

Thank you for entering the Upton Family Walk.

Upton Family Walk: Joining Instructions - Sunday May 21stth 2017.

The "Walk" starts & finishes at:

The Upton Village Hall, Cargate Lane NR13 6AU

If travelling towards Acle from South Walsham, turn left into Church Rd (there is a sign for the White Horse pub at the junction) proceed past the church and just before the pub, turn left into Cargate Lane. The Hall is approximately 200 yards up the lane on the left-hand side. There is parking to the front / side of the hall and overflow on the recreation / football field to the side of the hall. There will be car parking assistants to assist. If the weather is or has been very wet overflow car parking will be limited. We have contingencies in place but please bear with us if the weather is that bad!

Registration: Please enter the hall to the registration desks which open at 9.00 am and close at 10.00 am. If raising sponsorship, please bring your sponsor form with you. It will be signed and returned to you when you return from the walk. You will be given a numbered label, a map and clear walk directions.

On completion of your walk: please check in at the same registration desk and we will return your signed sponsorship form to you. If your child / children have taken part in the quiz / treasure trail please pass the form to registration. If you have taken part in the photography competition please email your photo's to uptonwalk@gmail.com by Monday evening 22nd May. We will send a selection of photos as well as the winner via email to you in the days after the event. Subject is down to you. Maybe Happy Walkers, Animals / Birds / Butterflies, scenic photos.

Marshalling: Major road crossing points will be manned by walk marshals wearing hi vis jackets. Keep to the right when walking on roads without a footpath and look out for vehicles. Your number labels will be monitored at each marshal point to ensure safe passage and at refreshment areas. If you wish to stop or discontinue the walk please advise a marshal or telephone walk control. (Telephone numbers on walk instructions).

Wear sensible clothing it may be warm it may be wet. Comfortable walking footwear essential. The path if dry can get rutted. Walk with others rather than on your own. Bring a mobile phone although coverage in the countryside can be inconsistent. Hence the volunteers from Raynet who have radio coverage at the marshal points. Well behaved dogs on leads are welcome.

Refreshments: there will be refreshments available when you return to The Upton Village Hall. (subject to availability) Also WI selling cakes etc.

After the walk: we will copy the sponsor forms & notify the charities of the sponsorship monies raised / promised and we ask that the monies you raise are sent directly to your chosen charity.

It is very important that we know the amounts raised as this along with the number of walkers is the only gauge we have on how successful the walk has been. Most important for publicising future walks to charities and their supporters.

Finally, please complete the short survey we will hand you and return to us at: uptonwalk@gmail.com

or by post to:

Tony Marsh, Norwich Centenary Rotary Club. c/o 8 Gunner Close, Norwich, NR7 0YR

ENJOY YOUR WALK!

On Behalf of Upton Family Walk Committee
Norwich Centenary Rotary Club