

Cameron Grant

MEMORIAL TRUST

SUPPORTING MENTAL HEALTH IN YOUNG PEOPLE



Thank you for coming to take part in the Night Walk this evening. In this pack you will find a map of the route and a description of how to navigate your way around it. The numbers in the route description correspond to the numbers on the map (example: 31) Please bear in mind the following as you go around the route:

- **IT IS VERY IMPORTANT TO US THAT YOU CHECK IN AND OUT AS FOLLOWS:**

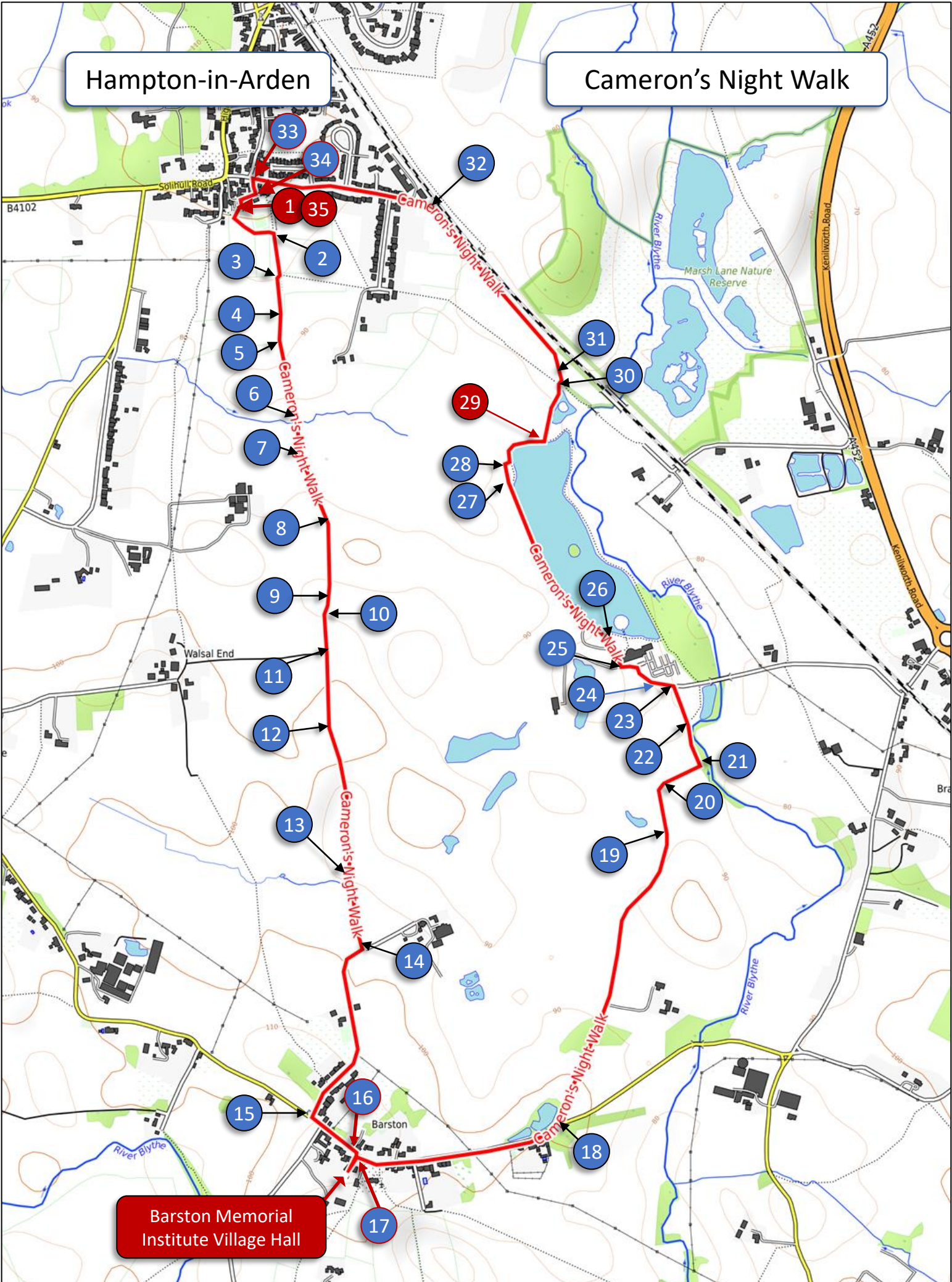
1. **1** At the start at the Fentham Hall
2. **Barston Memorial Institute Village Hall** At Barston Memorial Institute & Village Hall
3. **29** On leaving The Lake
4. **35** At the end at the Fentham Hall

Some walkers may choose to stop at Barston Memorial Institute & Village Hall or at West Midlands Golf Club. No problem, but please let us know if you are stopping by telling a marshal or calling or messaging on one of the numbers below.

- **If you are not feeling well, whether with symptoms of COVID, flu or simply a cold, or you have recently tested positive for COVID, please do not come on the Night Walk. Thanks!**
- Night Walkers will have access to the toilets at Barston Memorial Institute & Village Hall. There is a function on at West Midlands Golf Club so we are asked not to use the toilets at the clubhouse.
- If you have a dog with you, please keep your dog on a lead at all times. Please be a responsible dog owner and make sure to clear up after your dog – there will be lots of people walking behind you who don't want to find an extra nighttime surprise!
- The route passes close to some properties that you may not even be aware of and we ask all walkers to be quiet and considerate as you make your way around.
- Please take any and all litter home with you.
- If you need some medical assistance during your walk please ask any marshal to call Central Fast Response, the team of Community First Responders who have again generously agreed to be on call at no charge to assist us during the Night Walk. If you encounter difficulties before you get to a marshal the telephone numbers you can call for assistance are:
 - Carol Grant 07736 601 295
 - Evan Grant 07802 245 631
- If you have an *emergency* of any kind please call emergency services on 999 as your first priority.
- **Enjoy the event and have Fun!**

Hampton-in-Arden

Cameron's Night Walk



Barston Memorial
Institute Village Hall

Night Walk Route Instructions

- 1)** Please check in at the Fentham Hall on arrival. Then, from Fentham Hall Car Park in front of the Arden Room, go into the field, turn left in the field and follow the path to a kissing gate
- 2)** (estimated distance from the start of the walk - 140m) Turn right into a narrow strip between 2 fields. Go straight through an open gate (with a little-used stile to its right) to a kissing gate at the bottom of the narrow strip.
- 3)** (265m) Go through the kissing gate and continue in the same direction into a large field. Follow the footpath close to a hedge, keeping the hedge & fence to your left. Just before coming to the hedge at the end of the field the path jinks slightly left and narrows between 2 fences before reaching another kissing gate. Watch out for overhanging branches and mud underfoot.
- 4)** (380m) Follow through the kissing gate into the next field and continue in the same direction as before, with the hedge still on your left, to another kissing gate.
- 5)** (450m) Go through the kissing gate and continue in the same direction, now crossing through the middle of an open field. There will be a light on a pole ahead in the field to guide you. Pass this and follow down the slope to a wooden bridge with handrails.
- 6)** (680m) Go over the bridge across a stream and continue in the same direction up and across another open field with a light to guide you towards a gap in the hedge ahead.
- 7)** (770m) Go through the gap and continue in the same direction across the field.
- 8)** (970m) On crossing into the next field, the path veers very slightly right and goes down across the field.
- 9)** (1.14km) The path now winds its way past some bushes and long grass for about 80m. This is a little overgrown and can be boggy so watch your head, and your step.
- 10)** (1.22km) The path emerges on to a short wooden bridge with no handrail. If it is raining or has been wet, **the bridge may be slippery**. Cross this with care and follow the path across the next field keeping close beside the hedge on your left.
- 11)** (1.33km) Follow the path on into the next field and continue up the hill. You will be walking between a hedge on your left and some bushes, long grass and trees on your right.
- 12)** (1.53km) At the end of the field the path goes slightly left and right, then up a short slope (again, this will be slippery if wet, so please take care). Follow straight on at the top of the slope and take the path as it follows between two hedges. (The West Midlands Golf Course opens out to your left, but please do stay on the footpath and keep a hedge between you and the course). After a couple of hundred metres the path slopes down, still between 2 hedges, and across a very small stream (marked on the map but hard to see).
- 13)** (1.95km) Carry straight on to a rough vehicle track that leads up to a kissing gate and Oak Lane.
- 14)** (2.15km) Turn right on to Oak Lane and follow Oak Lane all the way to Barston Lane. (Oak Lane is a quiet cul de sac but do watch out for road traffic and make sure your head torch is on so other road users can see you.)
- 15)** (2.68km) Turn left on to Barston Lane keeping to the pedestrian footpath. (Barston Lane is a through road – please take special care to watch for traffic.)
- 16)** (2.83km) Just after you pass the car park entrance to The Bulls Head cross the road to where marshals will guide you up the drive to the Barston Memorial Institute & Village Hall. Please check in here and enjoy some refreshments.
It is very important to us that all Night Walkers go the Village Hall to check in so we don't lose anyone!
- 17)** (2.89km) On leaving the Village Hall, turn right on to Barston Lane and keep on the pavement. Check that your head torch is still on so that you are visible to road traffic. Keep on the right-hand side of the road as you leave the village and the pavement ends. Take special care with any oncoming traffic. **Keep on the right all the way past Barston Hall until you come to a marshal opposite Ryton End.**
- 18)** (3.46km) Following the guidance of the marshal, go straight across Barston Lane and continue up Ryton End (this is a very quiet cul de sac, but does have occasional traffic, so keep alert and keep that head torch shining)
- 19)** (4.33km) There is a closed gate at the end of Ryton End. Go through the gap to the left of the gate and keep straight on. A disused farm trailer is parked on the far side of the gate. You will pass with this close by on your right – take care not to bang your head! You are now on an unsurfaced road.
- 20)** (4.46km) Follow the unsurfaced road as it turns right. (DO NOT go straight in into the open field/golf course)
- 21)** (4.59km) Follow the unsurfaced road as it turns left. You are now walking close to the River Blythe below you on your right; take care to stay on the road!

- 22) (4.70km) Where the unsurfaced road emerges from under the cover of trees, continue straight on following the unsurfaced road. Ignore any footpath signs pointing to the right. As you follow the unsurfaced road towards the clubhouse, you will pass a bank of solar panels on your right and the driving range on your left.
- 23) (4.83km) As you reach the golf club access road, turn left and keep on the verge to walk along between the road and the end of the driving range. Please take care to lookout for traffic.
- 24) (4.88km) Carry on along the verge with the driving range on your left and the access road to your right.
Please note that, as in previous years, Night Walkers are asked not to use the bar or the toilets in the clubhouse.
- 25) (4.99km) turn right along the access road, past the end of the clubhouse and the golf buggy parking area on your right and then across the grass towards The Lake.
- 26) (5.08km) As you approach The Lake you will reach a concrete golf buggy track. Turn left and follow along this track as it skirts The Lake and then merges into an unsurfaced lakeside road used by the anglers. The unsurfaced road around The Lake is broad and open, though with a few potholes, and is well away from The Lake on the right. **But do take care to avoid the water!**
- 27) (5.56km) Follow the unsurfaced road straight on into a small car park. (**DO NOT** follow the footpath as it veers right from the unsurfaced road towards The Lake)
- 28) (5.63km) At the end of the car park, turn right through a gap in the fence, then left back on to the on to the path around The Lake. Keeping The Lake on your right, follow the path around.
- 29) (5.80km) Turn left to leave The Lake over a wide wooden bridge. **Please check in with the marshals here – we still don't want to lose anyone.**
- 30) (5.95km) Go past the signed footpath on the left and continue straight on towards Marsh Lane.
- 31) (5.97km) Turn left on to Marsh Lane and follow it back to the village taking care to watch for traffic.
- 32) (6.57km) Continue to follow Marsh Lane as it turns to the left and heads uphill into the village. Please walk on the pavement when you can and continue to take care for traffic.
- 33) (7.07km) Towards the top of Marsh Lane, opposite the end of Fentham Road, turn left into the car park for SOHO Tavern.
- 34) (7.11km) Turn to the right in front of SOHO Tavern and follow-on round to the Fentham Hall where you started.
- 35) (7.17 km) **Please enter Fentham Hall to CHECK OUT of the route. We will come looking for you if you don't! And, please, no muddy feet or shoes in the Hall.**
- 36) The bar will be open afterwards in the Arden Room and we will have some hot food supplied by SOHO Tavern. Please stay on to share tales of your walk in the dark!

How to tell us your location if required

If at any time you need to tell us where you are along the route it is very helpful if you have **WhatsApp** installed on your phone, and you know how to "share location". Please see the links follow below for guidance on how to do this:

iPhone: faq.whatsapp.com/iphone/chats/how-to-use-live-location

Android: faq.whatsapp.com/android/chats/how-to-use-live-location

Please also consider installing **What3Words**. This app divides the world into 3m squares and gives each a unique three word address. **What3Words** addresses are as accurate as GPS coordinates but much easier to say and share. For example, "**formal wing goose**" is the What3Words address of the entrance to the Fentham Hall where the Night Walk starts and finishes (see what3words.com/formal.wing.goose). For more information about the app and links to download for iPhone or Android, see:

what3words.com/products/what3words-app

The route can be viewed online at **Outdooractive** (out.ac/ISVWAV). If you want to follow the route on your phone as you walk, you can use the free **Outdooractive app** (www.outdooractive.com/en/mobile-app.html) available from Android and Apple. You can also download the route as a GPX file to use with other GPS apps and devices from **Outdooractive** (out.ac/ISVWAV) or direct from our **OneDrive** (bit.ly/9thNW-GPX). The route is also available in **Garmin Connect** (connect.garmin.com/modern/course/217327243) and on **Strava** (www.strava.com/routes/3010933497855663980)

If you haven't made a donation, please do so at www.totalgiving.co.uk/appeal/night-walk-2024. Thanks!