

CHEPSTOW TO CHESTER 28/29 AUG 13 – WELCOME PACK

- **Introduction.** Walk on Wales Leg One starts in two weeks on 25 Aug in Cardiff, walking into Chepstow on 28 Aug. Thank you for agreeing to join in on the 130 mile cycle ride from Chepstow to Chester on 28-29 Aug. This short note should give you sufficient detail so that you can make your final preparations. If you know of anyone else that is able to support us in our journey, please ask them to get in touch.
- **Purpose.** This, like the rest of Walk on Wales is a blend of straight physical exercise, a pilgrimage for the dead, an expression of support for survivors, a chance to travel through the unrivalled Marches countryside with a collection of people of varied experience and preparation and of course a chance to raise money towards the Walk on Wales target of £1m. We need to do our bit in this regard – through sponsorship or donations – but the most important thing is the taking part. It is not a race but we do have a goal within a certain timeframe.
- **Start.** We will take over the Welsh Guards Memorial Silver Baton from Paul Conlon on 28 Aug at 1300 hrs and set off as soon as we can. Therefore, we need to meet by 1230 hrs at Chepstow Race Course Car Park. You can travel there by train or by car. If you are being dropped off, the car is welcome to help us for the remainder of the journey. Please let me know if this is the case.
- **Equipment.** We shall load equipment on to the Enterprise support vehicles (one van and one minibus) and finalise our plans for the journey.
 - You need to bring a sleeping bag, small tent/poncho and other cycling essentials: puncture repair kit, water, snacks, luminosity & lights, helmet, money, tools – anything that you need for the 24 hours. You ride at your own risk but the last thing we want is an accident en route. We will have a mechanic in the van to provide rapid assistance.
- **The Ride.** We shall leave Chepstow together and arrive at Chester together – pacing ourselves carefully. The idea is to split into two groups: faster (hares) and slower (tortoises). I would count myself as slower, averaging approximately 10-15 miles per hour. Others may wish to push on faster. We have the opportunity to regroup in each town, while pausing for water stops or more as required.
 - Monmouth, Hereford, Leominster, Ludlow, Craven Arms, Church Stretton, Oswestry, Wrexham
 - The Welsh Guards Regimental Support vehicle will also be heralding our arrival in each town.
- **Half Way.** Ludlow is approximately half way and the Rugby Club there has kindly offered their facilities to us for the evening: BBQ (£5 per head), open bar, shower and changing facilities. I anticipate that we should all be there by 1900 hrs latest and able to feed, rest, regroup and repair as required. We shall have Rosalind, an experienced physio, on hand to administer the necessary assistance – massage, rub-downs etc.
- **The Finish.** By 2 am, under a half moon, we need to be on the move again, in quasi-military style, to reach our objective on time. The sun will be rising at 0607 hrs so we should expect first light from about 0530 hrs. We need to reach Wrexham between 07-0800 hrs for breakfast in the Barracks and to meet up with local Cadets who are joining us for the 10 mile 'home straight' to Chester, arriving there between 09-1000 hrs to a fanfare by the Band of the Welsh Guards.

- If there are any of you who feel the need to go straight through to Wrexham without stopping, there are some beds available at Wrexham. Again, please declare your hand before we start and I will arrange it for you.
- Please note my contact number and keep in touch-or ask if you have any concerns.

Pedal Am Byth

Hugh Bodington

Tel: 07810 528053