

## **Sunrise Walk – 3k Walk Accessibility Statement.**

This 3k walk is designed to try and meet the needs of those who would like to join Sunrise Walk and fundraise for National Star but the main route will be too long. National Star recognises that the 13k route is also not accessible to those who rely on wheelchairs or other mobility aids due to the nature of the Cotswold Hills and surrounding countryside.

This document is designed to inform you about the terrain of the 3k walk and the facilities at the Sunrise Walk HQ. It is intended as a rough guide as paths etc are subject to the elements and are public footpaths. National Star will endeavour to keep to the advertised route but there may be circumstances beyond our control that means we may need to change the route.

The event itself is mostly outside so participants will need to be prepared for the weather and time of year. The Sunrise Walk also begins in the dark so please bring handheld torch / head lights with you. Due to the terrain the route will not be suitable for most manually propelled wheelchairs.

### **Getting to Sunrise Walk HQ**

There is no public transport that comes to Ullenwood Manor Road. Participants will need to make their own way to Sunrise Walk HQ.

Location: Ullenwood, Cheltenham, Gloucestershire, GL53 9QU. Sunrise Walk HQ is fully wheelchair accessible with level floors and automatic doors in the event area.

*What3Words: uproot.rust.encoding*

Parking: There is plenty of blue badge car parking available at Sunrise Walk HQ. This parking area can be found on the left-hand side as you drive down from the main entrance of National Star. From here participants can access the registration area which will be down a slight paved slope.

### **Sunrise Walk HQ**



Image shows main reception area at National Star where event registration will be taking place. There is a slope down from the car park.

Registration: All participants of the Sunrise Walk will need to sign in at Sunrise Walk HQ having previously registered in advance of the day. A full event and safety briefing using a PA system at 5.30am will be held before the walk commences at 5.40am.

Facilities: There are fully accessible toilets within the Anderson Building. One does have a ceiling hoist system in situ but participants will need to bring and use their own sling. Our staff and volunteers will not be able to provide assistance with personal care and hoisting.



Image shows bathroom with toilet and door opening inwards. There are grab rails and the sink is on the right hand side.



Image shows bathroom fitted with ceiling hoist, changing bed, toilet and grab rails. The door opens inwards.

### **3k Walk start & end point**

Once the 13k route walkers have left Sunrise Walk HQ you will be able to depart in your own vehicle and head to the car park at the top of Leckhampton Hill. It will still be dark so please be prepared for this. There will be limited lighting in the carpark.

Leckhampton Hill Carpark: What3Words: somewhere.forkful.shelters

You will be met by our volunteer marshall. The 3k walk will be sign posted with green arrows. It is anticipated that you will meet the 13k route walkers on Leckhampton Hill in time for sunrise.

You can complete one or more loops as you wish. Once you have completed your walk please return to the Leckhampton Hill car park and then travel back to Sunrise Walk HQ.

There will be no toileting facilities on Leckhampton Hill but the facilities at Sunrise Walk HQ will be open.

### **Paths and route**

The loop will follow parts of the Leckhampton Hill Mobility Scooter route. This route is maintained by Cheltenham Borough Council and has been designed for those with reasonably sturdy mobility scooters / electric powered wheelchairs. The paths will be affected by weather conditions and are a mix of mown grass, gravel and hard standing. Due to the nature of the paths, the route is rutted, muddy (depending on the weather), uneven with large stones, dips, puddles and rabbit holes / divits in places.

There are inclines of varying degrees in places with loose gravel / grass as the ground surface.



Image shows a compacted gravel path with puddles.



Image shows transition of path from compacted gravel to mowed grass with wheeling's.



Image shows gravel / mud path that is fenced off.



Image shows path that is a mix of compacted gravel and grass on an incline.

There are no seats or benches on the 3k route.

There are gates on the route which are wide enough for most electric powered wheelchairs and mobility scooters to go through.



Image shows pedestrian gateway out of the carpark.



Image shows pedestrian and vehicle gateway on a gravel track.

### **Catering & Refreshments**

Prior to the walk there will be tea and coffee available at Sunrise Walk HQ. Upon your return to Sunrise Walk HQ you will be given a returners token which can be exchanged in StarBistro for your breakfast bap.

We will have volunteers in StarBistro that will be able to assist you with getting your breakfast bap and hot drink.

Please do let us know of any dietary requirements including food / drink allergies you have in advance so that we can ensure everyone's catering needs can be accommodated on the day.

### **Support**

Marshalls and National Star staff will be identifiable in their high vis jackets. If you need anything the marshals will be your first point of contact on the day. The event mobile number will be 07971 538 223.

Please note that our volunteer marshals and event staff are not trained in manual handling, personal care or will have received any wheelchair training. If you use an electric powered wheelchair please ensure that it is able to traverse the terrain safely and the battery is fully charged before you commence your walk.

### **Dogs**

Dogs are permitted within the grounds of National Star whilst on a lead including The Anderson Building/Star Bistro for the purposes of this event. The route is dog friendly but beware there may be livestock in enclosed fields on Leckhampton Hill. A dog water bowl will be available. Owners are responsible for picking up after their dog. There is a dog waste bin at Leckhampton Hill car park. Please put your dog on a lead where required.

**Further information**

If you can't find what you need here, or you prefer information in a different format, please email [fundraising@nationalstar.org](mailto:fundraising@nationalstar.org) and we will do our best to support you. Alternatively give us a call on 01242 524478

Photos taken December 2023. Conditions of the paths may change which will be beyond National Stars control.