

MILES FOR MACMILLAN

NORTH DOWNS WAY WALK

Thank you for registering your interest in organising a North Downs Way Walk to raise crucial funds for Macmillan Cancer Support. Please find enclosed all the information that you will need to organise a successful walk on the North Downs Way.

Like more and more people, you may know of a loved one who has been diagnosed with cancer. Every day 822 people in the UK are told they have cancer. Macmillan Cancer Support wants to help all of these people by providing them with the emotional, practical, medical and financial support they need.

Every penny you raise from getting your friends, family, colleagues to sponsor you will help us to take huge steps towards reaching our ambition of reaching out to and helping everyone affected by cancer.

GOOD LUCK!

Good luck with organising and fundraising for your walk. If you need any more help or information please get in touch on 01622 600050 or email kent@macmillan.org.uk

We look forward to hearing from you!

Working together to improve the lives of everyone living with cancer.

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

ABOUT THE NORTH DOWNS WAY

- 246km (153 miles) and it takes approximately 14 days to complete
- The highest point is Botley Hill near Oxted, Surrey - 260m (853ft)
- Start at Farnham (A31 junction near station) and finish at the Esplanade in Dover
- The route follows the chalk escarpment of the North Downs passing through a rich diversity of woodland, open fields and natural chalk grassland, often tracing the Pilgrims Way
- **Highlights:** Denbies Vineyard, Box Hill, White Cliffs of Dover, Canterbury Cathedral, castles, Devils Kneading Trough at Wye, Watts Chapel, Polesden Lacey (National Trust property), butterflies, orchids and skylarks, views to South Downs, Weald, Romney Marsh and France
- **Famous Associations:** Charles Darwin, Winston Churchill, Jane Austen, Charles Dickens, JMW Turner, Lewis Carrol, John Bunyan, William Wordsworth and Pilgrims
- For more information please contact the Kent Fundraising office on 01622 600050 or call the NDW National Trail Officer on 01622 221525

www.macmillan.org.uk- Macmillan information, fundraising tips and sponsorship forms.

www.be.macmillan.org.uk – Useful tool to design posters and find Macmillan merchandise to help you promote your event.

www.justgiving.com/macmillanevents -Website that enables you to collect donations and sponsorship easily online.

www.nationaltrail.co.uk/northdowns - Huge range of information about NDW including help planning a trip, accommodation, maps and much more.

www.northdownsonline.org/learning -Helpful resource for teachers and parents with fun interactive activities and for kids.

www.guidedwalks.kent.gov.uk/walk/2275/crab-and-winkle-evening-walk

www.northdownsway.co.uk –The NDW broken down into walks of various lengths with detailed pictures and transport links to your chosen route.

www.walkingworld.com – Details of walks of variety of lengths, locations and levels along the NDW.

www.canterbury.co.uk/things-to-see-and-do/walking

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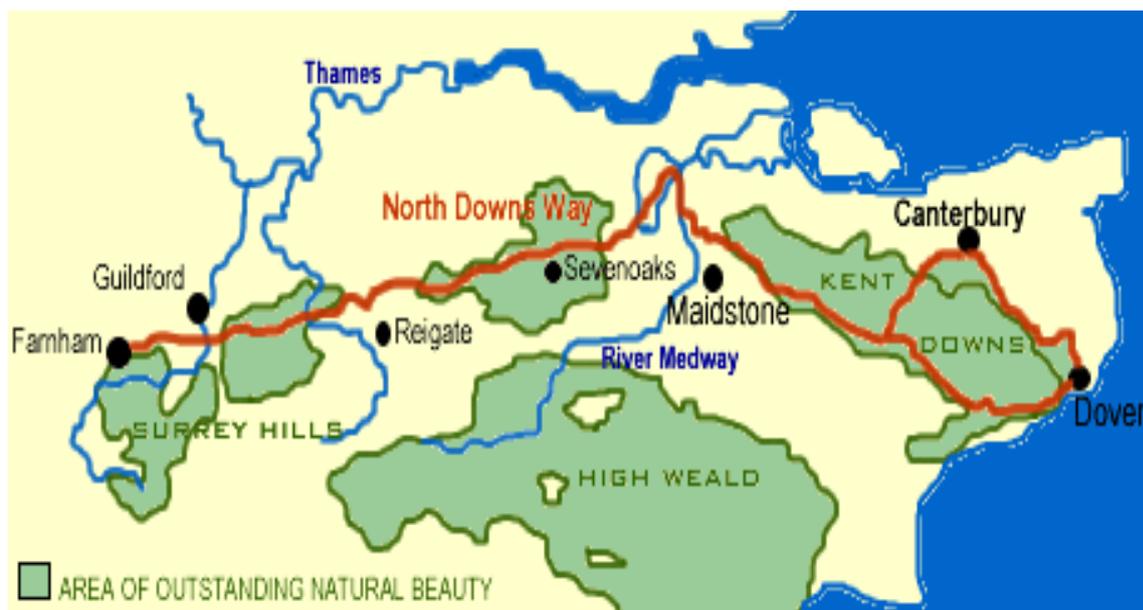


ROUTES AND MAPS

The most detailed and comprehensive maps of the North Downs are produced by Ordnance Survey. The Explorer 1:25,000, are recommended for walkers. The following Landranger maps will be needed to cover the whole North Downs Way.

- Aldershot & Guildford, map number 186.
- Dorking & Reigate, map number 187.
- Maidstone & The Weald, map number 188.
- Ashford , map number 189.
- Canterbury & East Kent , map number 179

Don't forget to check your local library as there may be books or maps available to help you with planning your walk. Route ideas can also be found on some of the websites that are listed above.



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EVENT IDEAS

Your walk can be anything you want it to be, the sky really is the limit and here are some ideas to help you make your event as enjoyable as possible whilst raising lots of money.

Everyone's welcome

- Any length of walk possible; from a stroll to 153 miles
- Any age, any date and it's accessible to most at most points
- A great way to keep active and do something positive
- No entry costs involved as it is free to walk the North Downs Way
- You could do it with a group or organisation that you are a member of
- Why not combine it with a walking holiday or weekend away?

Families & Schools

- Possibility to organise an event with the school tying in with other projects e.g. about the history of the area or the geography
- Use the idea of a treasure hunt e.g. flowers, animals, sights etc.
- Good way to keep the kids active and entertained in the holidays
- Costumes or all wear green for Macmillan
- BBQ/picnic at the end – lots of families together

Challenge event

- Can you complete the whole route?
- Speed - what is the fastest time for completing the route?
- You could try to complete the whole route in one go or over several days
- Orienteering/ doing the event at night/ getting sponsored per mile
- Fun and challenging events e.g. clues or treasure hunt
- Find a fun and unusual way to complete the route
- You could do the 153 miles in a relay type race
- Why not send us pictures of your event so we can put them on our website?

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FUNDRAISING EVENT FORM

Event Name	
Details of event (E.g. what type of event are you organising?)	
Date of Event	
Venue/Location	
Your name	
Contact Address	
Phone number	Mobile:
Email Address	
Name of your association or organisation (If applicable)	
Other people involved in event (Please provide phone numbers if possible)	
Approximately how much do you hope to raise?	
Do you plan on this	

becoming an annual event?	
Have you ever organised an event like this before?	
Have you raised money for Macmillan before?	
Do you intend on contacting the local press about your fundraising?	
Do you have a special reason for deciding to raise money for Macmillan that you would like to share with us?	

Once your event has taken place, please make cheques payable to ‘Macmillan Cancer Support’ and send to: **Macmillan Cancer Support, 20 Tonbridge Road, Maidstone, ME16 8RT**. We will bank your donation and send an acknowledgement letter and certificate on completion. If you have any questions, please contact us.

THANK YOU AND GOOD LUCK!

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer.

If you prefer us not to use your details, please call our Supporter Services team on 0207 840 4900 or email us at supporterservices@macmillan.org.uk.

We do not swap or sell your details with any third parties, but in order to carry out our work we may need to pass on your details to service companies authorised to act on our behalf.

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