



The
University
Of
Sheffield.



Will 4 Adventure



The Big Walk 2022

30km/50km Walking Challenge through the Peak District

Friday 24th June 2022

PARTICIPANT GUIDANCE DOCUMENT

TO BE READ BY ALL PARTICIPANTS BEFORE THE DAY

The event is being organised by the Individual Giving team part of the Campaigns and Alumni Relations office (CAR) in conjunction with **Will Legon** of [Will4Adventure](#).

The lead event organiser is **Sarah Barnes**, Fundraising Officer.

Key Contacts:

Will Legon – 07791860163

Sarah Barnes - 07704794669

Please join the [Walker WhatsApp group](#)

Key Event Details

- The Big Walk 2022 - a one day 50km or 30km walk in the Peak District.
- There are 389 participants in total: 115 on the 50km route, and 274 on the 30km route
- The event will take place on Friday 24th June.
- The 50km route will start at Hope Station at 7am. The 30km route from Edale Car / Coach Park at 9:30am.
- We hope you'll be able to complete the full 50km or 30km distance. However, in case of injury, for example, transport back to Sheffield will be provided for you.
- You're expected to reach the finish line (the University Arms) by 10pm. If you are not on track to meet this deadline, you may be asked to drop out of the event.
- You'll be given an ID number written on a wristband at registration. Marshals along the route and at the finish line will check you in by asking for your ID number.
- In the week leading up to the event, you'll receive a set of written instructions via the Big Walk website and by email to help you navigate the route. In addition, marshals will be located along the route to help show you the way. .
- This document includes full instructions and a link to the Health and Safety procedures which you **MUST** read before taking part in the event.
- We also invite you to attend a Walker Briefing on Monday 20th June at 12:20pm in Lecture Theatre 1, The Diamond. A t-shirt collection will be running from 12pm to 2pm in Workroom 2 on the same day.

Minimum Sponsorship / Fundraising

This event is being organised to raise funds to support the [Genetic Disease Research](#) appeal. By taking part, you've agreed to raise a minimum sponsorship of £150. Though we are hopeful that many of our participants will raise significantly more than £150.

- Ideally, you will have [set up a JustGiving page](#) to collect donations prior to the event.
- Ideally, you will have raised and paid in all of their sponsorship money by **31 July 2022**.

Start and finish lines

	50km route	30km route
Coach:	Departs from Octagon Centre at 6am	Departs from Octagon Centre at 7:45am
Start line:	Hope station car park Event starts at 7am	Edale car park Event starts at 9.30am
Lunch stop:	Yorkshire Bridge Inn First walkers expected from 12.15pm Cut off time for reaching this point is 5pm	
Finish line:	The University Arms Pub First walkers expected from 3.45pm Last walkers expected by 10pm	

Participants who have booked a place on the coach will depart from the Octagon building on the University campus. Participants who have not booked on the coach will join us at the start line.

Registration

- Before you set off on your chosen route you **MUST** register. This will be done either at the Octagon Centre (for those who have booked their place on the coach) or at the start lines at Hope (50km) or Edale (30km).
- To register, please visit the registration desk and give your surname, followed by your first name. The marshal will confirm that your details (including your mobile phone number) are correct. You'll then be given a wristband with your Walker number written on it.
- Every time you see a marshal on the route or if you contact us, please give us this Walker number.
- **If you're going to be late or unable to take part, you MUST text or call us on 07704794669. (Leave an answerphone message if your call is not picked up)**
- *University of Sheffield members of staff have been granted a day of leave to take part in the event, if you're unable to participate or don't show up on the day - it's expected that you'll work as normal. Your department will be informed if you don't show up for the event and fail to inform us.*

	50km route	30km route
Start line:	Hope station car park	Edale car park
Time:	7am	9:30am
Coach leaves:	<i>*For those taking the coach*</i> From Octagon Centre at 6am	<i>*For those taking the coach*</i> From Octagon Centre at 7:45am
Register at Octagon:	<i>*For those taking the coach*</i> 05:45 - 05:55am	<i>*For those taking the coach*</i> 07:10 - 07:40
Register at start line:	<i>*For those NOT taking the coach*</i> 06:30 - 06:55	<i>*For those NOT taking the coach*</i> 09:00 - 09:25

Cut off points

Cut-off point location:	Cut-off time:
Yorkshire Bridge Inn	5pm
Redmires Reservoirs Road	8pm
<i>To ensure the health and safety of all participants and volunteer marshals, we will have cut-off times in place. If you reach the above checkpoints after the cut off times, you'll be asked to drop out of the event and you'll be transported to the finish line. This is to ensure that all walkers, runners and marshals are back safely and the event is officially closed on time.</i>	
University Arms (Finish Line)	Last expected walkers: 10pm

How to navigate

Part of the challenge of the Big Walk is navigating your way through the Peak District and along the route back to the University. The route will not be signposted/flagged out so it's up to you to navigate yourself. To help you find your way we've provided you with:

- **Route cards** - the route cards contain step by step written instructions to help you navigate between checkpoints. You might find it useful to download an offline version of the route cards to have on your phone and you may also want to print out a paper version too.
 - [30km route card PDF](#)
 - [50km route card PDF](#)
- **Google maps** - whilst Google maps is NOT accurate for navigating the Big Walk, as it does not contain details of all the footpaths you'll be walking on. You might find it helpful to use google maps in case you're lost, as it will read your location. On the digital route cards there are hyperlinks for each of the checkpoints which take you to a google maps location that you can then use to navigate to.
- **Route marshals** - there will be marshals along the way to help point you in the right direction.
- **Experienced walkers** - walkers who know the route well and are confident navigating will wear high vis vests, so you can follow them or ask for help with the route if needed.
- **Look out for the walking poles!** Along Bamford Edge a marshal will instruct you to walk between several walking poles which will mark out the route and help you navigate this tricky bit of land where paths may not be obvious.
- **OS Locate** – this excellent free app gives you your 'six figure grid reference' even without a signal, which can be used if you get lost or in case of emergency. If you are able to, please download this app prior to 24th June. This app can drain your battery so it's best not to run it continuously to help you navigate (use a digital or printed version of the route card instead).
- **Really lost?**
 - Stop. Do not exacerbate the situation by continuing to walk.
 - **Call Will on [07791860163](tel:07791860163)** and he will help you get back on route.
 - Will may ask you for your 'six figure grid reference', this can be found using the OS Locate app. Or he will ask you to describe your surroundings.

Please note: *In the event that the organisers do not know the whereabouts of a given walker (i.e. if they have not been marked as having gone through a particular marshal checkpoint 2 hours after being expected) the organisers will repeatedly try to contact the walker or their team members on their given contact details. After a prolonged period of time, the relevant emergency services and emergency contact will be contacted.*

Marshals

- For the 30km route, there are 12 marshal points (including the finish line).
- For the 50km route, there are 19 marshal points (including the finish line).

Please look out for the marshals (they will be wearing high vis jackets) and please give them your ID number as you pass.

If you don't check in with a marshal then we will assume you're lost and will try to make contact with you - so it's very important that you and every member of your team checks in at each marshal point so we know where you are.

Toilets and Refreshments

Participants are encouraged to carry plenty of food and drink to last the whole day.

There will be a water point at Mam Tor and the Yorkshire Bridge Inn.

Marshals will have high calorie snacks at some points (but not all), there will also be a light lunch provided (vegetarian salad box) for all participants at the Yorkshire Bridge Inn and a vegetarian BBQ at the Finish Line. The Yorkshire Bridge Inn have requested that walkers collect their lunch at the handout point but then continue along the route to the various seated spots to enjoy their lunch.

There will be toilets at the Octagon, start lines, portaloos at the Yorkshire Bridge Inn and Uni Arms. If you're out on the route and don't have access to a toilet then you'll need to find a quiet spot and get down with nature. Please don't leave any rubbish out in the countryside.

Note for those running the route

Please note that this event is organised to be a walking challenge. Whilst we welcome experienced runners taking part, if you're running the route we may not be able to guarantee the same level of event support.

- Runners may reach marshal points much earlier than estimated for walkers, so there may not always be a marshal to greet you.
- When you do see a marshal, you must give out your ID number (found on your wristband) so that we can keep track of your progress. In advance, it would be helpful if you could also let us know your estimated pace to help us keep track of you.
- The water station at Mam Tor may not be set up ready for the runners passing this point. And catering may not be set up when you arrive at the Yorkshire Bridge Inn.
- There will be water refill facilities at the Yorkshire Bridge Inn (a tap outside) and toilet facilities at the Yorkshire Bridge Inn (portaloos in the back car park).
- We strongly recommend packing enough water to keep you going until the Yorkshire Bridge Inn (approx 32km) as well as plenty of food and snacks.
- Please consider whether you'll need additional support from friends or family along the route - such as providing you with food or water.
- If you're not an experienced or well-trained long-distance/ultra marathon runner we would ask you to consider walking or 'run/walking' the event instead.

Accidents and Emergency Situations

In the event that you or someone near to you needs urgent medical attention:

1. Administer First Aid (if you are confident and skilled to do so)
2. **If needed, call 999.** (If you are **not** on a road you need to call Mountain Rescue by calling 999 and asking for the police to coordinate this. You will need a 6 figure grid reference preceded with the two map letters SK). You can find this information by using [OS Locate](#). *Please download this to your mobile phone prior to the event*

3. If it is not a 999 situation, contact **Will on 07791860163** as soon as possible and tell us what has happened.
4. Whatever happens, once it is safe to do so, please text or call us to inform us of what has happened.

Hospitals

Derbyshire

Chesterfield Royal
Calow
Chesterfield
Derbyshire
S44 5BL

Sheffield

A&E Department (adults)
Huntsman Building
Northern General Hospital
Herries Road
S5 7AU

Minor incidents or if you're unable to continue

All walkers should be aiming to complete the full distance of their chosen route for the Big Walk.

However, in case of minor injury that does not require medical attention/first aid or if you're unable to continue and need help, please try to get to a road, and phone **Heather on 07908459822**. We will dispatch a driver to come and collect you.

From the route card, you will have a good idea of where the next road or marshal will be. Participants should not attempt to walk along a path/bridleway (that has no access to roads) if they doubt they have it in them to get to the next road section.

If at any point you decide to drop out and make your way home independently, please **let Will (lead marshal) know immediately by calling 07791860163**. This is so that we don't have search teams out looking for you. In the event you do not report back, your contact number will be called first and if contact cannot be made, the organiser will call your next of kin and after an extended period of time the emergency services will be contacted.

****Will4Adventure lead outdoor first aid training, see [here](#) for details.***

Mobile phones

We appreciate that many people like to escape technology from time to time but on this event we rely on you to carry a fully charged mobile phone. It greatly helps us to manage the risk and in the event of an emergency this could literally be your or another's lifeline.

OS Locate – this excellent free app gives you your six figure grid reference even without a signal, which can be used if you get lost or in case of emergency. If you are able to, please download this app prior to 24th June. *This app can drain your battery so it's best not to run it continuously to help you navigate (use a digital or printed version of the route card instead).*

999 – Register your phone to 999 – In the event of an accident and you have too little signal to make a phone call, with your phone registered to this service, you can text the emergency services instead.

Safety and Risk Assessment

- [A full Health and Safety briefing document can be found here](#). You must read this before taking part.
- A risk assessment has also been carried out for this event. You can [view it here](#).
- If you are walking alone, we recommend you buddy up with other walkers along the route.
- We strongly recommend you download [OS Locate](#) prior to the event.
- Where possible we strongly recommend participants use public transport to get to and from the start/finish line. We strongly discourage driving to and from the event.
- If you are pregnant we ask you to seek medical advice before taking part in the walk.
- If you feel ill on the day of the event, please seek medical advice before proceeding.
- All participants should be aware of inherent risks involved when taking part in a walk of this nature.
- If participants or volunteers have any of the following conditions, we recommend that you join the event at your own discretion:
 - High Blood Pressure
 - Heart Condition
 - Suffer from Dizziness or Epilepsy
 - Damage to neck, back, spinal column, legs or eyes
 - Asthma
 - Medication – please inform us if you are taking any form of medication

Equipment

Main rules of thumb:

- Look at the weather forecast and come prepared.
- Steer clear of all things cotton – no jeans
- Whatever you use, make sure it's comfortable.

You will need:

- Day sack (lined with a plastic bag)
- Water bottle with at least 1 to 2 litres of water (more if especially hot)
- Sunscreen and hat
- Waterproof jacket and trousers for a wet forecast.
- Spare warm top
- Comfortable walking boots / shoes - *there are some steep ascents and*

hard terrain (especially the 50km!) so bear this in mind when choosing your footwear

- Torch (and spare batteries) & a high visibility vest
- Pair of spare socks
- [Personal 1st Aid kit](#)
- Mobile phone (fully charged)
- Food/snacks - *there is likely to be no places to get food prior to the Yorkshire Bridge Inn. Be sure to bring enough food to keep you going until then!*

Optional items if you have them:

- OS Map sheets of the area
- Walking poles

Cancellation and Refunds

If the event has to be cancelled, for example, due to bad weather or storms, we will try our best to rearrange the event for a later date. Please be aware that sometimes these situations will be due

to factors outside of our control and that decisions will need to be made based on prioritising the safety of our participants.

If you are no longer able to take part in the event, or if the event has to be cancelled, the University of Sheffield will NOT be able to refund any fundraised sponsorship or the entry fee. This includes money raised online. In this instance, all fundraised money will be donated to the Genetic Disease research appeal as initially planned.

Key contacts on the day:

If there are any problems on the day, please call:

Will Legon – 07791860163

Sarah Barnes - 07704794669

If Sarah/Will are not available, please text them or leave an answerphone message.

Further information about the Big Walk 2022 can be found at www.sheffield.ac.uk/big-walk
Prior to the event email: giving@sheffield.ac.uk



The
University
Of
Sheffield.



Will 4 Adventure

THE **BIG WALK**

2022

FUNDRAISING FOR
GENETIC DISEASE RESEARCH

The Big Walk 2022

**30km/50km Walking Challenge through
the Peak District**

Friday 24th June 2022

**HEALTH AND SAFETY PROCEDURES TO BE
READ BY ALL PARTICIPANTS AND
VOLUNTEERS BEFORE TAKING PART IN THE
WALK**

This document outlines the Health and Safety procedures in place to support all aspects of the Big Walk 2022.

Accident, Emergency and First Aid

In the event that you or someone near to you needs medical attention:

Administer First Aid (if you are confident and skilled to do so)

1. We have at least 84 participants or volunteers on this event who hold First Aid qualifications from a level 3 award in first aid (Emergency First Aid at Work) to those who are qualified medics.
2. All marshals with a University supplied hire car will have access to a First Aid kit. First aid kits are available at Mam Tor car park, the Yorkshire Bridge Inn and the University Arms.
3. If need be, call/text 999. (If you are not on a road you need to call Mountain Rescue by calling 999 and asking for the police to coordinate this. You will need a 6 figure grid reference preceded with the two map letters SK). The route card contains grid references for each checkpoint.
4. If you are on University premises you must call 4444.
5. If need be, and it is not a 999 situation, contact Will on 0779 186 0163 as soon as possible and tell us what has happened.

Hospitals

Derbyshire

Chesterfield Royal
Calow
Chesterfield
Derbyshire
S44 5BL

Sheffield

A&E Department (adults)
Huntsman Building
Northern General Hospital
Herries Road
S5 7AU

Extreme Weather

All participants and volunteers should be aware of the following effects of extreme weather:

Cold and wet conditions can lead to hypothermia. Signs and symptoms of hypothermia include:

- Shivering
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness

Excessive heat can lead to sunstroke / heatstroke. Symptoms can include:

- Throbbing headache

- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioural changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

If a walker is suffering from the effects of cold or hot conditions, the [Accident, Emergency and First Aid](#) procedure above needs to be followed.

Mobile phones

We appreciate that many people like to escape technology from time to time but on this event we rely on you to carry a fully charged mobile phone. It greatly helps us to manage the risk and in the event of an emergency this could literally be your or another's lifeline.

OS Locate – this excellent free app gives you your six figure grid reference even without a signal. **If you are able to, please download this app prior to 24th June.**

999 – Register your phone to 999 – In the event of an accident and you have too little signal to make a phone call, with your phone registered to this service, you can text the emergency services instead.

Have a digital version of the route card ([30km](#) and [50km](#)) accessible on your phone so that you can use the hyperlinks (linked to Google Maps) to help you find the next location if need be.

Equipment

Main rules of thumb:

- Look at the weather forecast and come prepared.
- Steer clear of all things cotton – no jeans
- Whatever you use, make sure it's comfortable.

You will need:

- Day sack (lined with a plastic bag)
- Water bottle with at least 1 to 2 litres of water (more if especially hot)
- Sweet and salty snacks
- Sunscreen and hat
- Waterproof jacket and trousers for a wet forecast.
- Spare warm top
- Comfortable shoes / boots to walk in
- Torch (and spare batteries) & a high visibility vest
- Pair of spare socks

- [Personal 1st Aid kit](#)
- Mobile phone

Optional items if you have them:

- OS Map sheets of the area
- Walking poles

Actions on getting lost

In the event that you think you have gone off route...

1. Stop. Do not exacerbate the situation by continuing to walk.
2. If you have [OS Locate](#) loaded on your phone – take a look at it and see the grid reference for your location. Write this down somewhere. If you have a map, navigate yourself back to the correct route. If you don't have a map, text **Will on 07791860163**, tell him you're lost, with a grid reference if you have it, and with the walker ID numbers of the people with you (found on your wristbands). He will call you back and help you find your way back to the route.
3. Or, consider where you were when you were last sure of your location. What can you see around you now? Use a map or google maps to navigate your way back or text **Will on 07791860163**, tell him you're lost, with a grid reference if you have it, and with the numbers of the people with you.
4. Will will call you back and help you find your way back to the route.
5. In the event that the organisers do not know the whereabouts of a given walker (i.e. if they have not been marked as having gone through a particular marshal checkpoint 2 hours after being expected) the organisers will repeatedly try to contact the walker or their team members on their given contact details. After a prolonged period of time, the relevant emergency services and emergency contact will be contacted.

Lightning

If in the days immediately prior to the walk, the weather forecast indicates there may be a risk of electrical storms, walkers are advised to read the following information issued by the Royal Society for the Prevention of Accidents (RoSPA).

RoSPA Lightning at Leisure website

<https://www.rosipa.com/leisure-safety/advice/lightning/>

Cattle and livestock

The route passes through a number of farm fields where there may be cattle with their young. For this reason we have stipulated that no dogs can be brought on the walk as this poses a risk.

The farmers have been contacted and are aware that the walk is taking place.

Ramblers.org have provided advice on what to do when walking near cattle.

<http://www.ramblers.org.uk/advice/safety/walking-near-livestock>

Manual Handling (mainly for volunteers)

Volunteers and marshals should refer to the guidance in the Health and Safety Executive's guidance document 'Manual Handling at Work – A brief guide' -

<http://www.hse.gov.uk/pubns/indg143.pdf>

Volunteers at the start and finish lines will be briefed about manual handling by Event Organiser, Sarah Barnes.

Event Cancellation

If the event needs to be cancelled prior to the day of the walk, all participants will receive an email from the Event Organiser, Sarah Barnes.

If the event needs to be cancelled on the day of, or during the event, the following procedure will be executed:

- Event Organiser and Event Consultant will notify all relevant parties by mobile phone to stop all participants at the next marshal location.
- Transport will be arranged for participants to return to Sheffield.

Fire

In the event of a Fire on University premises you must call 4444 and notify University Security.

All University staff receive annual training in how to deal with a Fire.

Key contacts on the day:

If there are any problems on the route please phone:

Will Legon – 07791860163

Sarah Barnes - 07704794669

For volunteers, your main contact is **Hayley Chalmers - 07828199192**

For transport, your main contact is **Heather Clement - 07908459822**

If Sarah/Will are not available, please text them or leave an answerphone message.

Further Information at Support

Further information about the Big Walk 2022 can be found at www.sheffield.ac.uk/big-walk

The University of Sheffield Big Walk 2022 – 30km from Edale

OS Grid Reference	Description of location	Dist. from start (KM)	Description of route to next check point
	Edale Pay & Display	0	Head up Marys Lane, under the railway bridge, and past the Rambler Inn . Go past the visitor centre on your right, and then look for the public footpath on your right just before the white houses that will be on your left. (If you walk as far as the church – you’ve gone too far!) Head down this path over the foot bridge and directly on through the metal gate heading in the same direction, with the hedgerow on your left. Continue through Ollerbrook Booth (and farm) and follow signs for the youth hostel. Keep going in this direction with the hills up to your left and the road down to your right. At no point will this path (later track) lead you to the road – just keep going in this same direction until the path leads you to a driveway with a farm opposite and a cattle grid down to your left. There will also be a sign pointing you to YHA Edale Activity Centre. Head on up there to the youth hostel.
SK141866	YHA Edale Activity Centre	2.9	You will see a very clear foot path marked taking you onwards. Follow this up and then down to the right and over the stream. Follow this path with the wall on your right and along to a stream crossing just above Clough Farm. Cross over that stream and take the left hand path. This will lead you over another stream, and then steeply up hill with a wall on your right. Keep going until you meet a very obvious bridleway. At the bridleway, keep on going up. This will take you up hill and then down hill to Jagers Clough. Ford the stream at the bottom and continue onwards and upwards along the same bridleway. Keep going until you have crested this hill, through a metal gate. Just over the brow of the hill you will be at a cross roads of very obvious bridleways, and just in front of you will be the forestry block. Take the right turn here heading Hope Cross where there will be a marshal waiting to take your number.
SK160876	Hope Cross	5.8	From here, you’ll see the summit of Win Hill up ahead on the horizon – keep walking in this direction. Initially follow the bridleway which leads you to the wood-line. Just at this point, you’ll see a footpath that skirts along the wood-line, with a wire fence on the left and a stone wall on the right. For the easiest line, follow this for the next mile or so. Where the track very clearly deviates off and up rightwards towards the summit of Win Hill, leave the wood-line and head for Win Hill. As you get to the foot of Win Hill you’ll come to a fork: take the high path leftwards for the hill top.
SK187851	Win Hill summit	9.6	Follow the summit top on and down the other side, and down a steep path, and into the woods ahead. Just where the ground shallows out you will shortly come to a metal kissing gate. Turn right here taking the footpath so that a wall is immediately on your right and a fence will be on your left. At this kissing gate there will be a marshal waiting to take your number! A very muddy path will bring you down to a patch of grass, a stone wall opposite and you’ll see a signpost pointing you left in the direction of Thornhill. Follow this, down a bit and right through gate and then down the path with a wall on your right hand side. This brings you to a cross paths, where there is an old moss-covered signpost. Take the left turn here headed for Yorkshire Bridge. This path spits you out onto the Thornhill Trail. Just opposite, you will see an old worn out footpath signpost signposting the path down towards Yorkshire Bridge. (On the same post is a bright red sign marking the way of the Thornhill Trail). Take this path down to Carr Lane. Turn left onto Carr Lane. A few meters later, turn right, over the bridge and up to the main road. Onto the road, turn left to the Yorkshire Bridge Inn where food, refreshments and a warm toilet seat await! (The last one in fact until the end!)
	Yorkshire Bridge Inn		CUT OFF TIME – PLEASE NOTE – ANYONE NOT HERE BY 1700 WILL BE INVITED TO LEAVE THE EVENT AT THIS LOCATION AND OFFERED A LIFT BACK TO THE UNIVERSITY ARMS.

The University of Sheffield Big Walk 2022 – 30km from Edale

SK202852	Yorkshire Bridge Inn / A6013 main road	13.0	<p>Turn left out of the pub car park and stay on the road until you come to the dam wall at the head of Ladybower Reservoir. Turn right here, over the road and up a footpath. Continue up through the woods until you find yourself in a clearing beneath some power cables, where you will need to turn right. (Do not be tempted to veer off up through the woods). Follow the well marked path under the power lines and then let the path lead you round to the left and up hill with the fence on your right. The path will shortly lead you over the fence and you will continue on this path (initially with a wall on your left) all the way to the top of Bamford Edge. As you get out the woods, and close to the edge, you will see Win Hill over to the left now and you will soon see that the path splits. Continue on the left fork, through a stone wall until you are at the top of the edge itself (where there will be a marshal to meet you).</p> <p>Collect your food and head out a little further to enjoy your lunch at one of the lovely seating areas along the way.</p>
SK207858	Bamford Edge	14.4	<p>Turn right and head along the top of the edge so that the moor is on your left and the rocks (and super view) is off to your right, heading to Great Tor now with a very obvious path to lead you there. Continue onwards until you see some rocks up to your left with a path of sorts that will lead you there. At this spot you can also expect to meet the next marshal.</p>
SK212846	East end of Bamford Edge	16.0	<p>You'll meet the marshal here, and look over in the direction of Stanage Edge. All you will see is a sea of heather and a load of fern too. And hopefully, without looking too hard, you will also see another marshal. They will point out the merest of paths that exists (usually on a Strava heatmap only). Make your way down in a NW direction towards the apex of two collapsed and dilapidated walls where you will meet another marshal. From here the path continues in the same vague way down hill to another marshal, and then up-hill towards Stanage Edge.</p>
SK225856	Crow Chin, Stanage Edge	17.8	<p>Meet the marshal at Crow Chin and make your way up to the left of the rocks and onto the main track. Turn right along the main track, with the rocks down to your right now. You'll walk past the trig point at High Neb (a white pillar about 1.3m high) and a couple of hundred meters later you will see a path leading down to the left, initially to a stone shelter. Follow this path, which could be muddy, down the hill and away from Stanage Edge. About 800m on and the path will rise up towards the remains of stone wall and another path. Turn left along this path, keeping the wall/fence to your left. This path and wall will lead you round and over a broken down wall, and then on to a small plantation. Walk around the plantation keeping it to your left. You'll then see the path snaking down through and past some temporary grouse butts (look like green fence panels). Follow this down, cross the stream and follow the path round to the left, to a small reservoir, with a marshal, and to the flattest, most-even, and most welcome path in the world!</p>
SK248864	Small reservoir at the head of Rivelin Brook	21.0	<p>Follow this path now, through some metal gates, staying level and never leaving it, until you meet the road almost 2.5Km later. Turn left down the road for about 500m more and where there is reservoir head-wall to your right, and a foot path leading through the plantation, you will meet a marshal.</p>
SK265858	Road/path/ foot path leading through the plantation	23.8	<p>Follow this path down and round to the left going past an underground reservoir. Past some houses, and then to a metal gate. Here you need to turn left (don't go on to the big trail ahead). Go a few meters along a footpath heading back into the woods. By a tree on your left the path goes over the wall via some stone steps. Follow this path up through the woods, over a wall and on past the farm on your left. This will bring you out onto Soughley Lane. Continue over the road and along the very obvious and, easy-going path called the Redmires Conduit. Follow this now for 2.5Km until you get to Blackbrook Road. Here you will see some playing fields opposite, continue over the road and through these fields. The path leads you past some play areas and up to some high wire-fences. Follow the</p>

The University of Sheffield Big Walk 2022 – 30km from Edale

			path so it leads you with these sports pitches on your right.
	Redmires Reservoirs Rd	43.2	CUT OFF TIME – PLEASE NOTE – ANYONE NOT HERE BY 20:00 WILL BE INVITED TO LEAVE THE EVENT AT THIS LOCATION AND OFFERED A LIFT BACK TO THE UNIVERSITY ARMS.
SK296861	Crimicar Lane, S10 4EL	27.3	When you get to Crimicar lane, turn left. At the Shiny Sheff, turn right onto the Redmires Road and follow this down all the way to the shops at Crosspool. In Crosspool, juust before the zebra crossing, take the right turn along Selbourne Rd and follow this to the A57. Follow this down now all the way to the University and to the University Arms . Well done!
SK343874	The University Arms	32.8	Finish!

The University of Sheffield Big Walk 2022 – 50km route from Hope

OS Grid Reference	Description of location	Dist. from start (KM)	Description of route to next check point
SK 181 833	Hope Station	0.0	Head to the main road (A6187) and turn right heading for Hope village. After you pass Aston Lane on your right take the footpath right, just before the bridge over the River Noe. At the old mill (now a house) it becomes a track. Follow the track until a T-junction where it meets a road and turn left over the bridge. When the road meets another road, turn right and follow Edale Road past a pub (The Cheshire Cheese), under a railway bridge and shortly after look for the footpath on the left just after Bleak House.
SK 169 842	Footpath from Edale Road	1.9	Follow the footpath for approx. 200m. At the junction where it meets some wooden stables, take the footpath to the right, heading along the field boundary between a wire fence and a hedge. The path broadens, and shortly after a metal gate with a rock hanging from it the track opens out. Follow the path bearing right, beginning to head uphill through numerous fields. Pass a footpath sign for Mam Tor via Losehill Farm. Head for a stone barn in the field and pass this heading to Losehill Farm. At Losehill Farm turn left and follow the path uphill, following a signpost for Losehill . Follow this path until it begins to level out. Cross a stile on the right by a huge cairn (pile of rocks) and follow the steps up to Losehill summit for excellent views of the Edale and Hope Valleys.
SK 153 854	Losehill Summit	4.3	From Losehill summit, follow the ridge towards Back Tor and then down the rough and broad track. At the bottom, pass through a wooden gate (on your left) and continue along the ridge with the fence / wall on your right. Follow the ridge past Hollins Cross onwards towards the summit of Mam Tor . You will pass through two gates. After the second gate pick up the bridleway on the right so that you are walking with the wall almost directly on your right. This bridleway skirts around to the right of the hill top and brings you out onto the road. Turn left onto the road (take care here - blind summit) and over the top of the pass looking for the path to your right, with the marshals located there too who will also have some water for you, (the last until the Yorkshire Bridge Inn).
SK 127 836	Mam Tor	7.7	Pass through the gate and follow the path, which rises up to the crest of Rushup Edge. Bear right at the sign where the bridlepath and the footpath fork. Follow the crest of Rushup Edge with spectacular airy views, keeping the wall on your left. The path rises to Lord's Seat, (fenced-off burial mound) then levels off before beginning to descend towards the far end of Rushup Edge. As it descends the path gradually broadens and becomes a sunken rocky track and reaches a junction with a prominent signpost where there will be a marshal wanting to check you through .
SK 099 829	Path junction / signpost	10.5	At the junction turn right, signposted for Edale. The track is now broad, level and sandy. Follow this track for approx. 300m. Where the track makes a distinct sharp turn to the right, look for the prominent wooden pole and paved path on your left. Follow this paved path over the open moorland to the brilliant white trig point at the summit of Brown Knoll.
SK 083 851	Brown Knoll summit	13.2	From the summit, continue to follow the paved path as it descends to meet a fence. Cross the stile and after a few yards take the paved path leading right. The path leads gradually downhill until it meets a broad stony track at a large wooden gate. Go through the gate and take the path to the left signposted in yellow "Pennine Way" (If you follow the blue sign downhill you're going wrong!) heading uphill towards Swine's Back where there will be a marshal waiting for you . This becomes stepped as it steepens, then it bears right following a broken stone wall. At the large cairn in a dip, ignore the

The University of Sheffield Big Walk 2022 – 50km route from Hope

			path to the left and continue heading straight on, following the broken wall and drifting round to the right towards the huge stone anvil of Noe Stool. Follow the path past Noe Stool towards the rock formation Pym Chair. It looks a bit like a Chinese Pagoda temple!
SK 088 869	Pym Chair	16.0	The path passes to the right of Pym Chair and becomes many separate paths. They all head in the same direction but the paths to the right seem to be the least muddy. Head for the maze of Woolpacks. The path through Woolpacks can be a muddy nightmare (or a bogtrotter's delight!) Lost boots and shoes are quite common here so make sure your laces are tight before entering the maze! Woolpacks is a natural sculpture park, with amazing gritstone formations that have been sculpted by the wind. Look out for rocks that look like a sea lion, Homer Simpson and Snoopy! The main path is a peaty muddy highway that spreads out as it progresses. The best approach is to follow the general direction but to pick your way according to the conditions! All the different paths eventually come together on the other side, and there are generally hundreds of footprints to follow! From Woolpacks the path continues along the edge past Crowden Tower to Crowden Brook. Here the path descends quite steeply with steep and dramatic views on your right.
SK 095 872	Crowden Brook	16.7	Cross Crowden Brook and bear right (don't follow any of the paths off left as you'll get lost in the interior!) After approx. 1km you pass a rocky outcrop on your right resembling a pig with an open mouth. Someone has scratched a spiral design onto it too! Just past here the path splits and becomes paved. Ignore the right fork and keep left heading for the top of Grindsbrook. Keep left at the minor fork just before Grindsbrook. Look out for the marshal here. Cross the brook at a huge cairn and follow the path around the edge. The path swings left and follows the rim of a dramatic ravine. Follow the path until you can cross the stream at an open area of huge flat slabs of rock. Bear right back along the rim of the ravine until the path swings left and continues along the main edge. Follow the path over Upper Tor and Nether Tor until you reach the top of Golden Clough.
SK 125 875	Top of Golden Clough	20.7	At the top of Golden Clough the path divides. Ignore the eroded cobbled path descending to your right (heading for a huge pile of stones) and take the higher path that remains level and follows the top of the clough towards the top of Ringing Roger. At the top of Ringing Roger there will be a marshal. The path passes between a prominent cairn approx. 50m away on your left, and a closer pair of cairns on your right. Here the path narrows and bears off left heading for Ollerbrook Clough. Around the rim of Ollerbrook Clough the path becomes quite narrow. At the far side, the path forks. Take the left fork – eroded and slightly uphill. (Though the right fork joins up again a few hundred metres further on) and follow the path over Rowland Cote Moor. Keep to the edge and ignore any paths heading left into the interior, or right down into the valley. More steep and airy views! Eventually the path dips down and crosses the stream at the top of Jagger's Clough.
SK 139 878	Top of Jagger's Clough	22.6	Shortly after crossing Jagger's Clough, you'll notice a broken stone wall appearing on your right. This continues for approx. 300m until it disappears again. Shortly after the wall disappears keep following the path, bearing right where necessary, until you begin to descend and reach a short rocky step (marshal here) about 5ft high. It's easy but take care. After the step the path continues to descend, curving round to the right across Crookstone Out Moor until you reach a wall with a metal gate. This wall marks a distinct boundary between heather moorland and the grassy upland pasture on Crookstone Hill
SK 151 880	Gate in Wall	24	Pass through the gate and follow the path downhill, heading for two distinct trees. At the trees the path splits. Here there is a signpost and a stone way-marker too! Take the path to the left for Hope Cross. (If you go straight on you'll come to a locked gate near Crookstone Barn and have to backtrack). The path descends to join a broad rocky track at a gate. Turn right and follow the track,

The University of Sheffield Big Walk 2022 – 50km route from Hope

			going straight on at a crossroads, until you reach the tall stone pillar of Hope Cross at SK 161 874.
SK160876	Hope Cross	25.0	From here, you'll see the summit of Win Hill up ahead on the horizon – keep walking in this direction. Initially follow the bridleway which leads you to the wood-line. Just at this point, you'll see a footpath that skirts along the wood-line, with a wire fence on the left and a stone wall on the right. For the easiest line, follow this for the next mile or so. Where the track very clearly deviates off and up rightwards towards the summit of Win Hill, leave the wood-line and head for Win Hill. As you get to the foot of Win Hill you'll come to a fork: take the high path leftwards for the hill top.
SK187851	Win Hill summit	29.0	Follow the summit top on and down the other side, and down a steep path, and into the woods ahead. Just where the ground shallows out you will shortly come to a metal kissing gate. Turn right here taking the footpath so that a wall is immediately on your right and a fence will be on your left. At this kissing gate there will be a marshal waiting to take your number! A very muddy path will bring you down to a patch of grass, a stone wall opposite and you'll see a signpost pointing you left in the direction of Thornhill. Follow this, down a bit and right through gate and then down the path with a wall on your right hand side. This brings you to a cross paths, where there is an old moss-covered signpost. Take the left turn here headed for Yorkshire Bridge. This path spits you out onto the Thornhill Trail. Just opposite, you will see an old worn out footpath signpost signposting the path down towards Yorkshire Bridge. (On the same post is a bright red sign marking the way of the Thornhill Trail). Take this path down to Carr Lane. Turn left onto Carr Lane. A few meters later, turn right, over the bridge and up to the main road. Onto the road, turn left to the Yorkshire Bridge Inn where food, refreshments and a warm toilet seat await! (The last one in fact until the end).
	Yorkshire Bridge Inn		CUT OFF TIME – PLEASE NOTE – ANYONE NOT HERE BY 17:00 WILL BE INVITED TO LEAVE THE EVENT AT THIS LOCATION AND OFFERED A LIFT BACK TO THE UNIVERSITY ARMS.
SK201854	Yorkshire Bridge Inn / A6013 main road	32.4	Turn left out of the pub car park and stay on the road until you come to the dam wall at the head of Ladybower Reservoir . Turn right here, over the road and up a footpath. Continue up through the woods until you find yourself in a clearing beneath some power cables, where you will need to turn right. (Do not be tempted to veer off up through the woods). Follow the well marked path under the power lines and then let the path lead you round to the left and up hill with the fence on your right. The path will shortly lead you over the fence and you will continue on this path (initially with a wall on your left) all the way to the top of Bamford Edge. As you get out the woods, and close to the edge, you will see Win Hill over to the left now and you will soon see that the path splits. Continue on the left fork, through a stone wall until you are at the top of the edge itself (where there will be a marshal to meet you). Collect your food and head out a little further to enjoy your lunch at one of the lovely seating areas along the way.
SK207858	Bamford Edge	33.8	Turn right and head along the top of the edge so that the moor is on your left and the rocks (and super view) is off to your right, heading to Great Tor now with a very obvious path to lead you there. Continue onwards until you see some rocks up to your left with a path of sorts that will lead you there. At this spot you can also expect to meet the next marshal.
SK213846	East end of Bamford Edge	35.5	You'll meet the marshal here, and look over in the direction of Stanage Edge. All you will see is a sea of heather and a load of fern too. And hopefully, without looking too hard, you will also see another marshal. They will point out the merest of paths that exists (usually on a Strava heatmap only). Make

The University of Sheffield Big Walk 2022 – 50km route from Hope

			your way down in a NW direction towards the apex of two collapsed and dilapidated walls where you will meet another marshal. From here the path continues in the same vague way down hill to another marshal, and then up-hill towards Stanage Edge.
SK225856	Crow Chin, Stanage Edge	37.4	Meet the marshal at Crow Chin and make your way up to the left of the rocks and onto the main track. Turn right along the main track, with the rocks down to your right now. You'll walk past the trig point at High Neb (a white pillar about 1.3m high) and a couple of hundred meters later you will see a path leading down to the left, initially to a stone shelter. Follow this path, which could be muddy, down the hill and away from Stanage Edge. About 800m on and the path will rise up towards the remains of stone wall and another path. Turn left along this path, keeping the wall/fence to your left. This path and wall will lead you round and over a broken down wall, and then on to a small plantation. Walk around the plantation keeping it to your left. You'll then see the path snaking down through and past some temporary grouse butts (look like green fence panels). Follow this down, cross the stream and follow the path round to the left, to a small reservoir, with a marshal, and to the flattest, most-even, and most welcome path in the world!
SK248864	Small reservoir at the head of Rivelin Brook	40.3	Follow this path now, through some metal gates, staying level and never leaving it, until you meet the road almost 2.5Km later. Turn left down the road for about 500m more and where there is reservoir head-wall to your right, and a foot path leading through the plantation, you will meet a marshal.
SK265858	Road/path/ foot path leading through the plantation	43.2	Follow this path down and round to the left going past an underground reservoir. Past some houses, and then to a metal gate. Here you need to turn left (don't go on to the big trail ahead). Go a few meters along a footpath heading back into the woods. By a tree on your left the path goes over the wall via some stone steps. Follow this path up through the woods, over a wall and on past the farm on your left. This will bring you out onto Soughley Lane. Continue over the road and along the very obvious and, easy-going path called the Redmires Conduit. Follow this now for 2.5Km until you get to Blackbrook Road. Here you will see some playing fields opposite, continue over the road and through these fields. The path leads you past some play areas and up to some high wire-fences. Follow the path so it leads you with these sports pitches on your right.
	Redmires Reservoirs Rd	43.2	CUT OFF TIME – PLEASE NOTE – ANYONE NOT HERE BY 20:00 WILL BE INVITED TO LEAVE THE EVENT AT THIS LOCATION AND OFFERED A LIFT BACK TO THE UNIVERSITY ARMS.
SK296861	Crimicar Lane, S10 4EL	47.1	When you get to Crimicar lane, turn left. A marshal awaits at the Shiny Sheff, turn right onto the Redmires Road and follow this down all the way to the shops at Crosspool. In Crosspool, just before the zebra crossing, take the right turn along Selbourne Rd and follow this to the A57. Follow this down now all the way to the University and to the University Arms . Well done!
SK343874	The University Arms	52.2	Finish!



The Countryside Code



Respect other people

Please respect the local community and other people using the outdoors. Remember your actions can affect people's lives and livelihoods.

Consider the local community and other people enjoying the outdoors

- Respect the needs of local people and visitors alike – for example, don't block gateways, driveways or other paths with your vehicle.
- When riding a bike or driving a vehicle, slow down or stop for horses, walkers and farm animals and give them plenty of room. By law, cyclists must give way to walkers and horse-riders on bridleways.
- Co-operate with people at work in the countryside. For example, keep out of the way when farm animals are being gathered or moved and follow directions from the farmer.
- Busy traffic on small country roads can be unpleasant and dangerous to local people, visitors and wildlife - so slow down and where possible, leave your vehicle at home, consider sharing lifts and use alternatives such as public transport or cycling. For public transport information, phone Traveline on 0871 200 22 33 or visit www.traveline.info.

Leave gates and property as you find them and follow paths unless wider access is available

- A farmer will normally close gates to keep farm animals in, but may sometimes leave them open so the animals can reach food and water. Leave gates as you find them or follow instructions on signs. When in a group, make sure the last person knows how to leave the gates.
- Follow paths unless wider access is available, such as on open country or registered common land (known as 'Open Access land').
- If you think a sign is illegal or misleading such as a 'Private - No Entry' sign on a public path, contact the local authority.
- Leave machinery and farm animals alone – don't interfere with animals even if you think they're in distress. Try to alert the farmer instead.
- Use gates, stiles or gaps in field boundaries if you can – climbing over walls, hedges and fences can damage them and increase the risk of farm animals escaping.
- Our heritage matters to all of us – be careful not to disturb ruins and historic sites.

Protect the natural environment

We all have a responsibility to protect the countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit. When out with your dog make sure it is not a danger or nuisance to farm animals, horses, wildlife or other people.



Leave no trace of your visit and take your litter home

- Protecting the natural environment means taking special care not to damage, destroy or remove features such as rocks, plants and trees. They provide homes and food for wildlife, and add to everybody's enjoyment of the countryside.
- Litter and leftover food doesn't just spoil the beauty of the countryside, it can be dangerous to wildlife and farm animals – so take your litter home with you. Dropping litter and dumping rubbish are criminal offences.
- Fires can be as devastating to wildlife and habitats as they are to people and property – so be careful with naked flames and cigarettes at any time of the year. Sometimes, controlled fires are used to manage vegetation, particularly on heaths and moors between 1st October and 15th April, but if a fire appears to be unattended then report it by calling 999.

Keep dogs under effective control

- When you take your dog into the outdoors, always ensure it does not disturb wildlife, farm animals, horses or other people by keeping it under **effective control**. This means that you:
 - keep your dog on a lead, or
 - keep it in sight at all times, be aware of what it's doing and be confident it will return to you promptly on command
 - ensure it does not stray off the path or area where you have a right of access

- Special dog rules may apply in particular situations, so always look out for local signs – for example:
 - Dogs may be banned from certain areas that people use, or there may be restrictions, byelaws or control orders limiting where they can go.
 - The access rights that normally apply to open country and registered common land (known as 'Open Access' land) require dogs to be kept on a short lead between 1 March and 31 July, to help protect ground nesting birds, and all year round near farm animals.
 - At the coast, there may also be some local restrictions to require dogs to be kept on a short lead during the bird breeding season, and to prevent disturbance to flocks of resting and feeding birds during other times of year.
- It's always good practice (and a legal requirement on 'Open Access' land) to keep your dog on a lead around farm animals and horses, for your own safety and for the welfare of the animals. A farmer may shoot a dog which is attacking or chasing farm animals without being liable to compensate the dog's owner.
- However, if cattle or horses chase you and your dog, it is safer to let your dog off the lead – don't risk getting hurt by trying to protect it. Your dog will be much safer if you let it run away from a farm animal in these circumstances and so will you.
- Everyone knows how unpleasant dog mess is and it can cause infections, so always clean up after your dog and get rid of the mess responsibly – 'bag it and bin it'. Make sure your dog is wormed regularly to protect it, other animals and people.

Enjoy the outdoors

Even when going out locally, it's best to get the latest information about where and when you can go. For example, your rights to go onto some areas of Open Access land and coastal land may be restricted in particular places at particular times. Find out as much as you can about where you are going, plan ahead and follow advice and local signs.



Plan ahead and be prepared

- You'll get more from your visit if you refer to up-to-date maps or guidebooks and websites before you go. Visit www.gov.uk/natural-england or contact local information centres or libraries for a list of outdoor recreation groups offering advice on specialist activities.
- You're responsible for your own safety and for others in your care – especially children – so be prepared for natural hazards, changes in weather and other events. Wild animals, farm animals and horses can behave unpredictably if you get too close, especially if they're with their young – so give them plenty of space.
- Check weather forecasts before you leave. Conditions can change rapidly especially on mountains and along the coast, so don't be afraid to turn back. When visiting the coast check for tide times at www.ukho.gov.uk/easytide, don't risk getting cut off by rising tides and take care on slippery rocks and sea-weed.
- Part of the appeal of the countryside is that you can get away from it all. You may not see anyone for hours, and there are many places without clear mobile phone signals, so let someone else know where you're going and when you expect to return.

Follow advice and local signs

England has about 190,000 km (118,000 miles) of public rights of way, providing many opportunities to enjoy the natural environment. Get to know the signs and symbols used in the countryside to show paths and open countryside.

Some of the symbols you may see



Footpath – open to walkers only, waymarked with a yellow arrow



Bridleway – open to walkers, horse-riders and cyclists, waymarked with a blue arrow



Restricted byway – open to walkers, cyclists, horse-riders and horse-drawn vehicles, waymarked with a plum coloured arrow.



Byway Open to All Traffic (BOAT) – open to walkers, cyclists, horse-riders, horse-drawn vehicles and motor vehicles, waymarked with a red arrow.



National Trail Acorn – identifies 15 long distance routes in England and Wales and the England Coast Path. All are open for walking and some trails are also suitable for cyclists, horse-riders and people with limited mobility.



Open Access land – 865,000 hectares of mountain, moorland, heathland, down land and registered common land (mapped under the Countryside and Rights of Way Act 2000) is available to people to walk, run, explore, climb and watch wildlife, without having to stay on paths. Similar rights will be extended in stages on coastal land (identified under the Marine and Coastal Access Act 2009). Check the Open Access web pages at www.openaccess.naturalengland.org.uk/wps/portal/oasys/maps/MapSearch for maps, information and any current restrictions in place.



A 'negative' access symbol – may be used to mark the end of area-wide access although other access rights may exist, for example public rights of way.

Countryside Code

– advice for land managers

Know your rights, responsibilities and liabilities

People visiting the countryside provide important income for the local economy. Most like to follow a visible route, prefer using proper access points like gates, and generally want to do the right thing – but they need your help.

- The Ordnance Survey's 1:25,000 maps show public rights of way and access land. These maps are not 'definitive'. If in doubt you can check the legal status of rights of way with your local authority. You can find out which areas of Open Access land are mapped under the Countryside and Rights of Way Act 2000 on the Open Access web pages at www.openaccess.naturalengland.org.uk/wps/portal/oasys/maps/MapSearch.
- For guidance on your rights, responsibilities and liabilities, contact your local authority or National Park authority. The Country Land and Business Association, www.cla.org.uk, 020 7235 0511 and the National Farmers' Union, www.nfuonline.com, on 024 7685 8500 can also offer advice.
- For specific queries about Open Access land, check the Open Access pages on GOV.UK at www.gov.uk/guidance/open-access-land-management-rights-and-responsibilities or contact the Open Access Contact Centre, on 0300 0602091.
- By law, you must keep rights of way clear and not obstruct people's entry onto access land – it's a criminal offence to discourage rights of public access with misleading signs.
- Trespassing is often unintentional – for advice on tackling trespass contact your local authority (www.gov.uk/find-your-local-council).

Make it easy for visitors to act responsibly

Most people who visit the countryside are keen to act responsibly and problems are normally due to a lack of understanding. There are a number of ways you can help them to realise their responsibilities:

- Keeping paths clear and waymarks and signs in good order and up to date will help people stick to the right routes and access points. Contact your local authority or National Park Authority to find out what help is available.
- Where there is public access through a boundary feature, such as a fence or hedge, create a gap if you can – or use an accessible gate or, if absolutely necessary, a stile. When installing completely new gates and stiles, make sure you have the permission of the local authority.

- Encourage people to respect your wishes by giving clear, polite guidance where it's needed. For example, telling visitors about your land management work helps them to avoid getting in your way.
- Rubbish attracts other rubbish – by getting rid of items such as farm waste properly, you'll discourage the illegal dumping of rubbish and encourage others to get rid of their rubbish responsibly.

Identify possible threats to visitors' safety

People come to the countryside to enjoy themselves. They have the first line of responsibility to keep themselves and their children safe while there, but you need to ensure that your activities do not knowingly put them at risk.

- Consider possible man-made and natural hazards on your land and draw any 'hidden' risks to the public's attention.
- Try to avoid using electric fencing or barbed wire where people may accidentally touch it, particularly alongside narrow paths and bridleways.
- If electric fencing is used, ensure warning signs are visible.
- Use and store any chemicals or poisonous substances responsibly on your land. They may kill wildlife or cause harm to people or pets. Any pest control you undertake must be planned with this risk in mind.
- Animals likely to attack visitors should not be allowed to roam freely where the public has access – you may be liable for any resulting harm.
- Your duty of care under the Occupiers' Liability Acts of 1957 and 1984 depends on the type of access right people have – so it's important to know what rights, if any, apply to your land. By voluntarily dedicating land for permanent public access you may be able to reduce this liability.

Natural England is here to secure a healthy natural environment for people to enjoy, where wildlife is protected and England's traditional landscapes are safeguarded for future generations.

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www.gov.uk/natural-england



The Countryside Code

Respect Protect Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



The
University
Of
Sheffield.



Will 4 Adventure

THE
BIG WALK
2022
FUNDRAISING FOR
GENETIC DISEASE RESEARCH

Fundraising Guide



Introduction

Thank you for deciding to take part in the Big Walk 2022 and fundraise to support **Genetic Disease Research** here at the University of Sheffield. We very much appreciate the vital support of the many alumni, staff, students and friends who raise funds for the University in so many ways, and for so many projects, and walking for **Genetic Disease Research** is no exception.

This guide will give you some ideas and information to help you with your fundraising for the Big Walk 2022 and have some fun along the way. We are here to offer help if you need it, and hope that you will share your success stories with us – we are constantly inspired by our fundraisers' ingenuity and commitment.

In the following pages you will find:

- Key information to help you fundraise for the Big Walk
- Some top tips to maximise your fundraising from previous Big Walks
- Fundraising after the walk and what to do next

*We are here to support your
Big Walk fundraising journey,
every step of the way!*



The Big Walk 2022 is supporting Genetic Disease Research

The University of Sheffield is pioneering gene therapy treatments that could offer hope for patients living with severe and hard to treat genetic diseases.

Although individually uncommon, collectively it's estimated that rare diseases may affect up to 10% of the world's population. In the UK alone, 1 in 25 babies are born with a genetic disorder.

Sheffield's research will change the lives of families who are desperately seeking a treatment for their loved-one.

Sheffield's scientists have discovered a way to engineer bespoke genes to replace or silence a faulty one. In the form of a safe 'viral vector' these gene therapies will be manufactured in Sheffield and delivered to patients around the world.



Robbie Edwards and family. Robbie was diagnosed with SPG47 as a toddler. Research at Sheffield has the potential to treat SPG47 through gene therapy.

By supporting this appeal, you'll help raise £200,000 for a new Bioreactor. This incredible equipment will produce special gene therapy treatments for people with genetic diseases. Sheffield scientists have already shown it works - changing the lives of babies with [Spinal Muscular Atrophy](#).

Your support for this research really will save lives.

HOW will my fundraising help?

Your fundraising and the kindness of your supporters will:

- Offer hope to a young child suffering from a rare genetic disease such as [COL4A1](#) or [Hereditary Spastic Paraplegia](#).
- Help slow the effects of devastating conditions like [MND](#) and [frontotemporal dementia](#).
- Unlock further research for even more conditions like age-related hearing loss.

More information about [Genetic Disease Research](#) can be found here:
www.sheffield.ac.uk/giving/causes/research/genetic-disease-research.

How we can help you

We are here to help you create the greatest impact from your fundraising so we hope the following information will answer your questions. If not, do contact us at giving@sheffield.ac.uk or phone Sarah Barnes - Fundraising Officer on [0114 222 5598](tel:0114 222 5598).

JustGiving

Please note that online fundraising pages for the Big Walk 2022 must be via **Just Giving**. We will send full instructions to all participants.

JustGiving is still the best known and most user-friendly of the online donation websites and we have used it for several years now. Your supporters may well have donated through JustGiving before and so will be familiar with how it works and will trust that their donation will be secure. See our instructions for setting up your Big Walk page. The JustGiving website also includes lots of fundraising tips & ideas, along with a [fundraising toolkit](#). You can also set up Just Giving text giving. Just Giving takes a fee of 5% and a small transaction fee from donations when they are paid to the University.

Public collections

If you want to fundraise by holding a public collection you will need the following from us:

- A letter to send to the local authority confirming that your collection is for the University of Sheffield, that we authorise your collection and that our Exempt Charity Number is X1089.
- Fundraising buckets and labels detailing your event and branded for the Big Walk 2022 and Genetic Disease Research.



The Big Walk 2018

You will be asked to sign for the buckets, agree to adhere to some common-sense rules over their use and take responsibility for their return to us at the CAR office at 40 Victoria Street.

Cheque donations

If you will be collecting cheque donations, please use the **sponsorship form** below and return it to us with your cheque payable to The University of Sheffield, to:

Genetic Disease Research, Campaigns and Alumni Relations, 40 Victoria Street, Sheffield, S10 2TN.

Alternatively, call 0114 222 5598 to make a payment by credit or debit card. Remember to tell us you are raising funds for **Genetic Disease Research!**

Cash donations

Please refrain from donating cash received yourself onto your Just Giving page as this incurs fees and we will not get the whole donation! If you collect cash donations please count them and send a cheque for the correct amount, together with a note of your name and fundraising event, to us at the address above. Alternatively, cash donations can be hand delivered to us here at the CAR office, 40 Victoria Street, or for larger collections we may be able to arrange collecting them from you.

You can log these offline donations on your Just Giving page. When you click edit your page, you can manually change the offline donations amount. By adding your offline donations to Just Giving you have a very public place to shout about your current target.

Gift Aid

Through the government's Gift Aid scheme, UK taxpayers can make their donations worth 25% more at no additional cost to themselves or to you. Our sponsorship form below allows the University to claim Gift Aid, and JustGiving provides a Gift Aid option.

giftaid it

Fundraising materials and publicity

Do make sure you let everyone know about your event and why you are supporting **Genetic Disease Research**. We may be able to help you produce fundraising posters, flyers, etc (but please give us plenty of notice) prior to your event.

If you are designing your own fundraising materials do contact us so we can send you the correct logo(s).

Please ensure you include the University of Sheffield's Exempt Charity Number: X1089 on all fundraising materials - this is a legal requirement. You must not refer to the University as a 'Registered' charity but an 'Exempt' charity.

Navigating a map through the rolling hills on the Big Walk 2018



Our Top Big Walk Fundraising Tips

Remember to set up your Big Walk JustGiving page – you can find [instructions here](#).

- 1. Educate your supporters!** Make sure they realise that the University of Sheffield is a charity and tell them about how their donation towards **Genetic Disease Research** will make a real difference to those living with a genetic disease – use the text from page 3 of the fundraising guide!
- 2. If relevant, bring a personal element to your story** – is there a special reason you have chosen to fundraise for Genetic Disease Research? What does the walk mean to you? Be upfront about the challenging element – people will respond to the efforts you are putting in and any hardships you will be facing.
- 3. Remember to update your fundraising page** so your supporters know to visit it regularly to follow your progress. A few well-chosen photos of you in your walking shoes, up on a peak or attempting to navigate a map will be worth lots of words!
- 4. Put your target on your page** – remember, its £150 each. If you hit your target early, you can always increase it and make that a talking point – you can congratulate your supporters on helping you raising so much.
- 5. Be your first supporter** - an empty page might be intimidating for some donors, so having a couple of donations on the page should encourage other supporters.
- 6. Say thank you!** Make sure you give each and every one of your supporters an individual thank you for their donation.



*Amazing bake sale line-up run by "Fitbits and Fatbots"
Finance team for the Big Walk 2018*

Tips from previous Big Walkers

1. Find what works best for you for telling your network about the Big Walk – this can be by **emailing** your network, posting non-stop on social media or putting one post on **Facebook**. You know your supporters better than anyone so tailor your messaging to them.
- Remember to follow Fundraising @ Sheffield on Facebook too! [@sheffield.university.fundraising](https://www.facebook.com/sheffield.university.fundraising)
2. Space out your fundraising messages! You don't want to overload your network, and likewise you don't want to put in a lot of effort before the walk and forget about updating your network after the walk. This also helps to keep the event fresh in your supporters' minds.
3. Use **big occasions** as an opportunity to **spread** the word about the walk. A previous walker went to a family event a week beforehand and told everyone they were hoping to get **£2** off everyone there. While some people were unable to donate at all, most people gave more than £2, which led to a significant amount of fundraising but at the same time they weren't harassing individuals for a huge sum of money.
4. Use **photos** in promoting your fundraising. Do not underestimate the power of photos. They can be effective both in the lead up to the walk in the form of your training walks, fundraising, any struggles! After the walk you can post photos from throughout the day both as Just Giving updates and on social media. For one of our previous Big Walk teams, a simple photo of their hiking boots posted on Facebook caused several latecomers to donate to them.
5. If you have time then **run a smaller event**. Previous events have included: a bake sale, office bake-off, book sale, sweepstakes, raffle, small-scale quiz, treasure hunt – the list is endless. Think about who would be involved and what they would donate to/get involved with. Quite a few of us would be happy with a few bake sales here and there, but if you're an adventurous bunch then by all means go down the more creative route.
6. Exercise **fundraising etiquette** towards others fundraising. Be mindful if you're emailing out to your whole faculty that there may be others fundraising within your faculty. Perhaps reach out first to ensure fairness and not to cross wires with any mass messaging.



Can't avoid hills! Our walkers carefully navigating Froggatt on the Big Walk 2017

Some past Big Walk fundraising successes to inspire you

- Every year the Library team have worked together to hold very successful Big Walk-themed quiz evenings, complete with raffle and specially designed question rounds. My favourite was the Walkers crisps round (other brands are available, but the pun wouldn't have worked!), where quiz entrants had to blind-taste and identify 10 different flavours – brilliant!
- A number of walkers have pledged to dress in fancy dress if they reach a particular fundraising target before the event.
- CAR bake-off organisation guide – our colleague Heather not only organised our CAR bake-off competition, but also put together this [comprehensive guide](#) from 2019 for you to use when organising your own bake-off challenge.



A selection of books from team #Researchwell's sale

- Soo's Big Hair challenge – As part of her fundraising for the Pennine Way Big Walk, Soo Vinnicombe pledged to cut 1" of her hair for every £100 raised – up to a maximum of 15"! She then posted the results in an update on her [Just Giving page](#)
- In 2017 the Medical School team sold individual, unique [mini Hetties](#) as mascots, and raised £400.
- The [#Researchwell team](#) collected used books and held a book sale to help with their fundraising for the Big Walk 2018. In addition to advertising the sale, they posted about it on their Just Giving page as an update and encouraged locals to drop off their books!



A couple of Hetties out in the Peak District

After the Big Walk!

You did it! Your event was a huge success – now for the important bit ...

- We said it above but we'll say it again – say a big **THANK YOU** to each and every one of your supporters. They will have received your automated thank you if you have a fundraising page, but an individual thank you text, email or other message will be much appreciated.

- Post an **UPDATE** and **PHOTOS** as soon as you can after your event – people will be wanting to know how you got on and may spread your story. Don't hold back on saying how tough it was – people will want to reward you for your efforts!
- Contact us to let us know how you got on – we will be updating our website with stories about further fundraising events for **Genetic Disease Research**. If you are happy for us to publicise your event this can really help raise awareness, encourage others to fundraise for us, and lead to further donations to your page.
- Send any cheque donations to us at the University of Sheffield, Campaigns and Alumni Relations, 40 Victoria Street, Sheffield, S10 2TN.
- Add the amounts of any cash and cheque donations to your fundraising page as offline donations so that these will be included in your total.

Thank you for fundraising for the Big Walk 2022 and **Genetic Disease Research!**



The final entries for the Alumni Office Bake-Off competition fundraising for the Big Walk 2016

