



Walking together for a better future



PARTICIPANT INFORMATION PACK

Thank you for signing up to take part in the inaugural National Forest Trek, taking place from 17th to 19th September 2021.

To help you prepare, we've put together this comprehensive Information Pack. Please take time to read through all the details and advice provided and, if you have any unanswered questions, contact us at info@nationalforettrek.co.uk.

IF YOU NEED ASSISTANCE AT THE EVENT, PLEASE CALL 07840 244533

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





INTRODUCTION AND KEY INFORMATION

On behalf of the three founding charity partners, we welcome you and look forward to walking together at the inaugural National Forest Trek.

The event is a new fundraising challenge providing participants with the chance to walk some or all the 75mile National Forest Way. It is open to all, including those that wish to raise funds for their own causes.

You'll be supported all the way from the start at Beacon Hill, near the Defence Medical Rehabilitation Centre (DMRC), through ancient woodland and newly planted trees, to the finish at the National Memorial Arboretum, the Nation's year-round place to remember.

PLEASE READ ALL OF THIS INFORMATION PACK, BUT SPECIFICALLY NOTE THE FOLLOWING:

- If you are doing the one, two, or three day trek, please let us know your travel and accommodation plans by signing back into your Active Account [here](#). If you are having problems, please get in touch.
- If you are fundraising for the three founding event charities, please ensure you have set up your fundraising page [here](#). Please let us know if you need any support, or ideas.
- The main National Forest Way route is not closed to other users, so please be aware and considerate to others and pay particular attention when crossing roads. The 5K route is free of traffic, but the Arboretum is open to other visitors.
- Please do not travel to the event if you are displaying any symptoms of Covid-19 or are required to self-isolate or quarantine.
- **IF YOU NEED ASSISTANCE DURING THE EVENT, PLEASE CALL CONTROL ON 07840 244533.**

QUICK REFERENCE GUIDE TO THIS INFORMATION PACK

- **Your start location** – please see page 3 – **GETTING TO THE EVENT**
- **Getting to the start** (from finish car parking) – please see page 4 – **PARKING AND SHUTTLE SERVICE**
- **Your start time:** please see page 5 – **YOUR EVENT SCHEDULE**



FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk



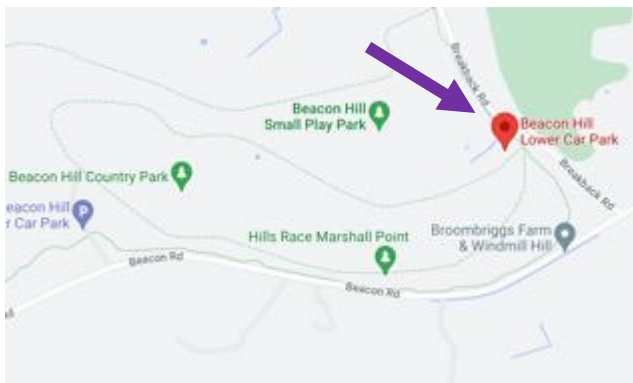


GETTING TO THE EVENT

The location addresses and website details of the start and finish locations are shown below:

BEACON HILL COUNTRY PARK THREE DAY TREK Friday 17th September

Beacon Hill Country Park Lower Car Park,
Breakback Road, nr Loughborough LE12 8TA.
www.leicscountryparks.org.uk/beamon-visitor/



ASHBY RUGBY CLUB TWO & THREE-DAY TREK Saturday 18th September

Ashby Rugby Football Club, Nottingham
Road, Ashby de-la-Zouch, LE65 1DP.
<https://ashbyrfc.rfu.club>



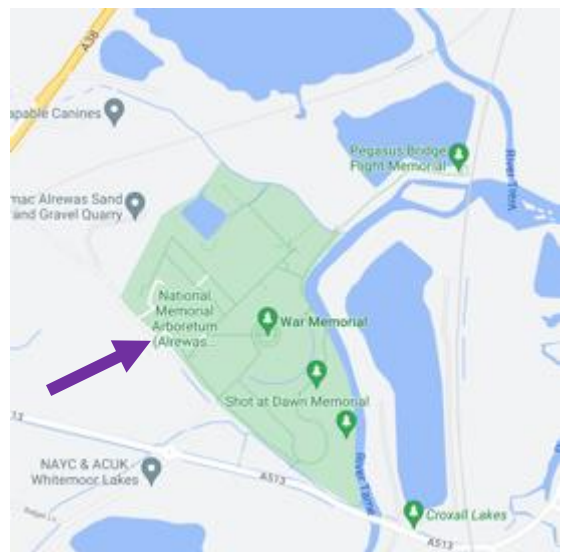
ROSLISTON FORESTRY CENTRE ONE-, TWO- & THREE-DAY TREK Sunday 19th September

Rosliston Forestry Centre, Burton Road, Rosliston,
Swadlincote, Derbyshire, DE12 8JX.
www.roslistonforestrycentre.co.uk



NATIONAL MEMORIAL ARBORETUM ONE-, TWO- & THREE-DAY TREK & 5K Sunday 19th September

National Memorial Arboretum, Croxall Road,
Alrewas, Burton-on-Trent, DE13 7AR.
<https://thenma.org.uk>



FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





PARKING & SHUTTLE SERVICE

Pay and display parking charges will apply for vehicles that wish to drop off participants or remain on site to see the start of that day's walk – this includes those attending the 5K trek at the National Memorial Arboretum. However, participants planning to bring their own car to the event will have the opportunity to use a free daily shuttle service.

For those undertaking the full 3-day Trek, the most convenient approach might be to consider parking up at the Sunday finish – the National Memorial Arboretum (NMA). There will be a free transfer service that will take you to the Friday challenge start at Beacon Hill safe in the knowledge that your vehicle will be safely parked until collection on the Sunday afternoon / early evening. Whilst vehicles will be parked at the owners' risk, the car park will be locked overnight. There is also the option to park at the finish of each day and take the same free transfer service to the start.

For those staying in local hotels, we will be offering a free shuttle service to those located within 15-20 minutes of the finish venue at Ashby (Day 1) and Rosliston (Day 2). You will need to make your own way back to the start venue the next morning and this service is not available at the end of Day 3 at the NMA.

For those already entered, please let us know what your plans are. This can be done by signing back into your Active (event entry) account [here](#), select The National Forest Trek option (if required) and then select the purchase merchandise option. You will then be prompted to choose what travel and accommodation you plan to take. Please note that all options listed are included in your entry – there are no extra charges.

The transfer schedule is shown here:

Friday 17th September

LOCATION	VENUE OPEN TIME	PICK-UP TIME	DROP OFF VENUE	DROP-OFF TIME
National Memorial Arboretum	05:30	06:00	Beacon Hill	07:00
Ashby RFC	06:00	06:30	Beacon Hill	07:00
Ashby RFC	15:00	Various	Local hotels	Various

Saturday 18th September

LOCATION	VENUE OPEN TIME	PICK-UP TIME	DROP OFF VENUE	DROP-OFF TIME
National Memorial Arboretum	06:00	06:30	Ashby RFC	07:30
Rosliston Forestry Centre	06:30	07:00	Ashby RFC	07:30
Rosliston Forestry Centre	15:00	Various	Local hotels	Various

Sunday 19th September

LOCATION	VENUE OPEN TIME	PICK-UP TIME	DROP OFF VENUE	DROP-OFF TIME
National Memorial Arboretum	06:00	07:00	Rosliston Forestry Centre	07:30

PLEASE SIGN INTO YOUR ACTIVE ACCOUNT [HERE](#) TO CONFIRM YOUR PLANS.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





YOUR EVENT SCHEDULE

DAY	LOCATION	VENUE OPEN FOR PARKING	REGISTRATION WINDOW	START WINDOW
Friday 17th September	Beacon Hill	05:45	06:00 to 07:45	06:30 to 08:00
Friday 17th September	Ashby RFC	06:00	N/A	N/A
Saturday 18th September	Ashby RFC	06:00	06:30 to 08:15	07:00 to 08:30
Saturday 18th September	Rosliston Forestry Centre	06:00	N/A	N/A
Sunday 19th September	Rosliston Forestry Centre	06:00	06:30 to 08:15	07:00 to 08:30
Sunday 19th September	NMA	06:00	12:00 to 13:00 (5K only)	12:30 to 13:30 (5K only)

WHAT HAPPENS ON ARRIVAL?

- All participants will be required to register, this includes those doing the 5K trek.
- Participants on the 3-, 2- and 1-day treks will be able to enjoy a complimentary breakfast if they so choose (spectators / supporters can opt to purchase).
- Toilet facilities will be available at all locations.
- Participants will be allowed to start at a time of their choosing within the promoted start window as shown above – this includes those taking part in the 5K trek.
- Water refillable points will be available at all start and finish locations.

WHAT HAPPENS AT REGISTRATION?

- You will be issued with your personal trek number, and this should be worn and visible whilst walking the trek route
- You will be provided with a special trek snood
- You will be provided with a numbered baggage tag that should be attached to any bag that you might wish to have transferred to that day's finish location

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

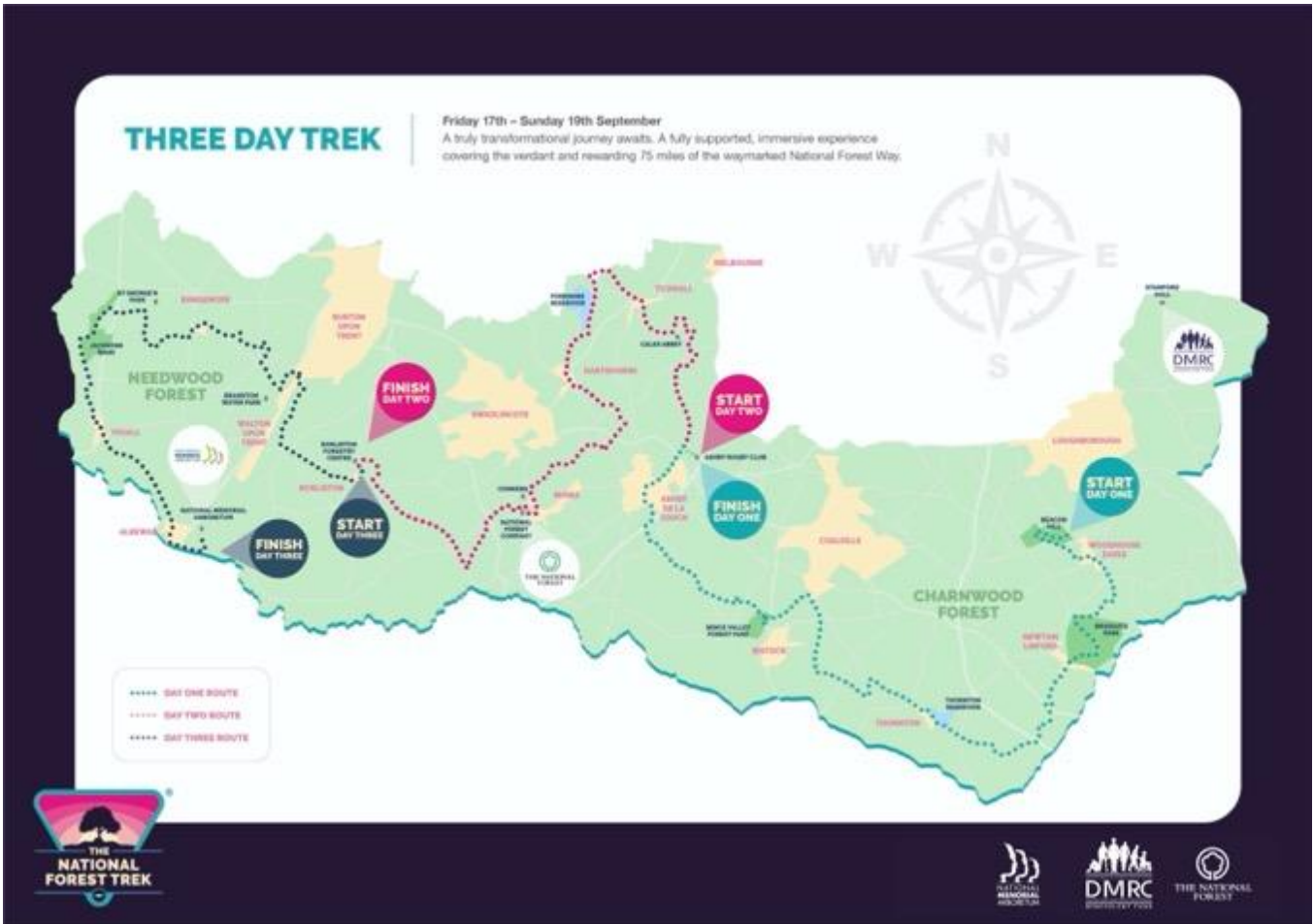
www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





THE NATIONAL FOREST WAY ROUTE

The National Forest Trek is a one, two, or three-day charity challenge walk, across the 12 stages and 75 miles of the National Forest Way. There is also the 5K trek around the finish site at the National Memorial Arboretum.



The whole route follows the National Forest Way and extensive way markers are already in place. In addition, we will be adding extra navigational signage wherever we think that this will be of benefit. These signs will consist of a *black* arrow positioned on an *orange* background as shown below:



NATIONAL FOREST WAY
SIGNAGE



NATIONAL FOREST TREK
ADDITIONAL EVENT SIGNAGE

Participants are reminded to keep an eye out for the signage and take a fully charged mobile phone with you in case you need to refer to digital maps of the route should you miss a sign.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforesttrek.co.uk / info@nationalforesttrek.co.uk



THE NATIONAL FOREST TREK 2021 – INFORMATION PACK

The National Forest Way comprises 12 stages and detailed, informative navigational guides are available from this link [here](#). An example is shown below.



These are easily accessible as links for you to access on mobile devices, but please ensure you take a charging device. There will be opportunities to charge devices at rest stops. You may also wish to print off copies as a back-up.

Finally, we know that many of you might want to download the daily routes in advance. We have prepared these route files and they are available for download using the links below.

PLEASE NOTE THAT THERE MAY BE GOOD REASONS TO MAKE LAST MINUTE ALTERATIONS TO THE ROUTE FOR SAFETY PURPOSES. THEREFORE, YOUR DEFAULT POSITION SHOULD BE TO ALWAYS FOLLOW THE SIGNAGE.

Day One - Friday 17th September

Day Two - Saturday 18th September

Day Three - Sunday 19th September

If you find you are lost on the route, or unsure of your location, please get in contact with us via Event Control on **07840 244533**. We recommend you save this number to your contacts prior to departure.

IF YOU NEED ASSISTANCE AT THE EVENT, PLEASE CALL 07840 244533

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforesttrek.co.uk / info@nationalforesttrek.co.uk



IMPORTANT EVENT SAFETY INFORMATION



PLEASE READ AND PAY SPECIFIC ATTENTION TO THE FOLLOWING:

- This is NOT a race.
- The Trek route is NOT closed to other traffic, so please be aware and considerate to other users
- Please take extra care when crossing roads, or walking along the highway, particularly in the absence of a pavement. Please use safe crossing points where available.
- When walking on roads without pavements, please stay on the right-hand side facing the oncoming traffic unless it is unsafe to do so, or you are instructed otherwise.
- Please take extra care when walking adjacent to the many waterways the route navigates. This includes rivers, lakes, reservoirs, and canals.
- Please take extra care when crossing railway lines and abide by the specific rules for that location.
- You will also encounter several stiles. The condition of some stiles is variable, and we encourage caution when crossing all styles. If possible, seek to cross over in the company of a fellow walker.
- There may be a field or two with cattle inhabiting them on the Trek route. *If so, please* note this guidance. Do not disturb cattle and, when in their vicinity, you must observe the following points:
 - If you are a lead walker then it is your behaviour that will affect any cow's response first.
 - It is likely to be safer to be prepared to slow down, walk very slowly, or wait.
 - Do not pass between calf and cows or cause cows to separate leaving one small group isolated, and steer well clear of lone calves.
 - Never walk or run vigorously straight towards a cow.
 - Avoid sudden movements and any high-pitched loud noises, though talking and singing will kindly let the cows know that you are there.
 - Follow other walkers and create a predictable route.
 - Remember not to disturb sheep OR other livestock or cause them to run.
 - If you start to feel uncomfortable, please call the Event Control on **07840 244533**.
- Try to avoid wearing dark or dull colours that merge with vegetation such as hedges. Particularly for enhanced safety on public roads we ask that you wear bright colours, and for dusk walking, that you carry an item of apparel that features some reflectivity on both front and back.
- We hope that none of you end up walking in the dark. But with the mid-September nights starting to draw in, please carry a small torch with you. It will almost certainly not get used, but it something that we strongly recommend you carry with you. (Do check the condition of any batteries too).

IF YOU NEED ASSISTANCE AT THE EVENT, PLEASE CALL 07840 244533

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





WHAT KIT WILL I NEED?

We've put together a suggested kit list below, but you will need to think carefully about the variable weather conditions that you may encounter. Good fitting all-terrain footwear that you are used to is essential, as will be a comfortable backpack that will allow you to carry spare clothing and any required accessories. A drinks bottle will be essential too – you'll have the chance to fill this up on a regular basis – at least every stage (between 5 and 7 miles, or 2-3 hours of walking).

Whilst it is highly possible that warm, if not hot, weather will prevail, please take time to consider your 'trouser' options. The warm but wet summer has led to plenty of vegetation growth, and you will encounter sections where the Trek route passes by brambles and nettles.

Please avoid the temptation to wear any new items of equipment. We strongly recommend that participants undertake regular exercise and training using the gear and equipment you intend to use on the Trek.

RECOMMENDED KIT LIST

- Walking boots, or supportive sports trainers with good off-road traction
- Walking / hiking socks
- Walking trousers (see note above regarding length)
- Mid-layer top
- Waterproof & windproof jacket
- Backpack
- Spare pair of socks
- Hat / cap for sun protection
- Money for food / drinks (to supplement what we will be providing)
- Fully charged phone with spare power source and recharging equipment
- Lightweight medical kit
- Blister plasters
- Drinks bottle
- Sun-cream
- Route stage guides
- Torch
- Reflective bib for emergency / dusk walking
- Face mask and sanitising hand gel

OPTIONAL EQUIPMENT

- Walking poles
- Thermal undergarment(s)
- Snack bar(s)
- Hydration Pack

BAGGAGE TRANSFERS

We offer a daily baggage transfer service that will allow you to hand in your bags or, for those who choose to camp, your pre-packed camping equipment, ahead of your departure. We will then take your equipment onward to that day's finish hub where you can then collect it upon your arrival. Numbered baggage labels will be provided but we strongly encourage you to attach your own ID details to any equipment and to ensure suitable insurance in case of theft, loss, or damage in transit.

Please note that the organisers and founding charities will not be held responsible for any lost or damaged bags, camping or other equipment.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





ACCOMMODATION AND CAMPING

LOCAL HOTEL TRANSPORT SERVICE

The National Forest is set amidst many villages and large towns, and we believe that for many it will be part of the extended weekend experience to book yourself into a local hotel, or B&B and rest up for the following day's challenge.

If you have already booked your accommodation, or are planning to, for those staying within 15-20 minutes of the finish locations on day 1 (**Ashby**) and day 2 (**Rosliston**), we will be providing a free shuttle service after you have completed your walk. You will need to arrange your own transport back to the start venue the next morning though.



ENJOY THE OUTDOORS AND CAMP ON SITE

For those who might be a little more adventurous or enjoy the outdoors, camping is available on site at both Ashby RFC and Rosliston Forestry Centre. Whilst you will need to provide your own equipment, this can be transported between venues for you. Both sites have use of toilet and shower facilities and fresh running water, but are not campsites per se.

LET US KNOW YOUR PLANS

If you haven't already, please let us know what your plans are for accommodation.

This can be done by signing back into your Active (event entry) account [here](#), select The National Forest Trek option (if required) and then select the purchase merchandise option. You will then be prompted to confirm what your plans for accommodation area.

PLEASE SIGN INTO YOUR ACTIVE ACCOUNT [HERE](#) TO CONFIRM YOUR PLANS.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





WHAT ABOUT FOOD AND DRINK?

From the moment you arrive at the start of your selected Trek event we will do our very best to keep you nourished, hydrated, and fully fuelled and all as part of your entry fee. Of course, you may wish to carry your favourite energy bar or dietary snack and it is essential to have a drinks bottle throughout which you can top up along the way. We also recommend you taking means of payment, in case you want to supplement what we provide, but also for use at the finish at the National Memorial Arboretum.

All our refreshment stops have toilet facilities and we are happy for you to engage with any friends, family, and supporters – but please encourage them to park safely and considerately away from the immediate vicinity of the facility. Local parking conditions may apply.

Details of our refreshment stops, together with approximate mileage from Beacon Hill are shown below:

Friday 17th September – DAY ONE			
Beacon Hill	0 miles	Lower Car Park, Breakback Road, nr Loughborough, LE12 8TA	Breakfast / café
Newtown Linford	7.5 miles	The Grey Lady, Sharpley Hill, Newtown Linford, LE6 0AH	Drinks / snacks
Thornton Reservoir	13.5 miles	Thornton Community Centre, 175 Main Street, Thornton. LE67 1AH	Lunch / drinks / snacks
Sence Valley	21 miles	Sence Valley Forest Park, Ravenstone Road, Ibstock, LE67 6NW	Drinks / snacks
Ashby	29 miles	Ashby RFC, Nottingham Road, Ashby-de-la-Zouch, LE65 1DP	Evening meal / pay bar

Saturday 18th September – DAY TWO			
Ashby	29 miles	Ashby RFC, Nottingham Road, Ashby-de-la-Zouch, LE65 1DP	Breakfast
Ticknall	36 miles	Village Hall, Ingleby Lane, Ticknall, DE73 7JW	Drinks / snacks
Hartshorne	41 miles	Church Hall, Church Street, Hartshorne, Swadlincote, DE11 7ER	Lunch / drinks / snacks
Moira	47 miles	Conkers Café, Rawdon Road, Moira, DE12 6GA	Drinks / snacks
Rosliston	54 miles	Rosliston Forestry Centre, Burton Road, Rosliston, DE12 8JX	Evening meal

Sunday 19th September – DAY THREE			
Rosliston	54 miles	Rosliston Forestry Centre, Burton Road, Rosliston, DE12 8JX	Breakfast
Branston	59 miles	The Hub Café, Branston Water Park, Lichfield Road, Branston, Burton-on-Trent, DE14 3HD	Drinks / snacks
Rangemore	63 miles	Rangemore Playing Fields, Tatenhill Lane. Rangemore, DE13 9RW	Lunch / drinks / snacks
Yoxall	70 miles	Yoxall Parish Hall, King Street, Yoxall, DE13 8NF	Drinks / snacks
NMA	75 miles	Croxall Road, Alrewas, Burton-on-Trent, DE13 7AR	Range of food and drinks to purchase

Lunch options will include sandwiches and salads, whilst evening meals will range from chilli, jacket potatoes and pasta. If you have any specific dietary requirements, please inform us prior to the event.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





COVID-19 GUIDANCE

Following the postponement of the planned 2020 event, we are delighted that, finally, The National Forest Trek will take place. But the pandemic is still with us, and we must all follow the current guidance to ensure we can have a COVID safe event. To help us do this it is your responsibility to ensure:

BEFORE YOUR ARRIVAL

If you have any COVID-19 symptoms or have been in contact with anyone who has in the 14 days leading up to the event, or you are self-isolating – **DO NOT TRAVEL TO THE EVENT**. Please get in contact with us and we will arrange for your entry to be transferred to next year.

AT THE EVENT

Please ensure you bring a face mask and hand sanitiser to the event. During the event, please ensure you:

- **Wash Hands** – Clean your hands regularly, and, as a minimum on entry & exit of every refreshment hub. Hand sanitizer will be available at all these points
- **Cover Face** – Where a mask within any indoor spaces, and if you find yourself within event support / transfer vehicles.
- **Make Space** – Always maintain a 2-metre distance when walking through urban areas and avoid close, continuous contact with other walkers during the event and out on the course. There is plenty of space along the National Forest Way so please use it!

AFTER THE EVENT

If you develop any COVID-19 symptoms in the 48-hour period following the event, please let us know, so we can advise others and take any other necessary actions.

MANY THANKS FOR YOUR CO-OPERATION.

IF YOU NEED ASSISTANCE AT THE EVENT, PLEASE CALL 07840 244533

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





FUNDRAISING

If you have yet to set up your fundraising page, please do so at [Virgin Money Giving](#).

If you need any assistance in your final push for fundraising you can check out our [A to Z fundraising guide](#), which has lots of advice, hints and tips about how to generate funds, but also have fun at the same time.

There's also an event fundraising page [here](#), where anyone can visit and make a donation.

If you are fundraising for your own charity, please get in contact with them to help with your fundraising.

THE FOUNDING CHARITIES OF THE NATIONAL FOREST TREK

THE NATIONAL FOREST

Set within a Midlands landscape utterly transformed over the last 25 years, the story of the [National Forest](#) is one of visionary regeneration that has created England's largest broadleaf forest. A landscape once scarred and blackened by coal mining and heavy industry, is now overlaid with vibrant trails set amidst woodland beauty and tranquillity.



THE DEFENCE MEDICAL REHABILITATION CENTRE BENEVOLENT FUND



Close to the Trek's starting point at the stunning Beacon Hill Country Park near Loughborough, the [Defence Medical Rehabilitation Centre Benevolent Fund](#) helps transform the lives of the nation's injured sailors, marines, soldiers, and airmen and those that assist them. The charity is based within the truly world-class facility that is the new and entirely bespoke Defence Medical Rehabilitation Centre.

THE NATIONAL MEMORIAL ARBORETUM

The [National Memorial Arboretum](#) is the UK's year-round centre of remembrance and home to the iconic Armed Forces Memorial. Arisen from reclaimed quarry workings, the Arboretum celebrates lives lived and commemorates lives lost in service. It is a living tribute to those who have served our nation, both military and civilian personnel.



Covering 150 acres, it's a place of life, represented by the 30,000 trees, gardens, habitats and wildlife. For some it's a wonderful place to stroll by the river; for others it's a peaceful and beautiful place to remember loved ones, particularly those who made the ultimate sacrifice for their country.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforettrek.co.uk / info@nationalforettrek.co.uk





ADDITIONAL INFORMATION

WHAT HAPPENS IF I HAVE TO RETIRE OR FEEL UNWELL?

If you are feeling unwell or become injured, please get in contact with us in Event Control on **07840 244533**. We will assess whether you can continue to the next refreshment stop where you can rest in comfort until our mobile support team can take you and your gear to the day's Finish hub. If this is not possible, we will despatch one of our support team to meet you and transport you to the most appropriate location.



AND FINALLY... THANK YOU

On behalf of the founding charities and organisers of the first National Forest Trek, we'd like to thank you for taking part in our inaugural event in 2021. Good luck and enjoy the fantastic route that is the National Forest Way.

FOR FURTHER INFORMATION, PLEASE CONTACT US AS FOLLOWS:

www.nationalforesttrek.co.uk / info@nationalforesttrek.co.uk

