

DofE Wales Gower Walk

FAQs

When do I have to sign up by?

Registration will close one week before the event or when the event is full (we have 1,000 spaces)

Is there a minimum age for the event?

Yes, the minimum age to take part in the walk is 13. Any young person under the age of 18 will remain the responsibility of their parent/carer.

Why is there a £100 minimum fundraising pledge?

We're asking participants to get in the true spirit of the DofE, taking on a physical challenge whilst raising funds to help more young people from marginalised backgrounds to get involved in the DofE programme.

What if I change my mind about the route I choose? Can I switch routes?

You can change your mind up to one week before (or earlier if the event is sold out) and no later than 1/9/23. Email wales@dofe.org with your request.

Can I enter a team

Yes, it's easy to create a team of up to 7 people on the registration platform. The entry cost remains the same at £25 per person.

If I enter a team do we each have to raise the minimum £100 fundraising target?

Yes, the more we raise the more young people we can help.

Can I cancel my place?

Sorry your place is non refundable and we are unable to transfer to another person.

What if I need a support worker or carer to walk with me?

If you need a support worker or carer to walk with you please contact us on 01874 623086 to discuss.

Will there be support along the route?

Yes, there will be DofE volunteer marshalls and first aid cover along the routes. The routes will be clearly marked to ensure you stay on the right track. Please note that the routes are subject to change following health and safety inspections.

How will I know if I am fit enough to take part?

There are two lengths of route, 22 mile and 10 mile choose the one which you think suits your current level of fitness or presents a challenge to you which you are prepared to train for.

Will the event still go ahead if it rains?

Absolutely, but like all events any severe weather warnings would have to be addressed and we would notify in advance of the day.

Will there be toilets along the route?

Yes, these are clearly marked on our route map.

Will there be parking?

Yes, there is an allocation of free parking at the event meeting point at Bracelet Bay Car park SA3 4JT. Please be aware that should we exceed our free allocation then participants would need to pay the usual £6.00 parking charge to park outside of our allocated spaces in the same car park. Walkers can also park at the pay and display at Rhossili and Oxwich car parks but no transport is provided to get walkers back to their vehicles at the end of the walk.

How will I get to the start?

There will be shuttle buses from the Bracelet Bay car park (SA3 4JT) to the start point of your chosen route.

What time does the event start?

The 22 mile will start at 8.30am and the 10 mile will start at 10.30am. The shuttle buses will leave the car park approx 45 minutes before these start times.

What do I need to bring with me?

You will need kit to cover all weathers, a full kit list can be found on our website www.dofe.org/notice-board/wales/events

Are my friends and family allowed to support me along the route?

It will be difficult along the route but there will be an opportunity for them to cheer you over the finish line and celebrate with you at the Mumbles Cricket Club..

Can I bring my dog?

Unfortunately, no dogs can take part in the walk, with the exception of assistance dogs.

Can I run the route?

No, the DofE Gower walk is a non-competitive walking event.

Are refreshments provided?

There will be water refill stops along the way please bring a refillable bottle, no bottled water will be given out to avoid environmental impacts.

What are your safety measures?

The safety and enjoyment of our walkers is our top priority. The event is thoroughly risk-assessed with good communication systems and first aid cover in place. We have consulted with landowners and all stakeholders to implement robust safety measures along the route.

**DO IT
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YOUTH**