

This is a 12.6 mile moderate walk, which should take about 5-6 hours. There are some hills, but nothing too strenuous. There will be marshals at critical places. Please wear suitable footwear, carry plenty of drinking water and be prepared for rain. There will be refreshments (cakes and top-up water) available free at the Race Course halfway round.

You need to register on-line to take part at

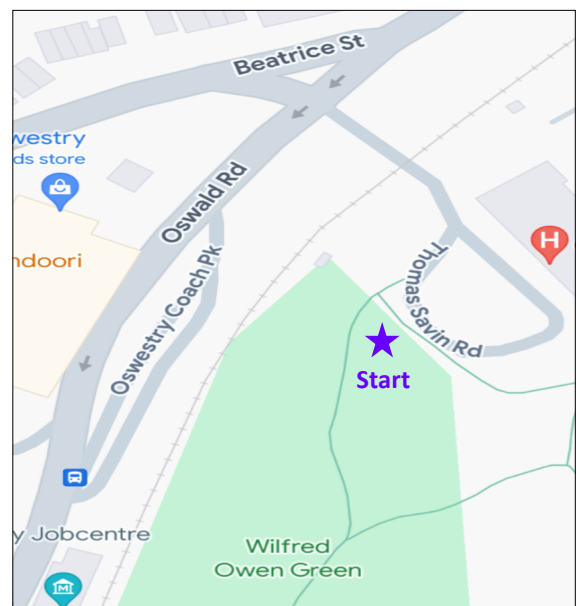
<https://www.ticketsource.co.uk/oswestry-cambrian-rotary-club>

and then sign in at the start (Wilfred Owen Green) between 8.30am and 9am when you will be given the detailed walk directions and can set off at 9am.

The start location is Wilfred Owen Green in Oswestry, postcode SY11 1GA
what3words ///skyrrocket.folks.argued

We will supply an emergency phone number and have some minor first aid support available. Walkers should let us have their emergency contact details and mobile phone number at sign in.

Walkers must check-in halfway round on the Race Course. We would ask that if you drop out half way round (or at any other point) please let us know, so that we don't need to send out search parties! There will be a back marker following the last of the walkers.



Please get sponsorship from friends and family if you possibly can. All sponsorship money will go to The Movement Centre in Oswestry.

Sponsorship money should be paid via The Rotary Club of Oswestry Cambrian Just Giving page (<https://www.justgiving.com/campaign/oswalds-trail>), although cash will be accepted on the day. If you wish to pay using a cheque, make it payable "The Rotary Club of Oswestry Cambrian" and contact us at oswestrycambrian@gmail.com to organise handover.