derbykidscamp.co.uk

CosyChild BIKE & HIKE
cosybikeandhike.com

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WALKERS' FINAL INSTRUCTIONS

Cosy Bike & Hike - Ashbourne Walk 2026

Welcome Walkers!

With only a few days to go, we're excited to welcome everyone to Derby Arena for Cosy Bike & Hike.

On behalf of the organising team at Cosy, THANK YOU for signing up and raising funds for two fantastic causes – Derby Kids' Camp and Derbyshire Children's Holiday Centre. Your support helps provide life-changing holidays for local children.

Following the success of last year's inaugural walk, we're delighted to be welcoming walkers again this year.

When registering, you will have selected either the 13-mile route to Longford or the 20-mile route to Ashbourne Methodist Church – The Link Centre. If on the day you decide to finish at Longford instead of continuing to Ashbourne, or feel you have the energy to continue on to complete the full 20 miles, that's absolutely fine – please just let a volunteer know so we can keep track of everyone safely.

Essentials to Bring

Please arrive prepared with:

- Two refillable water bottles (at least 1 litre total)
- Sturdy walking shoes or boots
- Comfortable weather-appropriate clothing (layers recommended)
- Suncream (hopefully you'll need it)
- Fully charged phone
- Lightweight backpack
- Snacks for additional fuel
- Basic first aid items (blister plasters, pain relief etc.)

Optional: trekking poles, battery pack, money/debit card.

SAFETY TIP: Download the **What3Words app** before the event so you can easily share your location in an emergency.

Event Day Schedule - Saturday 16 May

Registration: 06:30 – 07:15

Derby Arena, Royal Way, Derby, DE24 8JB

At registration you will receive emergency contact details and a participant wristband.

Event Start: 07:30

Walkers and riders will start together, heading in different directions. Please follow signage and listen for instructions from the event team.

Photographers and videographers will be capturing moments throughout the day. **Please be aware that images may be used for promotional purposes on public platforms.**

On the Route

The walk follows scenic countryside routes including quiet roads, trails and field paths.

Please ensure you have **downloaded the GPX route file** to your phone or GPS device before the event.

There will be marshals and route markers at key points, but **participants are responsible for navigating the course**.

Checkpoints

Checkpoint 1 – Dalbury Lees Village Hall
Approx. 9 miles. Drinks and snacks available.

Checkpoint 2 – Longford Primary School
Approx. 13 miles. Lunch stop and **finish point for the 13-mile route**.

Optional Pub Stop – The Saracen's Head, Shirley
Approx. 16 miles. Food and drinks available to purchase.

Finish – Ashbourne Methodist Church
The Link Centre. Approx. 20 miles

Check in with a volunteer, celebrate your achievement and collect refreshments.

Support on the Route

A roving support vehicle will be circulating to help if required.

A St John Ambulance crew will also be following the route to provide medical support if needed.

Use the event emergency number (provided on the day) if you need help.

Getting Home

Return transport to Derby Arena will be available for those who have requested transport.

Transport will run several journeys from Longford and Ashbourne throughout the day as walkers arrive. Please be patient, take a seat and rest your legs.

If friends or family are collecting you, please **check out with a volunteer** so we know you have finished safely.

Should you need to withdraw, you'll need to make your own arrangements to get home. Please also let **Chris Ratcliffe** know by calling, or messaging him on **07863 118216.**

Have a fantastic walk!

David & The Cosy Bike & Hike Team

By participating in www.cosybikeandhike.com, you acknowledge that you do so at your own risk and accept full responsibility for your safety, fitness, and any loss, injury, or damage that may occur.

Raising Money for Derbyshire Children's Charities: **Derby Kids' Camp** & **Derby Children's Holiday Centre**