

SWALK

sponsored walk

GETTING TO DENBIES

BY CAR

From M25 exit at Junction 9 then follow A24 south/ north towards Dorking. At Denbies roundabout take third exit onto Bradley Lane. (10 mins from M25)

From London follow A3 and exit for Dorking on M24 (45 minutes from London)

From Guildford (20 minutes)

From Horsham (20 minutes)

From Reading (60 minutes)

From Gatwick (25 minutes)

From Heathrow (40 minutes)

BY TRAIN

Train run from London to Dorking throughout the day (Denbies is a 10 minute walk from Dorking station and will be signposted)

Direct from Waterloo (50 minutes)

Direct from Victoria (60 minutes)

Direct from Gatwick Airport (22 minutes)

PARKING

There is plenty of free parking available at Denbies, please follow signage and instructions from our marshalls upon arrival.

ON ARRIVAL

Registration will be located outside the front of the main Denbies building. This will be clearly signposted and our LGFB Marshalls will be on hand to direct you. Here we will check you in and give you your route map. Everyone will then head to the start line ready for the big set off.

Toilets are located within the Denbies venue. The restaurant will be open from 7.30am.

THE COURSE

All walkers will set off at 10.30am and head off on your chosen route – the Mighty March (10km) or Steady Stroll (5km). Please make sure you follow the signage and seek guidance from our marshalls located along the course. There will be a water refill and toilet point at the 5km mark. Make sure to collect your 'Kiss Stickers' from our marshalls as you make your way around the course – stick these on your map or to yourself. Exchange them at the finish line for your goody bag.

CHILDREN

Our Mighty March (10km) and Steady Stroll (5km) routes are child friendly however not ideal for buggies so we advise that any children taking part be able to walk the distance. We've got face painting and games to keep your little ones entertained throughout the afternoon whilst you sit back and relax in the Denbies Restaurant and gardens.

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DOGS

SWALK is the perfect day out for your beloved pooch and who better to join you as you take on your walk through the Surrey Hills. Dogs are very welcome within the grounds of Denbies however they cannot come inside the Denbies restaurant so we ask that dog owners please make use of the picnic areas outside.

DO'S

- Wear sensible walking shoes, the ground is a mixture of grass and woodland so is uneven in places
- Wear fancy dress - There will be awards for the best dressed!
- Make sure to carry plenty of water and sun cream as fingers crossed it will be a beautifully sunny day
- Pick up after your dogs
- Be respectful of members of the public also enjoying the grounds
- Parts of the route may be open to cars and horses so please be cautious
- Keep a close watch on children - there are hazards out on the course and it's easy for little people to wander off

DON'T

- Litter
- Pick or tamper with any of the vines
- Dogs are welcome but please don't leave them unattended or locked in hot cars

AFTER YOUR SWALK

After finishing your walk, join us in the Denbies Restaurant for a selection of delicious refreshments, which will be accompanied by live music and entertainment. There's plenty for the kids to enjoy too with face-painting and games. With the beautiful backdrop of the vineyard, you can sit back and relax and enjoy everything that's going on at your leisure.

Denbies do not allow visitors to have picnics in the grounds of the vineyard.

FUNDRAISING MONEY

We ask that through taking part in SWALK, walkers (over 16) raise a minimum of £50 each.

£50 funds a place at one confidence boosting Workshops for a person living with cancer. All funds raised go directly towards supporting Look Good Feel Better services across Surrey and the South East.

You can fundraise through collecting cash donations using your sponsorship form, and instructions on paying in funds is included in the back of your fundraising pack. Alternatively you can set up an online donation page. We recommend using JustGiving or Virgin Money Giving - all funds collected online will be transferred automatically to the charity.