

#### The start

- Official start time: 3.00am on Saturday 15th June 2024 from Elizabeth Terminal.
- · Please arrive 30 minutes before the start time to ensure you are ready for the official start with the Lieutenant Governor.
- · All walkers should start at the same time since the Checkpoints are geared to open from this start time.
- Don't forget to wear your checkpoint card around your neck.
- Please keep noise to a minimum during the initial early hours of the walk through town and residential areas, do not play any music from speakers.

#### SPONSORSHIP MONEY - MOST IMPORTANT!

- With over 1,500 registered walkers, you can all help raise some serious money for local charities you are undertaking a
  considerable challenge and we really would like to raise over £100,000 again this year. Please try to make the most of your
  sponsorship by spreading the word on social media or passing the Official Sponsor Form around family, friends and work
  colleagues.
- · On average, we have found over the years that a large number of walkers raise in excess of £100 each.
- You can hand over your sponsorship to cashiers over the counter at Lloyds Bank in Broad Street, St Helier just complete the bank payment slip and hand it over with your sponsorship **or** hand it over to us on the night.
- You can also pay money to us direct / online our Bank details: Lloyds Bank Account: 59444068, sort code 30-94-61.
- · Make cheques payable to the "Around the Island Walk Trust" and put your walker number on the reverse.
- Jersey residents only As a Jersey registered charity we may reclaim the tax applicable on any single donation of £50 or more
  made by an individual or a company under the lump sum donations scheme. If you have been a resident in Jersey for at least 3
  years and pay tax, then please complete the Tax Rebate Form (R10) the charity is the "Around the Island Walk Trust" if you
  have queries, please visit www.gov.je/TaxesMoney/IncomeTax/Charities/Pages/MakingDonation

# Checkpoints

- You **MUST HAVE YOUR CHECKPOINT CARD SCANNED** at each Checkpoint, so we can track your progress and know that every walker is safe and sound. Failure to do so may cause us to alert the rescue services who will come out looking for you.
- If you lose your personal checkpoint card, inform a Checkpoint Marshal so that your details are recorded and you can be issued with a replacement. If you are not continuing with the walk, please inform a Checkout Marshal, so they can withdraw you.

#### Route marking

• There is a walker **route map** on our website. Signs will guide you around the Island and look out for the orange arrows on the roads as well.

# What to bring

- Sufficient food and drink, but remember we provide water, juice and crisps at Checkpoints. Thanks to Jersey Water, we will be able to provide large water tanks at some of them. Please bring refillable flasks and help us reduce the use of plastic.
- · Spare clothes / socks / shoes or boots, as some wet weather gear if the forecast is poor.
- Personal foot products / first aid products / sun cream and/or sun block and sun hat.

# Safety

- · You must drink plenty of fluids throughout the walk protect your head and use sunscreen or sun block.
- Look after your feet if your feet, knees or hips are getting too painful **STOP** at the next Checkpoint. If you have to stop between Checkpoints, stay on the route, ask others to relay a message to Marshals and wait we will send someone to you.

#### Litter

• ONLY 1 RULE ... PLEASE DO NOT DROP ANY! Please use disposal points at each Checkpoint and public litter bins along the route. We will use over 10,000 bottles of water alone, so please put empty ones in the recycling bags at each Checkpoint

# **Transport**

- Regular bus services will be running. Check out www.libertybus.je for timetables (timetable subject to change beyond our control).
- There will be a free bus around 7am from St. Catherines back to town.

#### The end

• Please look for the LG Finish to collect your medal and scan out.

**Finally ...** we wish you all every success on reaching your own personal goals whether it's to finish, or reach a particular Checkpoint - please remember **this is not a race** and enjoy the wonderful views along the beautiful coast of Jersey!

Any further queries? Visit the FAQs on islandwalk.je

# **GOOD LUCK!**

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