

## Sabrina Walks - The Day Itself



### Checklist, Directions & other (hopefully) useful information

#### Registration

Please allow time for registration at the Church Hall in Llanidloes and try not to arrive 5 minutes before the end of the registration period if you can help it!

To re-cap:

Sarn Sabrina registration is between 7.00am and 8.30am.

Semi Sabrina registration is between 9.00am and 10.30am.

The actual process of registration shouldn't take long. We will have allocated you a checkpoint card and you will need to collect it from us.

Any special instructions for the day such as slippery walking conditions on a particular part of the walk will be highlighted on notice boards. **Please make sure you read them before you leave.** An emergency contact number will also be posted - please enter it into your mobile phone if you have one.

Please also report any **medical conditions** to a member of the registration team, if you have not done so already.

#### Check List

You should bring the following items with you;

- Spare food
- Spare drink
- Personal first aid items (especially for blisters!)
- Appropriate clothing; walking boots & thick socks, and depending on the weather; sunscreen or waterproof coat, etc.

Water will be provided around both routes, as will a buffet lunch back at the Community Centre on completion of your walk. There will be a first aid/rescue vehicle circling the road part of the route throughout the day, in addition to first-aid certified marshals at the checkpoints, but it remains advisable to come prepared and bring your own supplies, as suggested above.

### **Directions to Llanidloes**

Llanidloes is just off the A470. From Birmingham and the Midlands, take the M54 through Telford, A458 and A483 through Shrewsbury, Welshpool and Newtown and follow the signs for Llanidloes. From the northwest and Chester take the A483 through Wrexham, Oswestry and Newtown and follow the signs for Llanidloes. From the south, take the A470 and follow the signs for Llanidloes.

Multi map driving directions and other travel information for Llanidloes is available online at: [www.llanidloes.com/travel\\_llanidloes/index.html](http://www.llanidloes.com/travel_llanidloes/index.html)

### **Parking in Llanidloes**

A parking area will be designated solely for Sabrina Walk participants.

As you drive into Llanidloes from the roundabout on the A470 go straight ahead, past Bradleys Garage on your right, and over the next roundabout into town. At the Old Market Hall in the middle of the road, turn right and go down Shortbridge Street. Go over the bridge and follow the road (sharp left). Parking is immediately on your left at the Kennel Fields.

Please note that although there are other car parks in Llanidloes, it is advisable that you park at the Kennel Fields - not only is it free of charge but other areas can become overcrowded, particularly at the Car Park beside the Church.

### **Directions to the Church Hall in Llanidloes**

From the car park at the Kennel Fields turn right and walk back over Shortbridge Street. Take the first left after the bridge along Pen y Graig Street. The Church Hall is straight in front of you.

If you're being dropped off, or are already staying in Llanidloes, then walk down Church Lane, off Long Bridge Street (past the Green Grocers and Travellers Rest). Go straight ahead through the car park. The Church Hall is on your right.

**Last but not least - have fun and enjoy yourself! And good luck if you're raising money while you walk!**