will be issued prior to the start from the Active Sunderland registration point.

**ON THE DAY****What do I need to wear?**

Please dress appropriately for the weather conditions on the day. If rain is forecast it is advisable to carry a lightweight waterproof jacket.

Good quality, supportive and comfortable footwear is required for all routes, particularly the 7 & 11 mile options. Comfortable clothing which allows you to move freely is also recommended.

Please pay attention to the weather forecast for the day of the event and tailor your outfit accordingly. If the sun is very bright, consider wearing a hat and please remember to apply a suitable sun block.

**Are changing rooms available?**

No. There are no facilities of this type, please arrive changed and ready to participate.

**Are toilets available on the day?**

Yes. Toilets will be available at Herrington Country Park. In addition toilets, and also refreshments which you can purchase, will also be available en route at Wearside Golf Course.

**If I have a disability, will I be able to participate?**

Yes. If you need any extra support or assistance please contact us before the event on **0191 561 4578**. Please note, only the 3 mile route is wheelchair accessible.

**If I turn up late and miss the 10.00am start can I still participate?**

Yes. But please note that you cannot start the walk after 10.20am, all participants should be at the park ready to start for 10.00am. If you are late please speak to a member of the Active Sunderland team when you arrive.

**Is car parking available on site?**

Yes, free parking is available within the park. Parking marshals will direct you as you arrive.

**Are refreshments available at the event?**

Yes. Hot and cold drinks, food and snacks will be on sale within the park.

**Will there be a first aid presence at the event?**

Yes. There will be first aid service provision while the event is in operation. Please note also that marshals are at regular intervals and can offer assistance to participants should it be required.

**Will the event go ahead if it's raining?**

Yes. The event would only be cancelled in the event of an extreme weather event and if the safety of participants was considered a risk.

**Are there any opportunities to volunteer at this event?**

Yes. Active Sunderland have a number of volunteer opportunities for the 2019 events and festivals programme, please visit <https://www.sunderland.gov.uk/volunteer-walk-leaders> for further information or call a member of the team on 0191 561 4693.

**Where can I find further information about this and other Active Sunderland events?**

Information about all Active Sunderland BIG events in 2019 can be found at [www.sunderland.gov.uk/big](http://www.sunderland.gov.uk/big) or find us on Facebook and keep up to date with all the latest information.

If you have any further questions please call a member of the Active Sunderland team on 0191 561 4578.